

# 8 Dimensions of Wellness

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# 8 Dimensions of Wellness Cont.

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**Emotional Wellness** is accepting a wide range of emotions and effectively coping through challenges.

**Intellectual Wellness** is fostering curiosity, seeking knowledge, and embracing lifelong learning.

**Environmental Wellness** is sustaining safe, clean, and healthy environments where we live, work and play.

**Spiritual Wellness** is discovering a sense of purpose and meaning derived from your personal values and beliefs.

