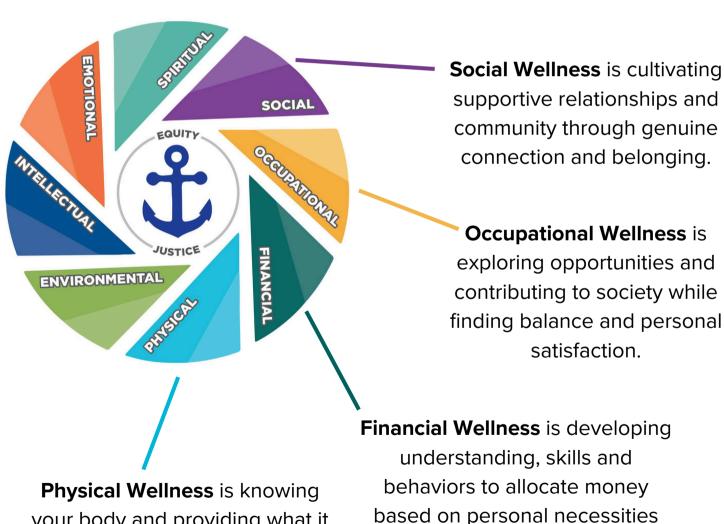
8 Dimensions of Wellness

Wellness at GVSU is defined as "an optimal and dynamic state that allows people to achieve their full potential."



your body and providing what it needs for health, healing, and energy.

and desires.



8 Dimensions of Wellness Cont.

Wellness at GVSU is defined as "an optimal and dynamic state that allows people to achieve their full potential."

Emotional Wellness is

accepting a wide range of emotions and effectively coping through challenges. **Spiritual Wellness** is discovering a sense of purpose and meaning derived from your personal values and beliefs.

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.

