

# Wellness Compass

## Physical

Eating well, getting enough sleep and exercise

## Mental

Having positive thoughts, making good choices, being a life long learner

## Emotional

Managing stress, understanding why you feel one way or another

## Spiritual

Finding meaning and purpose in life

## Social

Connecting with others, having a sense of community, having meaningful relationships

## Occupational

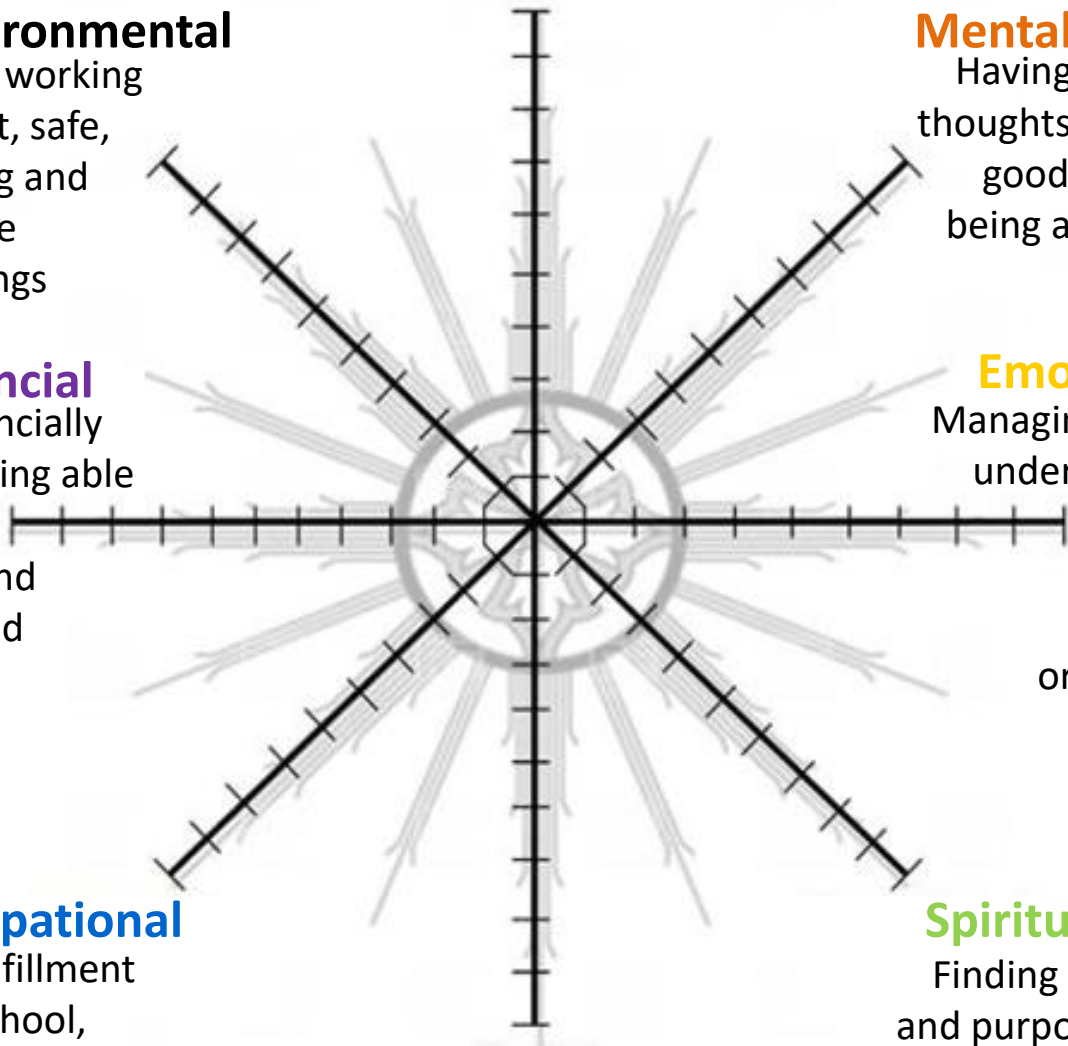
Finding fulfillment in work/school, learning skills, gaining useful experience

## Financial

Being financially secure, being able to handle planned and unexpected expenses

## Environmental

Living and working in pleasant, safe, stimulating and sustainable surroundings



# Wellness Compass Calibration

Wellness Dimension	Color	Definition
Physical	Red	Healthy body: physical fitness, good nutrition, well rested
Mental	Orange	Healthy thoughts: good coping skills, decision making skills, ability to assess situations accurately, ability to identify options and make choices
Emotional	Yellow	Healthy feelings: ability to identify what you are feeling, sense of responsibility for your own feelings; ability to resist and embrace feelings
Spiritual	Green	Healthy soul: Expanding a sense of purpose and meaning in life; positive energy and spirit
Social	Blue	Healthy relationships: a sense of connection, belonging, and a well-developed support system, creating satisfying relationships
Occupational	Indigo	Healthy work: personal satisfaction and enrichment from one's work
Financial	Violet	Healthy finances: Satisfaction with current and future financial situations
Environmental	Black	Health surroundings: pleasant, stimulating, safe, sustainable places to live and thrive in now and in the future

Wellness Dimension	Color	Definition Refinements – Calibrated for me, using my own words
Physical	Red	
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Spiritual	Green	
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Occupational	Indigo	
Financial	Violet	
Environmental	Black	