



Introduction to the Dimensions of Wellness

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THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING

Transforming health, Transforming lives

Dimensions of Wellness

1. Career
2. Creative
3. Emotional
4. Environmental
5. Financial
6. Intellectual
7. Physical
8. Social
9. Spiritual



Career Wellness



Creative Wellness



Emotional Wellness



Environmental Wellness



Financial Wellness



Intellectual Wellness



Physical Wellness



Social Wellness

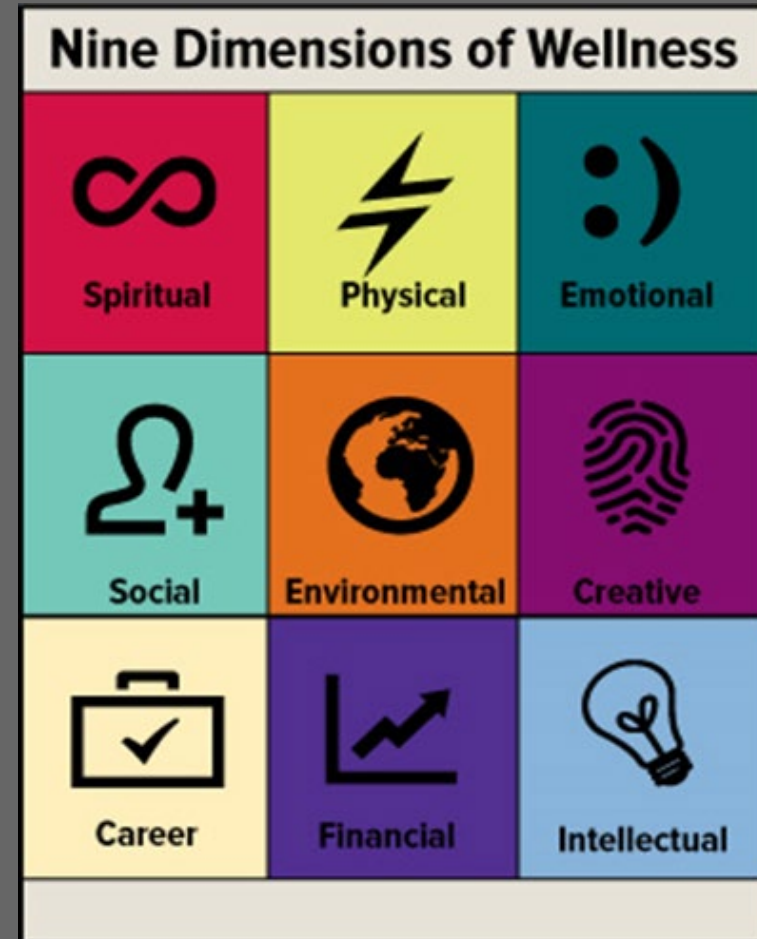


Spiritual Wellness

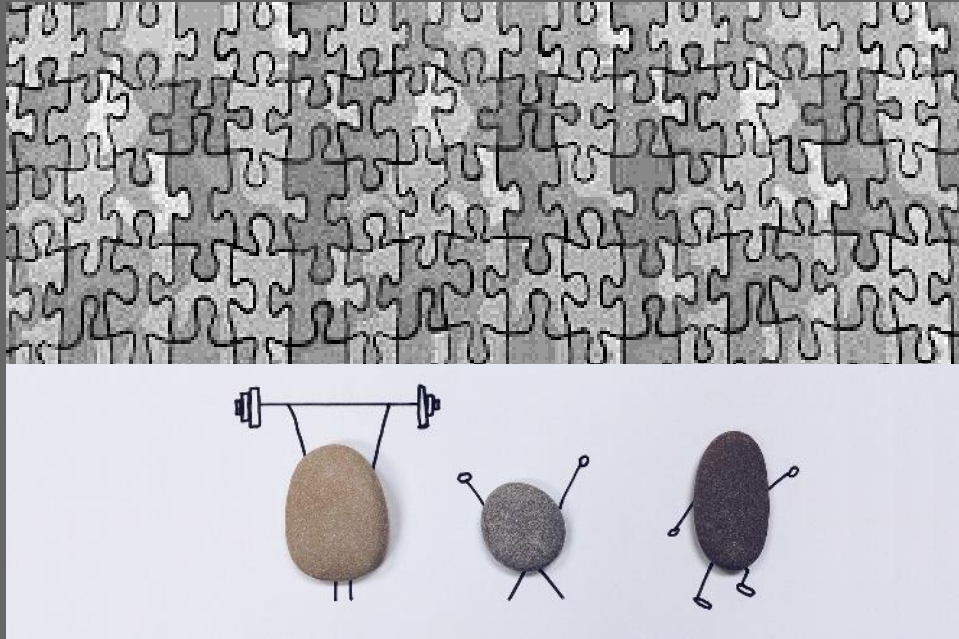


Challenge: Create a WELLNESS VISION

- What is important to you?
- What do you want your life to look like?
- What would you do with more energy?
- How would it feel for you to be your best self?
- What do you value?
- What energizes you?



Conclusion: Wellness Strengths




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PLEASE take the survey!!!

- <https://go.osu.edu/9dimensionsofwellness>




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What lecture did you watch today?



Please type of name of the institution that is having you complete this lecture.



Do you plan to complete the weekly challenge for this lecture?