**Emotional**

Refers to the feeling component; to express and display emotions comfortably, effectively and in a healthy manner. Feelings of self-esteem, self-confidence, self-efficacy, trust, love, and many other emotional reactions & responses.

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**Intellectual**

Refers to the ability to learn, the ability to grow from experience, & intellectual capabilities. Decision making is a vital component of one’s mental health.

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**Social**

Refers to the ability to have satisfying inter-personal relationships and to appreciate and respect individual differences. Ability to interact with others, to adapt to various social situations, & daily behaviors.

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**Environmental**

Refers to an appreciation for the external environment and the role individual’s play in preserving, and improving environmental conditions.

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**Physical**

Includes characteristics such as body size, shape, sensory acuity, susceptibility to disease & disorders, body function, and recuperative ability. It also includes striving for positive lifestyle behaviors and taking personal responsibility for one's own health and health care.

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**Spiritual**

Involves seeking meaning and purpose in human existence. The spiritually well individual explores and develops a personal belief system, establish values and lives a life that is consistent with those values and beliefs. Spiritual wellness is about creating a sense of inner peace.