well·ness  \wel-nəs\  
—noun
1. an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.
<table>
<thead>
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<th>ELEMENT OF WELLNESS</th>
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</table>
| EMOTIONAL WELLNESS  | ![Heart](heart.png) | The heart represents the general source of emotions (vs. the mind/brain as a symbol for rational thought). | • Fitness and exercise  
• Relationships with friends/family  
• Balancing work and family  
• Laughing and crying  
• Adequate sleeping patterns  
• Personal contact, ie. hugging |
| ENVIRONMENTAL WELLNESS | ![Tree](tree.png) | The tree is a general, easy-to-identify representative of the natural realm. | • Reduce, reuse, recycle  
• Reusing materials  
• Adopting Leave-No-Trace  
• Conserving water and fuels  
• Spend time in a state/national park  
• Finding value in surroundings  
• Positive workplace & attitude  
• Air quality |
| INTELLECTUAL WELLNESS | ![Lightbulb](lightbulb.png) | A light bulb is a general representative for fresh thinking, innovation, and creativity. | • Reading & learning for fun  
• Participation in class, organization  
• Adopting a new hobby  
• Traveling  
• Adequate sleeping patterns  
• Self-help information |
| OCCUPATIONAL WELLNESS | ![Gear](gear.png) | A gear with cogs or teeth represents a unit of labor or effort. | • Continuing education  
• Satisfying career/profession  
• Volunteering  
• Workplace safety  
• Exercise |
| PHYSICAL WELLNESS   | ![Person](person.png) | An individual person represents the human body. | • Fitness and exercise; stretching  
• Personal hygiene  
• Walk/cycle to work  
• Know your numbers: cholesterol, blood sugar, blood pressure  
• Good nutrition  
• Adequate sleeping patterns  
• Regular medical/dental exams |
| SOCIAL WELLNESS     | ![People](people.png) | Three persons with connected hands represent harmony, networking, and friendship. | • Establish and maintain personal friendships  
• Community involvement  
• Attending social settings, ie. festivals, neighborhood events  
• Group fitness classes  
• Hobby/activity organizations |
| SPIRITUAL WELLNESS  | ![Sun](sun.png) | The sun represents the beginning and end of a day; a reflection of the source of growth and vitality in the universe. | • Meditation; prayer  
• Religious affiliation  
• Explore and enjoy the flora & fauna of a wilderness area.  
• Watch a sunrise or sunset  
• Exercise  
• Freedom  
• Outdoor activities |