

## 8 Factors of Wellness

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NOTE: This handout is intended as an educational and informational aid, and is not intended to be used for the purpose of diagnosis or treatment. Diagnosis and treatment of emotional or behavioral problems, and related disorders and conditions, should be provided by a licensed mental health professional.

A ‘Wellness Wheel’ is a tool that illustrates 8 factors of wellness. These factors are social, physical, emotional, occupational, spiritual, intellectual, environmental, and financial. Each of these dimensions play an important part in maintaining a healthy and balanced lifestyle.

