

6 Dimensions of Wellness

“Mindfully focusing on wellness in our lives builds resilience and enables us to thrive amidst life’s challenges.” NWI



Occupational Wellness:
Depicts your attitude as well as your sense of purpose and value in the workplace.



Physical Wellness:
Recognizes the need for physical activity, nutrition & medical support.



Social Wellness:
Encourages community focus and relationship building factors.



Spiritual Wellness:
Encourages the search for one’s purpose and meaning in life.



Emotional Wellness:
Recognizes the importance of mental health and emotional well-being.



Intellectual Wellness:
Supports the inner drive to continue growth and learn new things.



FOR MORE INFORMATION

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