



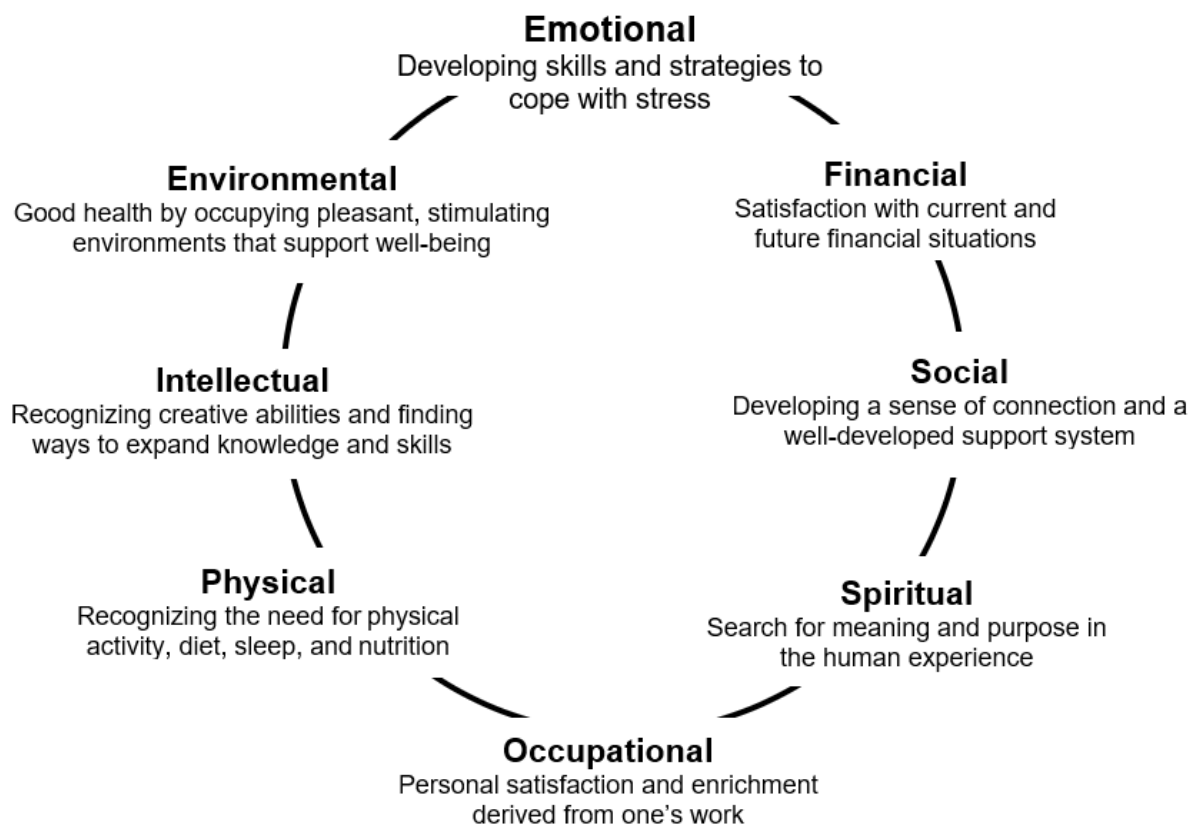
Substance Abuse Prevention Skills Training (SAPST) INFORMATION SHEET 1.4

Eight Dimensions of Wellness

Wellness is a conscious, deliberate process that requires awareness of—and making choices for—a more satisfying lifestyle.¹ Wellness is not merely the absence of disease, illness, and stress, but the presence of:²

- Purpose in life
- Active involvement in satisfying work and play
- Joyful relationships
- A healthy body and living environment
- Happiness

SAMHSA promotes Eight Dimensions of Wellness:³



For more information: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

¹ Substance Abuse and Mental Health Services Administration. (2011, September 15). *About SAMHSA's wellness efforts* [Website]. Retrieved from <http://www.promoteacceptance.samhsa.gov/10by10/default.aspx>; Swarbrick, M. (1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1–4

² Dunn, H.L. (1961). *High-level wellness*. Arlington, VA: Beatty Press. Substance Abuse and Mental Health Services Administration. (2011). *Joining together for wellness and recovery: Launching the first national wellness week September 19–25, 2011* [PowerPoint slides]. Retrieved from http://www.promoteacceptance.samhsa.gov/10by10/presentations/2011_7_28.ppt

³ Substance Abuse and Mental Health Services Administration. (2011, September 15). *About SAMHSA's wellness efforts* [Website]. Retrieved from <http://www.promoteacceptance.samhsa.gov/10by10/default.aspx>; Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4)311–314



Substance Abuse Prevention Skills Training (SAPST) **INFORMATION SHEET 1.4**

Eight Dimensions of Wellness

Instructions –

Draw your own wellness wheel, indicating how much time you spend on average in a month on the eight dimensions of wellness.

Emotional

Environmental

Financial

Intellectual

Social

Physical

Spiritual

Occupational