8 DOMAINS OF WELLNESS WORKSHEE

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ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

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INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL

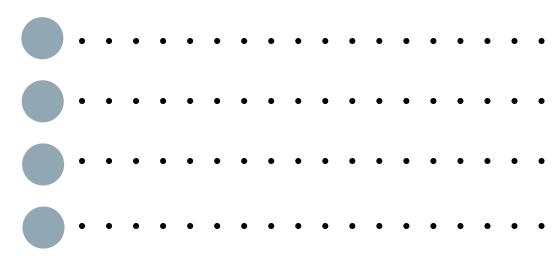
Recognizing the need for physical activity, diet, sleep, and nutrition.

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Provided by: Dr. Andria Jones-Bitton, farmer mental health researcher, University of Guelph Adapted from: Swarbrick & Yudof, 2015; for more information and resources, visit: www.cspnj.org

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EMOTIONAL Coping effectively with life and creating satisfying relationships.



FINANCIAL

Satisfaction with current and future financial situations.

WELLNESS

SOCIAL

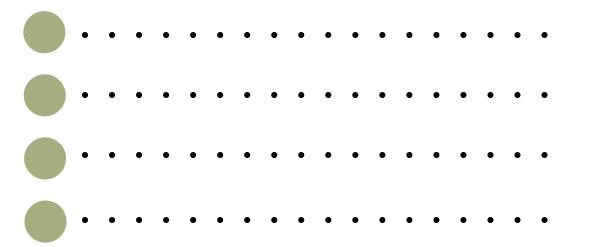
Developing a sense of connection, belonging, and a well-developed support system.

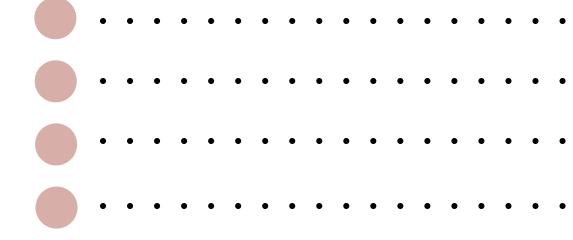
SPIRITUAL

Expanding our sense of purpose and meaning in life.



Personal satisfaction and enrichment derived from one's work.





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