

There are seven key dimensions of wellness that contribute to overall health and quality of life.



**Physical**



**Emotional**



**Intellectual**



**Spiritual**



**Environmental**

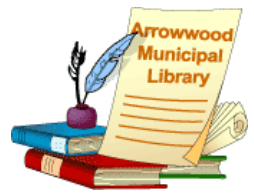


**Social**



**Occupational**

Presented in partnership by:



# The 7 Dimensions of Wellness



## Online Resources

The key to high quality of life is finding balance and harmony between the seven dimensions of health. The apps and websites listed below may be helpful in your pursuit of overall wellness.

## Physical Wellness



### Fitness

- ACE Fitness

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

- Yoga with Adriene

<https://www.youtube.com/yogawithadriene>

### Nutrition

- Eating Well

<https://www.eatingwell.com/recipes/>

- All Recipes

<https://www.allrecipes.com/recipes/84/healthy-recipes/>

## Emotional Wellness



### Free Meditation Apps

- Headspace
- Calm
- Smiling Mind

### Website

- Mindful

<https://www.mindful.org/>

## Intellectual Wellness



### Learn with the Library

- Chinook Arch Staff Reading Lists

<https://chinookarch.bibliocommons.com/>

- eBooks and Audiobooks

<https://chinookarch.ca/elibrary/eservices/overdrive>

- Gale Courses

<https://chinookarch.ca/elibrary/eservices/gale-courses>

## Spiritual Wellness



### Be Inquisitive, Curious, and Grateful

- Learn Religions

<https://www.learnreligions.com/>

- Encyclopedia of Religion and Society

<http://hrr.hartsem.edu/ency/>

- Spirituality and Health

<https://www.spiritualityhealth.com/>

- Grateful: A Gratitude Journal App

## Environmental Wellness



### Get Outside

- Apps

All Trails, SkyView Lite, Merlin Bird ID, Audobon Bird Guide

- Websites

1. <https://albertaparks.ca/albertaparksca/visit-our-parks/activities/trails/>

2. <https://skyandtelescope.org/astronomy-resources/stargazing-basics/>

### Managing Household Waste

<http://bit.ly/SavingTheWorldBeginsAtHome>

## Social Wellness



### Get Involved

- <https://townofvulcan.ca/recreation/community-events-under-rec>
- <https://townofvulcan.ca/94-news-events/community-bulletin-board>

### General Information

- <http://bit.ly/SocialWellnessChecklist1>
- <https://www.therapistaid.com/worksheets/social-support.pdf>

## Occupational Wellness

### Find Jobs



- <https://ca.indeed.com/jobs?q=&l=Vulcan%2C+AB>
- <https://www.jobbank.gc.ca/jobsearch/jobsearch?mid=39143>

### Plan Your Future

- <http://bit.ly/VisualizeYourFuture1>
- <https://alis.alberta.ca/>
- <https://www.jobbank.gc.ca/career-planning/quizzes>

## Overall Wellness

### More on the Dimensions of Wellness



- <https://www.grcc.edu/faculty-staff/human-resources/professional-development/wellness/seven-dimensions-wellness>
- <https://www.gvsu.edu/studentwellness/>