

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# 8 Dimensions of Health

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|---|---------------------------------|
| 1. How well your body is working.   | A. Physical Health              |
| 2. Understanding feelings and emotions, and knowing how to deal with life.  | B. Spiritual Health             |
| 3. Having healthy friendships and being a good friend.  | C. Emotional/Mental Health      |
| 4. Living with meaning and purpose, knowing the difference between right and wrong.                                       | D. Social Health                |
| 5. Having a love for learning, being creative, and believing you can grow.  | E. Environmental Health         |
| 6. Loving your job, being good at your work, and making enough money for your needs and wants.                            | F. Interconnectedness of Health |
| 7. Understanding money, knowing how to take care of your money, and having enough for your needs and wants.               | G. Occupational Health          |
| 8. Understanding that your actions impact the environment and that your environment influences your health and happiness. | H. Multidimensional Health      |
| 9. Each one influences your health and happiness.   | I. Intellectual Health          |
| 10. Each part (dimension) of health impacts and changes the other parts.  | J. Financial Health             |