

Mental Wellness is about prevention, coping with life's adversity and being resilient when we face stress, worry, loneliness, anger and sadness.

8 Dimensions of Well Being.

The 8 dimensions of well are Emotional, Physical, Occupational, Social, Spiritual, Intellectual, Environmental, and Financial.

If any of these dimensions are neglected over time, it will adversely affect one's health, well being, and quality of life.

Just like a well balanced diet is needed for healthy nutrition, balanced wellness engages the body, mind, and nurtures the spirit.

Multi-Dimensional well focuses on emphasizing the importance of positively and eternal motivation for promoting healthy habits to improve one's quality of life.

Mental health is a positive sense of well being or a feeling like you can enjoy life and manage challenges.

Respectfully Submitted
PZC Margaret Ashley

See you Saturday!!