

a few notes

Topic: Seven Dimensions of Wellness



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Happy Monday. Today's employee check-in topic is wellness. Wellness is more than physical health, exercise, and nutrition. It is multidimensional. According to uwsp.edu, wellness includes spiritual, physical, emotional, career, intellectual, environmental, and social aspects. We call them the seven dimensions of wellness.

Click on the source below to explore each dimension of wellness.

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