SFA Wellness Model

Wellness is the on-going process of making healthy choices to maintain balance in all dimensions of life.

**Intellectual Health: Developing and using one’s ability to think and reason**

- Educational and Professional Goals
- Adaptation to Change
- Creativity
- Lifelong Learning

**Career/Financial Health: Engaging in meaningful work and responsible monetary practices**

- Household and Family Management
- Purposeful and Rewarding Career

**Spiritual Health: Exploring value and meaning in one’s life**

- Life Satisfaction
- Introspection and Contemplation
- Sense of Belonging
- Thinking Beyond One’s Self

**Emotional Health: Awareness, acceptance and a healthy expression of one’s feelings**

- Assertiveness and Healthy Boundaries
- Intimacy
- Interdependence and Independence
- Stress management

**Physical Health: Taking care of one’s body**

- Dietary Intake and Food Security
- Medical Awareness and Disease Prevention
- Safe Habits

**Socio-Cultural Health: Effectively relating to others, your community and your world**

- Tolerance, Acceptance and Understanding
- Respect for All Cultures
- Fairness and Justice
- Family and Friends

**Environmental Health: Caring for the Earth and one’s surroundings**

- Sustainable Living
- Creating Safe and Healthy Environments

- Service Learning
- Awareness of Current Events
- Critically Evaluating Information

- Balance of Work and Leisure
- Financial Stability and Planning

- Purpose
- Belief System, Ethics and Values
- Hope and Optimism

- Positive Attitude and Outlook on Life
- Coping and Communication Skills
- Choosing One’s Reactions to Life
- Expression of Emotions

- Adequate Sleep
- Choice-Making Behavior
- Regular Physical Activity

- Satisfying Interpersonal Relationships
- Involvement in Community Welfare/Volunteerism
- Citizenship

- Protection and Enhancement of Resources
- Understanding Effects of Personal Choices