



7 dimensions of wellness

Emotional

The ability to express and manage the entire range of feelings while possessing high self-esteem, positive body image, empathy and compassion for yourself and others.

Vocational

An expression of personal values through interests, hobbies, volunteer work as well as occupation.

Social

Developing a sense of connection, belonging, and a well-developed support system.

Spiritual

Expanding our sense of purpose and meaning in life.

Physical

Recognizing the need for regular physical activity, diet, sleep and nutrition.

Intellectual

Places value in education and engages in lifelong learning and the pursuit of activities that increase knowledge, foster critical thinking, and expand worldviews.

Environmental

Recognizes the earth's preciousness and strives to minimize wasteful consumption. Strives to conserve and protect natural resources and to live in spaces free of health hazards.

Campus Recreation makes every effort to be accessible to all abilities. If you need special accommodations for this facility and/or program, please contact us at campusrec@illinois.edu.



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