Teacher Wellbeing

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Dimensions of Well-being

From Universities of Wisconsin Employee Well-being information https://www.wisconsin.edu/ohrwd/well-being/11.14.2023



- **Emotional** Cultivating an emotional capacity that encompasses **optimism**, **self-esteem**, **self-acceptance**, and the ability to form healthy relationships.
- Environmental Encouraging a way of life that maximizes harmony with the earth and minimizes harm to the environment.
- Financial Ensuring the ability to effectively manage your current and future economic life.
- Intellectual Exercising the mind through creative and stimulating mental activities to expand knowledge and improve skills.
- Occupational Using your gifts, skills, and talents in order to gain purpose, happiness, and enrichment as part of a balanced life.
- Physical Making a habit of healthy behaviors including adequate exercise, proper nutrition, and abstaining from harmful habits.
- **Social** Developing the ability to **interact successfully** in our local and global community and **creating networks of support**.
- Spiritual Possessing a set of guiding beliefs, principles, or values that help give direction to one's life.

