

DIMENSIONS OF HEALTH

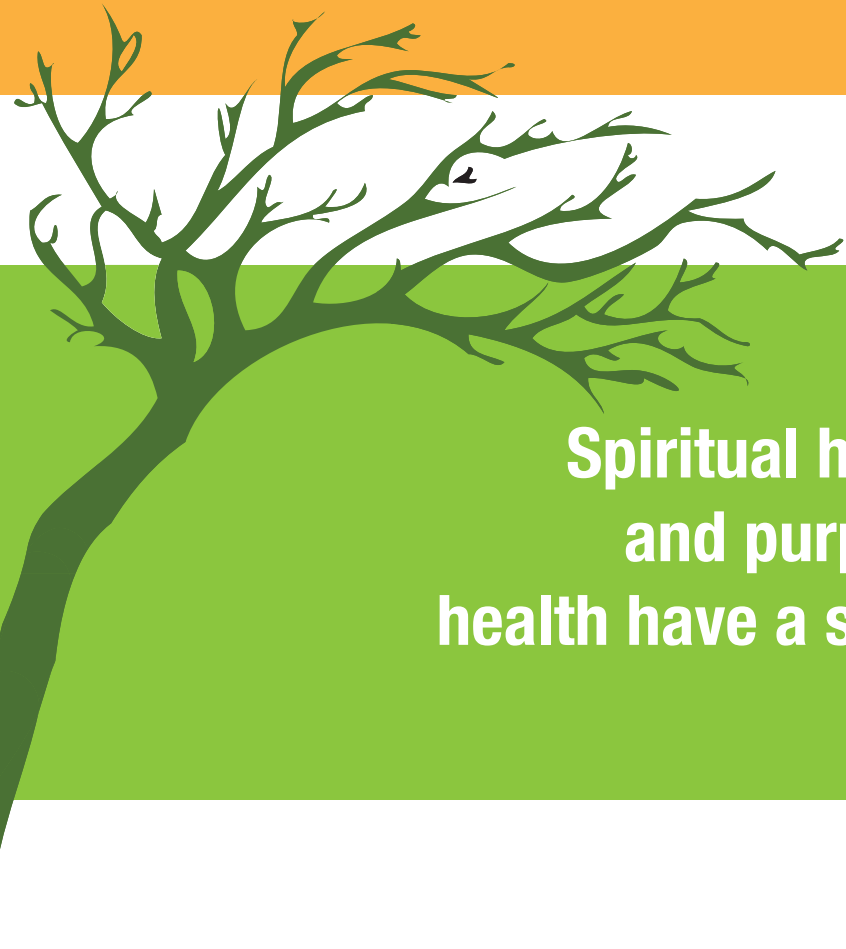


PHYSICAL

Physical health has to do with the body. When a person has good physical health the body feels well and strong, and all the parts of the body work the way they should.

SOCIAL

Social health has to do with your relationships with others. People with good social health can connect with and contribute to family, friends and the wider community.



SPIRITUAL

Spiritual health has to do with how you find meaning and purpose in your life. People with good spiritual health have a sense of something bigger than themselves and their own day-to-day lives.

MENTAL / EMOTIONAL

Mental health has to do with how a person thinks, feels and acts as he or she copes with life. A person with good emotional health can feel, express and respond to a wide range of emotions in healthy ways and share those emotions.

