



Eight Types of Wellness + How to Improve Them



Physical Wellness

- Find time to move your body! The gold standard is 150 minutes of weekly movement.
- Nourish your body with the plate-by-plate method for meals.
- Strive for 7 – 9 hours of sleep each night; practice good sleep hygiene!



Intellectual Wellness

- Try out hobbies that tap into your creativity and curiosity.
- Travel! If you can't travel far, be a tourist in your city.
- Learn another language.
- Read (or listen to!) more books.



Emotional Wellness

- Make space to feel your feelings. Repressing them is a recipe for disaster and unnecessary stress.
- Reach out for support and accept help from loved ones when you need it. Ask for help when needed!
- Always be kind to yourself.



Financial Wellness

- Take stock of your spending and track it every month.
- Make small changes that add up.
- Wait 24 hours before making a purchase, to resist impulses.
- Rotate through streaming platforms, one per month.



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Social Wellness

- Make an effort to stay connected with your friends and family.
- Volunteer in your community.
- Join a local club, like a book club, craft club, run club, etc. This is a great way to meet people while doing something you love!



Vocational Wellness

- Reflect on what brings you joy and meaning to your work.
- Explore volunteer opportunities.
- Make connections in your field and leave a positive impression.
- Take continuing education classes and certifications.



Environmental Wellness

- Be mindful of your water usage.
- Use reusable bags, water bottles.
- Turn off lights and computers.
- Recycle properly.
- Spend time outdoors.
- Try walking or biking more places.
- Buy second-hand clothing.



Spiritual Wellness

- Explore your inner self and what brings you joy.
- Meditate with Headspace.
- Find a faith or community cause that aligns with your values.
- Travel and experience other cultures.