NWIA Dimensions Definitions

Environmental

Environmental wellness encompasses the interactions between individuals and their "habitats" at a local, community and global level. The touchpoints with environment include nature, home, work and the community. Considerate and caring approaches are symbolic of grateful living whilst benefiting others and preserving earthly spaces.

Social

The social dimension of wellness encourages contributing ethically to one's human and physical environment for the common welfare of one's community. The socially well person is more aware of their impact in society as well as in nature. Strengthening communication skills optimises relationships and interactions at home, work and in the community.

Cultural

The cultural dimension of wellness, refers to an ability to both enact one's own cultural values as well as interact effectively with people of different cultures. It comprises of 4 components: (a) awareness of one's own cultural worldview; (b) attitude towards cultural differences; (c) knowledge of different cultural practices and (d) cross-cultural skills.

Occupational

The occupational dimension of wellness encompasses paid and non - paid work through which one expresses ones values, skills and contributions to others either directly or indirectly. Balancing the work roles with other roles in life forms the foundation for positive, meaningful and valuable outcomes at an individual and workplace level.

Spiritual

The spiritual dimension of wellness involves seeking meaning in existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. The spiritually well person strives to transcend the confines of physical life and live their purpose in character, deed and connection.

Intellectual

The intellectual dimension of wellness encourages creative, stimulating mental activities. As you travel the wellness path, cognitive and creative pursuits enrich your capacity to make decisions, solve challenging problems and maintain mental agility. Reflective practice supports the ongoing processes of self-development.

Physical

The physical dimension of wellness entails taking responsibility and care for one's health, fitness and lifestyle choices within ones capabilities. Optimum Physical Wellness requires energy inputs and outputs to be balanced so the body is able to efficiently function under all health conditions.

Emotional

The emotional dimension of wellness emphasises a mindful awareness and acceptance of one's feelings and circumstances. Emotional Wellness includes an optimism about oneself and life. The emotionally well person forms and maintains positive relationships with others, has effective coping skills and strives for self-actualisation as a part of maturation.

Financial

Financial wellness is an intricate balance of the mental, spiritual and physical aspects of resources. Assessing institutions and public policies for accountability and engendering equitable distribution of meaningful jobs and wealth are key foundations. Actions which invoke trustworthy political and industrial institutions underpin wellness as a right.

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