

Emotional

Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals and inform decision-making. Seeking help for mental health when needed.

Cultural

Engaging in practices, customs, foods, arts, language and learning from your own and/or the cultures of others. Cultures can be broadly defined to mean world view, behaviours and traditions based on heritage, country, city, neighbourhood, group/people you identify with, or family of origin.

Physical

Striving for regular physical activity, proper diet and nutrition. Minimizing the use of addictive substances. Seeking help for physical health when needed.

Social

Developing a sense of connection, belonging and a well-connected support network, while also contributing to our groups and communities.

Spiritual

Developing a sense of meaningfulness and purpose in all aspects of life.

Intellectual

Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development. Monitoring cognitive well-being.

Occupational

Cultivating personal satisfaction, growth and enrichment in work. Financial stability.

