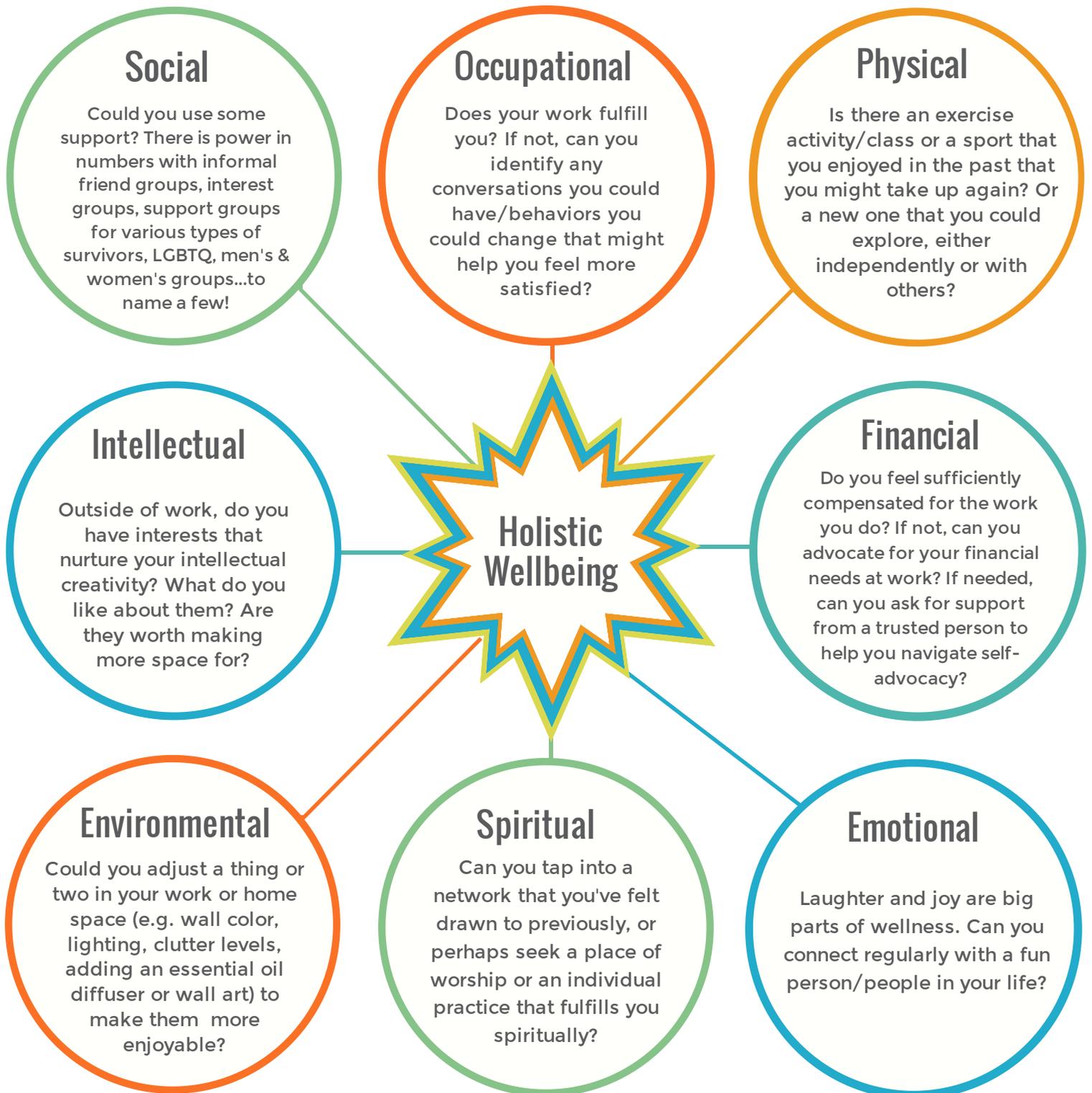


# Attending to Dimensions of Wellness

## Questions for assessment and action

The various dimensions of the self are interconnected, and wellness or imbalance in one area can impact the other areas.<sup>1</sup> Use these questions as a starting point for assessing how you are faring in different areas of your life, and for considering changes that could impact your holistic wellness.



Source:

1. Substance Abuse and Mental Health Services Administration. (2017). Eight Dimensions of Wellness. Retrieved from <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

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