

Six Dimensions of

Health and Wellbeing



PHYSICAL anatomy, biological capacities, embodied movements, and practices that enable physical wellness

MENTAL emotional, spiritual, and intellectual aspects of wellbeing

INTERPERSONAL nourishing relationships and networks made up of friends, family, peers, and other supports

ECOLOGICAL interactions between humans, other animals, and the natural environment in the cultivation of optimal ecosystems

SOCIOCULTURAL social and cultural factors that influence individual and community health and well-being

SOCIOPOLITICAL policy, institutional structures, and broader geo-political forces that shape the health landscape

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LIFE COURSE

