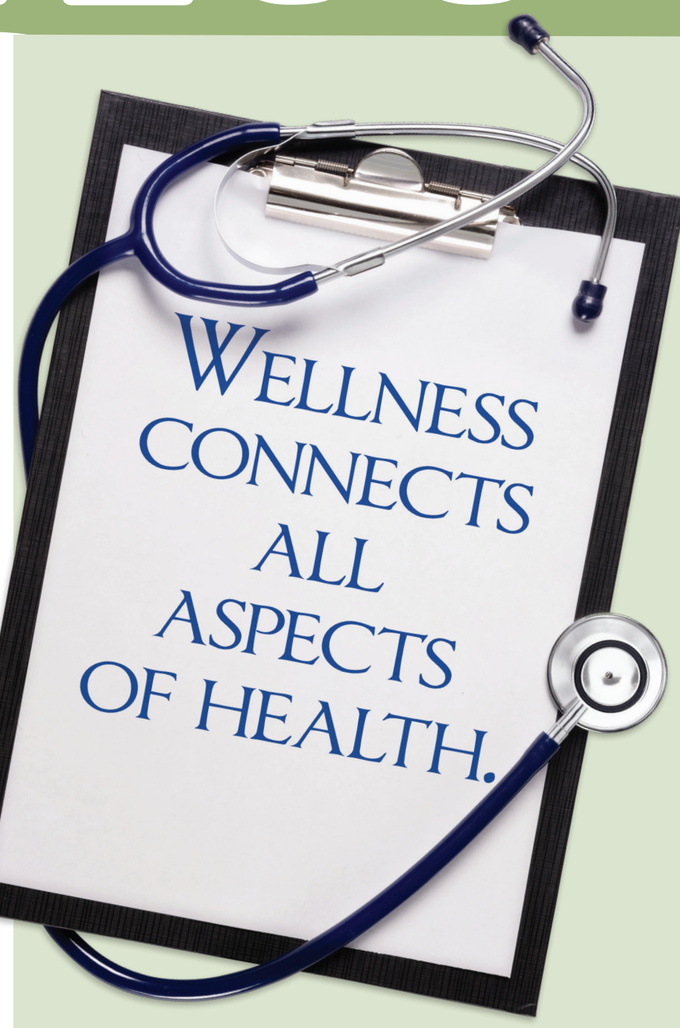
10×10 Wellness CAMPAIGN
SAMHSA

The Eight Dimensions of WELLNESS*



Emotional
Developing skills and strategies to cope with stress.

Environmental
Good health by occupying pleasant, stimulating environments that support well-being.

Financial
Satisfaction with current and future financial situations.

Intellectual
Recognizing creative abilities and finding ways to expand knowledge and skills.

Social
Developing a sense of connection and a well-developed support system.

Physical
Recognizing the need for physical activity, diet, sleep, and nutrition.

Spiritual
Search for meaning and purpose in the human experience.

Occupational
Personal satisfaction and enrichment derived from one's work.

Communication

among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.

THE 10X10 WELLNESS CAMPAIGN

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years. To find out more about the 10x10 Wellness Campaign, visit **http://www.10x10.samhsa.gov**.

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