

DIMENSIONS OF WELLNESS

Understanding the integrated nature of
wellbeing.

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1 in 3

WOMEN EXPERIENCE
ANXIETY IN THEIR
LIFETIME

1 in 5

AUSTRALIAN'S HAVE TAKEN
TIME OFF WORK IN THE PAST
12 MONTHS DUE TO MENTAL
STRESS.

FACETS OF WELLBEING





RELINQUISH

REPLENISH



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OCCUPATIONAL WELLNESS

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PHYSICAL WELLNESS



SOCIAL WELLNESS

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EMOTIONAL WELLNESS



SPIRITUAL WELLNESS



INTELLECTUAL WELLNESS



INTELLECTUAL WELLNESS



EMOTIONAL WELLNESS



PHYSICAL WELLNESS



SOCIAL WELLNESS



OCCUPATIONAL WELLNESS



SPIRITUAL WELLNESS

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