SEVEN DIMENSIONS OF WELL-BEING

SOCIAL
- Inclusive and welcoming spaces
- Social connections
- Connection to community

PHYSICAL
- Safe spaces for physical activity and recreation
- Healthy food, chronic disease management and health education
- Healthcare services

INTELLECTUAL
- Education and enrichment
- Lifelong learning and experiences

EMOTIONAL
- Social-emotional learning and mindfulness
- Connections to behavioral health services
- Trauma informed lens

CULTURAL
- Community events and celebrations
- Visual and performing arts
- Cultural relevancy and humility

ECONOMIC
- Mentoring and workforce development
- Jobs
- Connections to social services and resources

ENVIRONMENTAL
- Green space and protected natural habitats
- Climate change mitigation and resilience
- Connection to the outdoors