

# SEVEN DIMENSIONS OF WELL-BEING



NATIONAL  
RECREATION AND PARK  
ASSOCIATION

## 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

## EMOTIONAL

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

## ENVIRONMENTAL

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

## INTELLECTUAL

- Education and enrichment
- Lifelong learning and experiences

## PHYSICAL

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

## SOCIAL

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

