



## Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments.

### What Does It Mean to Be “Well?”

### The Six Dimensions of Wellness Model

*Adapted from content posted on the website of the National Wellness Institute,  
[https://www.nationalwellness.org/page/six\\_dimensions](https://www.nationalwellness.org/page/six_dimensions)*

The term “wellness” may mean different things to different people, and many different definitions can be found. Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), suggests that wellness is:

- A conscious, self-directed and evolving process of achieving full potential
- Multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Positive and affirming
- An active process through which people become aware of, and make choices toward, a more successful existence.

Dr. Hettler has developed an interdependent model, commonly referred to as the **Six Dimensions of Wellness**, which identifies key components to wellness:



- There is no “right” way to be well, and no ideal balance between different aspects of wellness.
- The importance of different dimensions may vary significantly from individual to individual; some people may derive their greatest sense of satisfaction or purpose from their work, while others place greater value on their physical health, spirituality, or family relationships.
- The value we place upon these different dimensions may change over time.

For a description of each dimension, and to learn more about how the model may be applied to your life, please click [here](#).