



TOTAL WELLNESS (4 Domains)

Total wellness is based on four dimensions: Spiritual, Social, Psychological, and Physical. Each component works together to maintain and shape total fitness. Wellness integrates each component to move us towards a more proactive, responsible, and healthier existence. What you do, think and feel has an impact on your health and well-being. Hindrances to health limit our success and stunts full potential. To neglect or overemphasize any of the four dimensions will result in an out-of-balance person. Achieving balance requires responsibility, effort, and focus.

SPIRITUAL	SOCIAL
<ul style="list-style-type: none"> -Pursuit of higher virtue -Service to others -Volunteering -Faith/Religious Practices -Finding meaning and purpose in our lives -Harmony -World-views -Belief systems and values -Vision -Value system: Ethics/morals 	<ul style="list-style-type: none"> -Meaningful relationships -Contact with family and friends -Developing new friendships -Healthy sexual behaviors -Meaningful occupation/career/job -Social Networks, Celebrations, Hospitality -Conflict resolution/peacemaking -Interdependence -Tolerance
PSYCHOLOGICAL	PHYSICAL
<ul style="list-style-type: none"> -Positive outlook -Strong self-image -Good coping skills -Challenging intellect (reading, studying) -Emotional Regulation -Relaxation -Problem Solving -Time management -Critical Thinking -Goal Setting 	<ul style="list-style-type: none"> -Adequate Rest/Sleep -Fitness/Exercise -Balanced diet (whole-grains, beans, fruits, veggies) -Good personal hygiene -Appearance -Stamina -Avoiding destructive habits (Addictions) -Self Care

→ **Return Strong** →

For more info about this topic or to speak with a professional, contact your Tricare Appt Line. You can also access more information/resources at: [Deployment Transition Center Website](#)