7 Four Dimensions of Health:

World Health Organization defines health as....'a state of complete, physical, mental and social well being and not merely the absence of disease or infirmity'. This definition tells that, there are many paths to wellness that such as spiritual, environmental, emotional and physical health. Ensuring that all aspects of one’s health are functioning well will help him develop a better sense of overall wellness. The term wellness can refer to a variety of conditions within the body. While many people associate their wellness to their physical health it can also be used to describe your environmental, mental, intellectual, occupational, emotional or spiritual well-being. These different dimensions of health interact together to help determine one’s full quality of life. Following are four major dimensions of health