

EXPLORE THE DIMENSION OF WELLBEING

Dimension 2: Intellectual



SHARE YOUR
KNOWLEDGE WITH
OTHERS THROUGH



INTERFACE OPENLY
WITH NEW IDEAS
OR THOSE YOU DO



PARTICIPATE IN
CONTINUING EDUCATION



WRITE AN ESSAY,
STORY, OR POEM

We are focusing each week on one dimension of wellbeing. Today we will look at intellectual wellbeing. Remember, improving and sustaining wellbeing is a dynamic process that integrates physical, emotional, intellectual, vocational, social, environmental, spiritual, and financial dimensions. Tending to and creating balance among these dimensions looks different for each person and may change over time. The important thing is to keep engaging in the process and finding the balance that works for you.

Intellectual wellbeing means nourishing the mind to grow through learning.

Ways to care for your intellectual wellbeing:

- 🐾 Share your knowledge with others through teaching or mentorship.
- 🐾 Interface openly with new ideas or those you do not agree with.
- 🐾 Participate in continuing education.
- 🐾 Write an essay, story, or poem

🐾 Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>