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Dimensions of Wellness



Emotional

Coping effectively with life and creating satisfying relationship.



Environmental

Good health by occupying stimulating environment that support well-being.



Occupational

Personal satisfaction and enrichment from one's work and career.



Physical

Recognizing the need for physical activity, healthy food and sleep.

Contact Us.

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We treat the whole person, not just the diagnosis.



Financial

Satisfaction with current and future financial decisions.



Intellectual

Recognizing creative abilities & finding ways to expand knowledge/skills.



Social

Developing connection, belonging, and a strong support system.



Spiritual

Expanding a sense of purpose and meaning in one's life.

In Network With.

