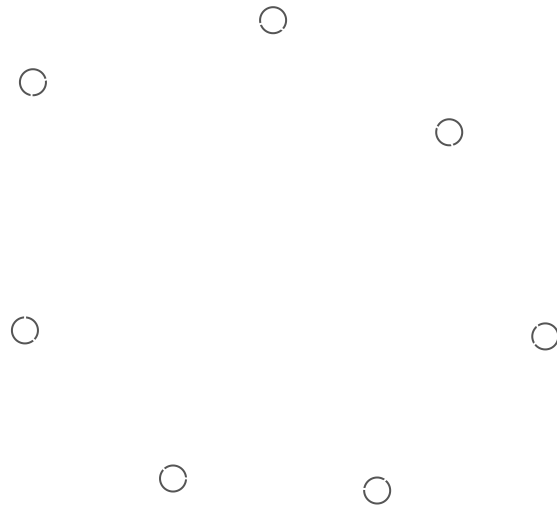


The 7 Dimensions of Wellness



What is Wellness?

Wellness is an active, lifelong process of becoming aware of your choices and making decisions that will help you to live a more balanced and fulfilling life.

Everyone's optimal wellness will be different, depending on your own needs, experiences, personality, and circumstances. Different aspects will fall in and out of balance as you make your way through life—however, we can try our best to maintain a balance.

Many factors can influence your health and well-being. There are 7 different interacting dimensions wellness.

Take The Wellness Quiz

As a student, it can be hard to stay balanced! Check out our **Student Wellness Guide** for tips and strategies for achieving and maintaining balance across all the important dimensions of your life.

HEALTH & COUNSELLING

[Contact Us](#)
[See a Doctor](#)
[See a Counsellor](#)
[Find Support](#)
[Events](#)
[Resources](#)

CONTACT US

Burnaby campus: 778-782-4615
Vancouver campus: 778-782-5200
Surrey campus: 778-782-5200

24/7 Emergency Contact

[Facebook](#)
[Twitter](#)
[Instagram](#)

Safety & Risk

[SFU Maps & Directions](#)
[SFU Admissions](#)
[Road Report](#)
[Give to SFU](#)

Terms and conditions

© Simon Fraser University

We would like to acknowledge that at Simon Fraser University we live and work on the unceded traditional territories of the Coast Salish peoples of the Musqueam, Squamish, and Tsleil-Waututh Nations

[SFU.ca](#) 

