



# SPANDANA EDA INTERNATIONAL FOUNDATION



Sometimes life can be overwhelming,  
and we need a little help balancing it all.





### **Physical wellness:**

About self-care.

Knowing what's good for you and what will bring you long-term benefits.

It's about putting yourself first and feeling good and motivated each day of your life.

### **Emotional wellness:**

Stress reduction.

Development of inner strength.

Ability to understand how to handle both positive and negative feelings.

### **Social wellness:**

Developing a sense of connection and creating meaningful relationships.

Establishing supportive social networks.

Creating safe and inclusive spaces.

### **Spiritual wellness:**

Seeks harmony with the universe, expresses compassion towards others.

Having a set of values and beliefs that provides a sense of purpose and meaning to life.

Practices gratitude and self-reflection.

### **Financial wellness:**

Skills to manage resources to live within our means.

Setting realistic goals.

Beaware that everyone's financial values, needs, and circumstances are unique.

### **Cultural wellness:**

Acknowledges, accepts and intrinsic respect for diversity.

willings to be open to other view points and

Continually learn about how others experience the world

### **Intellectual wellness:**

Explore new ideas and different points of view.

Recognizing creative abilities and finding ways to expand knowledge and skills.

It also emphasizes lifelong learning and inspires curiosity.

### **Environmental wellness:**

Starts from having a home that is clean, safe, healthy, hygienic, and peaceful.

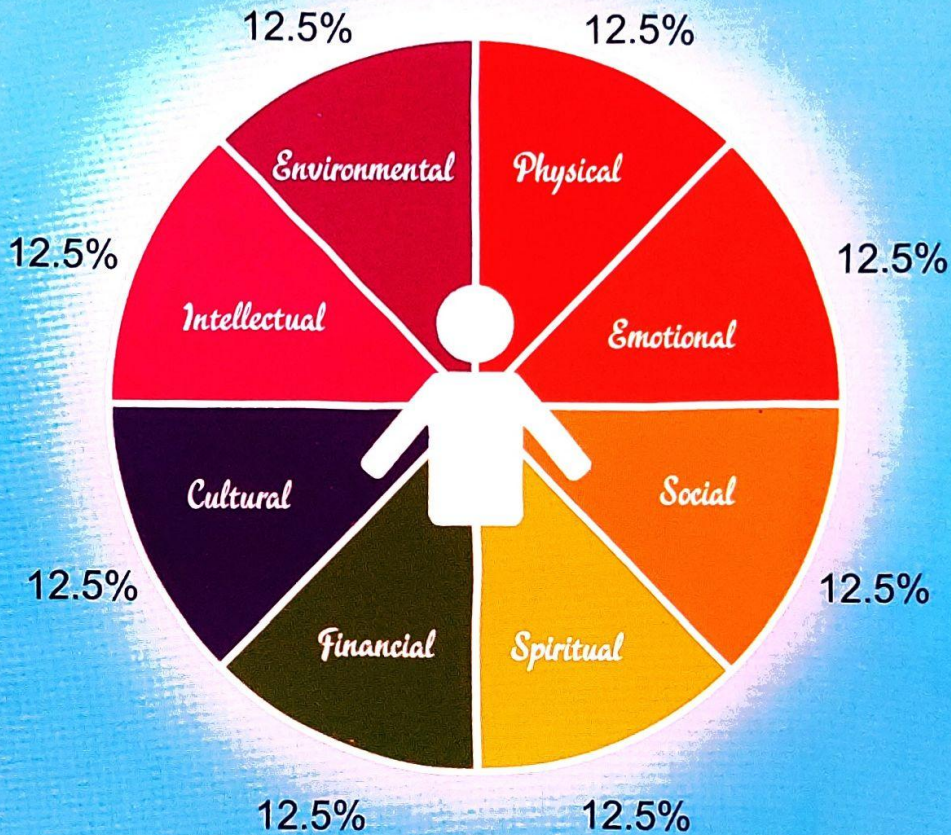
Refers to one's relationship to their surroundings that affect human life.

Encourages interaction with nature and our personal environments.





# The 8 Dimensions of Wellness



*Click to learn more*

[www.spandanaedafoundation.com](http://www.spandanaedafoundation.com)

 **Spandana Eda International Foundation**

Above all, remember that every present moment is a chance to let your best and most authentic self shine through.

Wellness is something that is available to everyone.

Health, Happiness and life fulfillment are the rewards of working towards it.

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