



## EMOTIONAL

The ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences



## SPIRITUAL

Expanding our sense of purpose and meaning in life



## SOCIAL

Developing a sense of connection, belonging, and a well-developed support system

# WELL-BEING DURING COVID-19



## INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills



## ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being



## PHYSICAL

Recognizing the needs for physical activity, diet, sleep, and nutrition



## FINANCIAL

Satisfaction with current and future financial situation



## OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

Reference: [Swarbrick and Yudorf, 2015](#)

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