

Life Domains and Examples

- Biological:
 - Nutrition
 - Sleep
 - Exercise or activity
- Psychological:
 - Work and play balance
 - Effective relaxation or calming stimuli
 - Contact with nature
 - Time management
- Interpersonal/Social:
 - Social support
 - Peer support
 - Supervision/consultation
- Intellectual:
 - Training
 - Resources
- Spiritual:
 - Self-reflection
 - Meditation
 - Spiritual connection in the community
 - Cherishing optimism and hope