

Mental Health Dimensions Of Self Esteem And Emotional Well Being

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[8 Dimensions of Wellness - University of California, Los ...](#)

8 Dimensions of Wellness Source:
<https://www.samhsa.gov> Wellness is "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity" (World Health Organization). The Wheel of Wellness, with 8 interdependent dimensions reminds us that adult life is complex and comprised of multiple domains of

simultaneous

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mental health: emotional intelligence, personal values and self-esteem between general and clinical populations. Specifically, it aims to: compare the three protective factors between the two populations and to assess what aspects of emotional intelligence, what type of values and what level of self-esteem relate to low levels of anxiety and ...