

World Health Organization defines the four dimensions of wellbeing as physical, social, mental and spiritual health.

(World Health Organization Geneva Charter for Wellbeing 2021)



Spiritual
Health
Association



Wellbeing

is a state of balance or alignment in body, mind and spirit. In this state we feel content; connected to purpose, people and community; peaceful and energised; resilient and safe. In short, we are flourishing.¹

¹ Earl E. Bakken Centre for Spirituality and Healing, University of Minnesota.

www.spiritualhealth.org.au