

## The Eight Dimensions of Wellness

Mental and emotional wellness are important aspects of overall wellness, which can be broken out into eight different dimensions.



In 2018, OVMA members reported the two biggest sources of stress and anxiety were: **finances & work/life balance**. Identify areas of your life that are fulfilled, and make time to address dimensions that are not. This will help you achieve better balance and improve your resilience to cope with hard days.

**I Matter** is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

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**Wellness. Resilience. Care.**