Course Title: The Seven Dimensions of Wellness  
Course Code: PDV 39 W  
Instructor: Kee Chan, PhD

Course Summary:
There is no one key to sustaining or achieving an overall healthy lifestyle. That is because wellness is a multifaceted affair, and healthy living is the product of the choices we make across seven dimensions: (1) physical, (2) intellectual, (3) emotional, (4) social, (5) spiritual, (6) occupational, and (7) environmental.

In this course, we will unlock the science behind the seven dimensions of wellness. The first week will explore the relationship between biology and wellness, showing how different choices in our lives affect our DNA. Then, we will move on to discuss the seven dimensions, covering one dimension each week. As the course unfolds, students will discover how healthy habits (exercise, food choices, etc.) contribute to physical wellness. They will also see how wellness goes beyond the purely physical and into other realms. Social wellness (the ability to connect with other people), emotional wellness (the capacity to understand ourselves and share feelings of anger, fear, hope, and love), occupational wellness (the ability to get personal fulfillment from our jobs or our chosen career fields)—these other forms of wellness also contribute to an integrated sense of well-being. Reflective writing is a key component of this learner-centered personal development class. Complimentary exercises and videos (including yoga, pilates, ballet movements, and meditation) will also be included that are easily incorporated in your daily life or at the workplace.

By the end of the course, students will understand how to achieve wellness in the broadest sense. They will also learn about integrative health therapies for common health problems.

Grade Options and Requirements:

- **No Grade Requested (NGR)**
  - No work will be required; no credit shall be received; no proof of attendance can be provided.

- **Credit/No Credit (CR/NC)**
  - Score will be determined by student attendance and participation.

- **Letter Grade (A, B, C, D, No Pass)**
  - Weekly login Attendance 30%
  - Writing Assignment 20%

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650
• Discussion Board Participation 20%
• Weekly Quiz 30%

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Tentative Weekly Outline:

Week 1: Jan 9
Objective:
• Introduction to Health and the 7 Dimensions of Wellness.
• Identify good and bad stressors on wellness from a life course perspective.
• Understand the science and framework behind wellness.
Activities: Video Lecture, Discussion Board, and Writing Assignment.

Week 2: Jan 16
Objective:
• Introduction to Physical Wellness.
• Identify physical symptoms of illness, imbalance, and healthiness.
• Understand the integrative approach toward exercise, nutrition, psychology, physiology, and genetic preposition to wellness.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignment.

Week 3: Jan 23
Objective:
• Introduction to Intellectual Wellness.
• Identify mental fatigue, distractors, and tiredness.
• Re-energize mental awareness, mindfulness, and empathy in enhancing openness to wellness.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.
Exercise: Yoga and Pilates to strengthen core and mind for concentration.

Week 4: Jan 30
Objective:
• Introduction to Emotional Wellness.
• Identify FEAR (false evidence appearing real).
• Understand the science behind mood, music, and openness toward emotional healing and blockage.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.

Week 5: Feb 6
Objective:
• Introduction to Spiritual Wellness.
• Identify interior and external conflicts challenging belief, values, and principles.
• Define meaning and purpose toward openness, creativity, and conscious freedom.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.

Week 6: Feb 13
Objective:
• Introduction to Career Wellness.
• Identify the impact of workplace stressors on your DNA and mental state.
• Use body language, emotional intelligence, and concentration to enhance work mission.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.

Week 7: Feb 20
Objective:
• Introduction to Social Wellness.
• Identify social network impact on mood, decision-making on lifestyle choices and wellness.
• Learn willpower, good communication, and listening skills.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture, Exercises and Writing Assignments.

Week 8: Feb 27
Objective:
• Introduction to Environmental Wellness.
• Identify environmental stressors in our living conditions, workplace, community and globally.
• Examine how personal wellness impact the Earth well-being.
Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.

Week 9: Mar 6
Objective:
- Introduction to Integrative Wellness.
- Integrate the seven dimensions of Wellness in a holistic perspective for a long-lasting habit.
- Design a personalized health program to prevent and treat stress and other chronic diseases.

Discussion Board: Review the concepts and share experiences.
Activities: Video Lecture and Writing Assignments.