

Building Wellness Models

Figure 1: Wellness Cluster

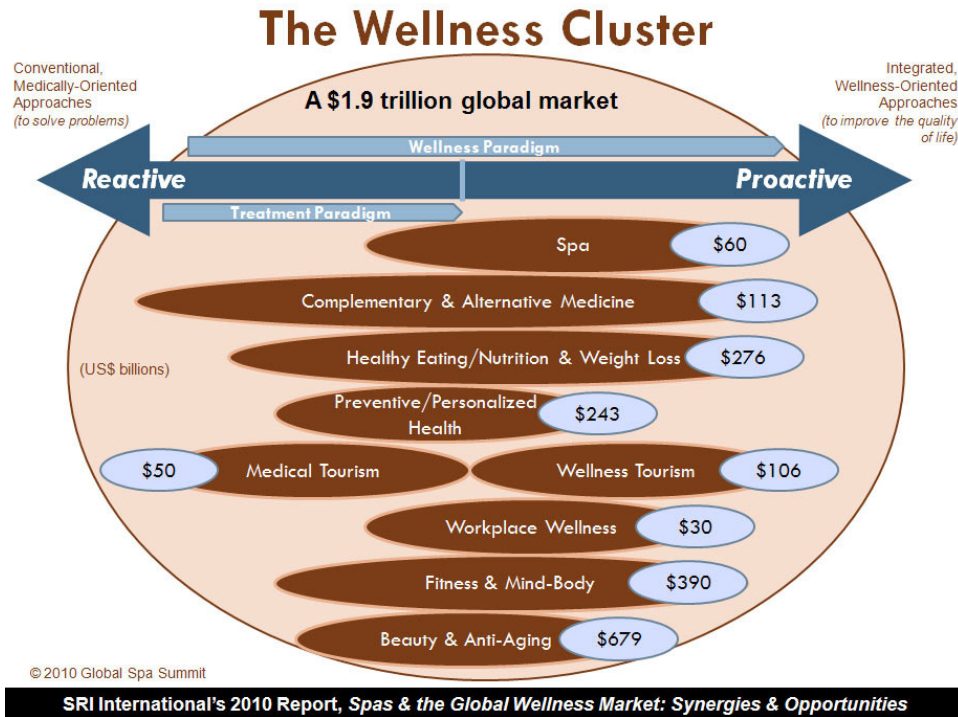


Figure 2: Illness-Wellness Continuum

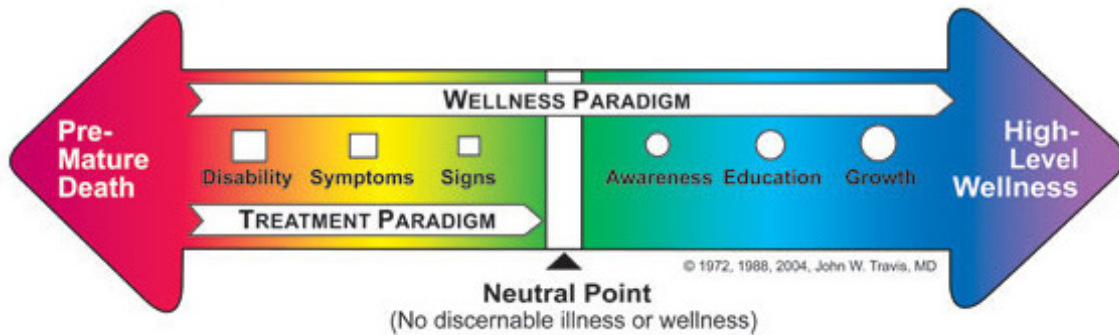


Figure 3: Self Responsibility (original model, 1977)

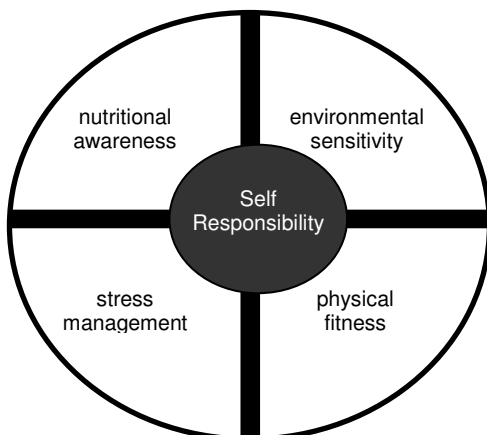


Figure 4: 6 Dimensions of Wellness



Figure 5: Self Responsibility (revised and expanded model, 1986)

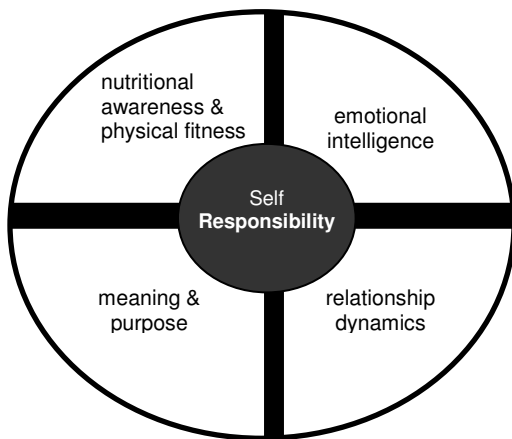


Figure 6: 3 Domains and 14 Skill Areas

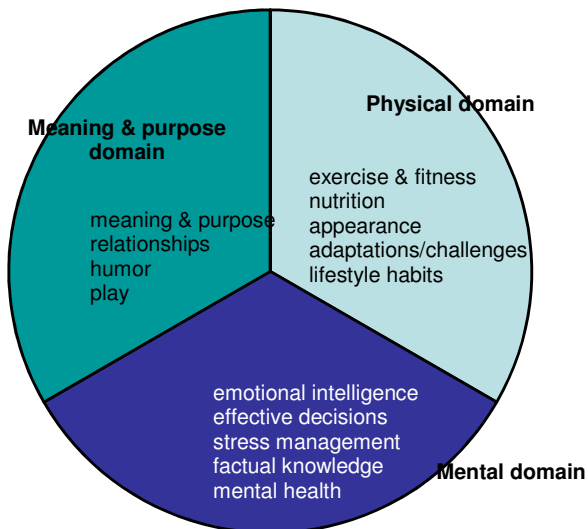
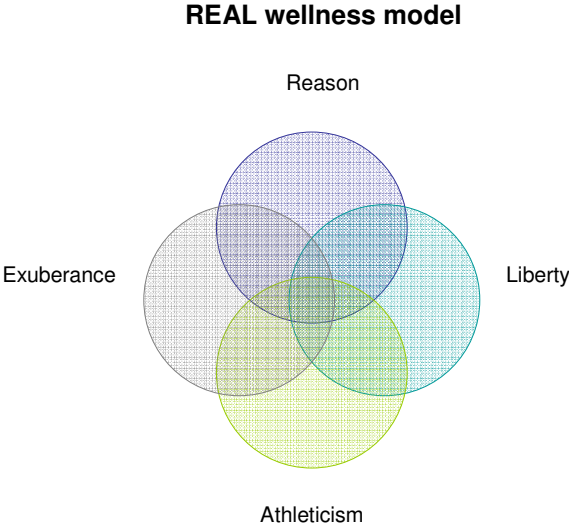


Figure 7: REAL Wellness Model



Ardell DB. Building wellness models. *AMAA Journal*. 2011;24(2).