

# **The 8 Universals for Health and Wellness**

Dr. Margaret Mead

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Mental

Emotional

Physical

Spiritual

Diet

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Music - Sound

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Laughter

Fun

Play



Humor

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# Creative Need and Contribution/Interest



*"Really, I'm fine. It was just a fleeting sense  
of purpose—I'm sure it will pass."*

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Skill

Appearance

Character

Impact

# Love, Touch, and Support Systems

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Birth

Initiation

Marriage

Death

Exercise

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Faith

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## Environment

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*“What lies before us and  
what lies behind us is a  
small matter compared  
to what lies within us.”*

Ralph Waldo Emerson

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