

# 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

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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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