# PSY 211 Module Two Milestone Template

Review the article “Six Dimensions of Wellness.” Then answer each question with a minimum of 3 to 5 sentences. Support your answers with credible sources when appropriate. Complete this template by replacing the bracketed text with the relevant information.

* Choose one of the **wellness dimensions** and explain whether you feel it is guided more by nature or nurture. Explain your response.

[Insert text.]

* Explain how one dimension of wellness influences **cognitive well-being** during a specific stage of development.

[Insert text.]

* Identify the wellness dimension that you feel **most** in control of. Explain your response.

[Insert text.]

* Identify the wellness dimension that you feel **least** in control of. Explain your response.

[Insert text.]

* Choose one dimension that you believe to be **predominant** in development. Explain your response.

[Insert text.]

* Explain how **emotional intelligence** and resilience factors affect your well-being.
  + Consider how you can apply the dimensions of wellness to support your own well-being in your response.

[Insert text.]