

BPRYCS provides parks, programs and services that support the

7- DIMENSIONS OF WELLNESS



The BPRYCS seven dimensions of wellness model was adapted from the National Recreation and Parks Association’s evidence-based framework. The model includes seven dimensions of wellness represented as gears that can operate individually or in synergy with other dimensions to create a working system of community wellness. The model defines and evaluates BPRYCS contributions to community wellness and helps to guide conversations toward a shared vision and facilitate actionable decision making for oneself and the community.

EMOTIONAL
Having awareness, understanding, and regulation of emotions, allowing for the ability to navigate challenges.



ENVIRONMENTAL

Being engaged with and contributing to spaces that are safe, sustainable, and accessible through connection with natural and built environments.

PHYSICAL

Being engaged in physical activity, nourishment, and behaviors that support the optimal functioning of one’s body.

SOCIAL

Having meaningful relationships, authentic interactions, and socialization that creates a sense of belonging.

CULTURAL
Having a sense of self while increasing awareness of differences in others’ backgrounds, cultures, and values through meaningful experiences.



INTELLECTUAL
Being devoted to lifelong learning and the development and expansion of skills, knowledge, and abilities through enrichment.

ECONOMIC

Having present and future financial stability in order to both meet basic needs and prosper.

How BPRYCS is shaping the 7-Dimensions of Wellness in Bristol: Improving individuals and overall community health

PHYSICAL

- Low-cost recreational and aquatics programs
- Youth sport league partnerships
- Safe and accessible spaces and services
- BEST Drug Free Communities Prevention Program

ENVIRONMENTAL

- Stewardship of nearly 1,000 acres of public park land
- Environmental policy supported through the Board of Park Commissioners
- “Green” Programs and Initiatives

EMOTIONAL

- Pine Lake Adventure Park programs
- Mental Health Services
- Mindfulness Programs
- Caring Closet
- Supporting youth through the Youth Commission

INTELLECTUAL

- Educational and enrichment programs
- Facilitating lifelong learning experiences and core competencies
- Parenting classes
- Skill building through youth dev. programs

ECONOMIC

- Mentoring and workforce development
- Boosting Home Values
- Employ 300 Staff
- Financial Assistance
- Theater supporting economic growth

SOCIAL

- Creating community connection through programs and events
- Rental Facilities available to rent for social gatherings

CULTURAL

- Diverse offering of cultural relevant shows at Downtown Live
- Free Summer Concerts in the Park
- Cultural competencies through youth service programs
- State designated district