

What is Wellness?

Definition of Wellness

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.

"a conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute

Wellness is more than being free from illness, it is a dynamic process of change and growth.

Definition of Emotional Wellness

Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions.

Emotional wellness also includes the ability to learn and grow from experiences. Emotional well-being encourages autonomy and proper decision making skills. It is an important part of overall wellness.

Definition of Physical Wellness

Physical wellness promotes proper care of our bodies for optimal health and functioning. There are many elements of physical wellness that all must be cared for together. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition. Obtaining an optimal level of physical wellness allows you to nurture personal responsibility for your own health. As you become conscious of your physical health, you are able to identify elements you are successful in as well as elements you would like to improve.

Definition of Spiritual Wellness

Spiritual wellness allows us to be in tune with our spiritual selves. This realm of wellness lets us find meaning in life events and define our individual purpose.

Spiritual wellness can be defined through various factors including religious faith, values, ethics and morals. Regardless of whether you believe in a particular religious faith, there is always something to be learned about how you see yourself in the world.

What could you do to improve your emotional wellness?

What could you do to improve your physical wellness?

What could you do to improve your spiritual wellness?