



What is Wellness & Why is it Important?

Wellness is much more than merely physical health, exercise, or nutrition. It is the full integration of physical, mental, and spiritual well-being. Maintaining an optimal level of wellness is crucial to living a higher quality life. The four areas of wellness are: Occupational, Spiritual, Physical, and Intellectual.

Occupational Wellness

Occupational wellness focuses on our search for a calling and involves participating in activities that provide meaning and purpose. It is the ability to achieve a balance between work and leisure, addressing workplace stress and building relationships with co-workers. If you're not feeling like you're in the right job, it's okay to try a new one. When people are doing what they were meant to do, they deepen their sense of meaning and purpose.

Occupational wellness involves personal satisfaction and enrichment in one's life through work. Increasing your knowledge and skills will help you achieve your occupational wellness goals and will keep you motivated.



Spiritual Wellness

Spiritual Wellness represents your personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It is the practice of integrating those beliefs and values with action toward bettering both yourself and the world around you. A person who is spiritually well examines personal values and beliefs, searches for the deeper meanings of life, has a clear understanding of right and wrong, reflects and meditates and finds joy in everyday life.

Always take the time to pray and explore your spiritual core. Determine what values and beliefs are important to you and integrate them into your daily life. Use your spirituality and faith to guide you every day. Meditating daily will give you time to relax, escape from your busy day and reflect on your faith. Taking time for yourself to travel to a comforting place or somewhere new can do wonders for your mind. It will give you time to strengthen your connection to your faith and your inner self. Always remember to think positive and do your best to eliminate any negative thoughts or emotions.



Physical Wellness

Good physical health habits through nutrition, exercise, and appropriate health care make up the physical aspect of wellness. Physical Wellness encourages us to care for our bodies through physical activity, proper nutrition, and a strong mind. Physical wellness promotes proper care of our bodies for optimal health and functioning.

Understanding your body's physical health is crucial to develop balanced physical wellness. When you take the route to physical wellness you will learn to understand how your body performs physically and be able to connect it to how you feel mentally. Physical wellness encourages principles of good health and knowledge, which affect behavior patterns that lead to a healthy lifestyle.

How To Improve Physical Wellness:

- Exercise or engage in physical activity for 30 minutes each day
- Use stairs instead of the elevator or escalator
- Recognize signs when your body begins feeling ill
- Eat variations of wholesome, healthy foods
- Control your meal portions
- Try to sleep between 7-9 hours each night



Intellectual Wellness

Intellectual wellness means engaging in creative and stimulating mental activities to expand knowledge and skills. Intellectual Wellness is achieved through self-directed behavior focused on learning. It is the ability to open our minds to new ideas and experiences that can be applied to personal decisions and betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to intellectual wellness.

Intellectually well people cherish mental growth and stimulation, are involved in intellectual and cultural activities, and are engaged in the exploration of new ideas and understandings. They are also curious and interested in the communities as well as the world around them.



Intellectual wellness also stimulates curiosity. Curiosity is important because it motivates you to try new things and develop an understanding of how you see the relationship between yourself, others, and the environment. Reading is an excellent way to improve your intellectual wellness. Reading is known to have many benefits including improvement in memory, vocabulary, and an increase in the capacity to empathize with others. Doing activities such as visiting a museum, taking a nature walk, or watching an educational movie are other great ways to expand your intellectual wellbeing.

Wellness & Creating Balance

Creating balance in our lives is an important part of wellness. A balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled. This includes working, having fun, spending time with family and friends, participating in the community, being physically active, praying, relaxing, and sleeping.

Because we each have individual needs, preferences, and capabilities, what we consider “balance” will also look different. And it’s important for us to re-balance from time to time, to adjust to what is going on in our lives.

When we’re trying to get through a tough time, balance is especially important. In these times, our habits and routines can help us get that feeling of control back. This means focusing on ourselves as well as the roles we play in the lives of others.

Our roles and relationships with others help define who we are and give us a sense of purpose. Being engaged in life and relationships provides a measure of balance and overall wellness.



