

What is Wellness?

Wellness is a state of health in body and mind. The Global Wellness Institute defines wellness as **the active pursuit of activities, choices and lifestyles that lead to a state of holistic health**. Wellness is not a static state but instead something that we are constantly striving for as our circumstances and lives change. Our intensions, behaviours, lifestyle choices and actions ultimately contribute to our ability to reach our optimal state of Wellness. The circle of Wellness below shows the different components that we are striving to develop in order to progress our Wellness.

Wellness Is Multidimensional

Wellness is about more than just physical health. Most models of wellness include at least 6 dimensions (and sometimes up to 9 or 12):



- **Physical:** A healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engagement with the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being in touch with, aware of, accepting of, and able to express one's feelings (and those of others).
- **Spiritual:** Our search for meaning and purpose in human existence.
- **Social:** Connecting with, interacting with, and contributing to other people and our communities.
- **Environmental:** A healthy physical environment free of hazards; awareness of the role we play in bettering rather than denigrating the natural environment.

When we are building our Wellness Tool boxes we are looking at fulfilling these 6 dimensions.

<p><u>Physical:</u></p> <ul style="list-style-type: none"> - Staying active - Meditation and sleep stories - Healthy Eating - Relaxation - Yoga 	<p><u>Mental:</u></p> <ul style="list-style-type: none"> - Being Creative 	<p><u>Emotional:</u></p> <ul style="list-style-type: none"> - Our Wellness Journal - Working on our worries - Tuning into our Feelings - Calm Box - Positive self-talk
<p><u>Spiritual:</u></p> <ul style="list-style-type: none"> - Gratitude - Happiness Jar 	<p><u>Social:</u></p> <ul style="list-style-type: none"> - Connecting with friends 	<p><u>Environmental:</u></p> <ul style="list-style-type: none"> - Getting outdoors - Our special places

If you want to find out more about what Wellness means here are some useful websites:

- <https://globalwellnessinstitute.org/what-is-wellness/>
- <https://www.globalwellnessday.org/about/what-is-wellness/>
- <http://www.fallhillpediatrics.com/teaching-children-wellness/>