5 Components of Wellness

1. Physical
2. Mental
3. Emotional
4. Social
5. Spiritual
HEALTH / WELLNESS DEFINED

Wellness –
Optimal health, a way of life, making responsible decisions and lifestyle choices.

Health –
A good balance of all 5 components of wellness.
Wellness Continuum

Premature Death  Birth  Wellness (Optimal Health)
PHYSICAL WELLNESS

The physical component of wellness involves the ability to carry out daily tasks, develop cardio respiratory and muscular fitness, maintain adequate nutrition and a healthy body fat level, get adequate sleep, and avoid abusing alcohol and other drugs or using tobacco products.
Mental Wellness involves the ability to learn and use information effectively for personal, family, and career development.
Emotional Wellness

Emotional Wellness is the ability to control stress and to express emotions appropriately and comfortably.
Social Wellness

The social component of wellness means having the ability to interact successfully with people and one's personal environment.
Spiritual Wellness

- The spiritual component of wellness provides meaning and direction in life and enables you to grow, learn, and meet new challenges.