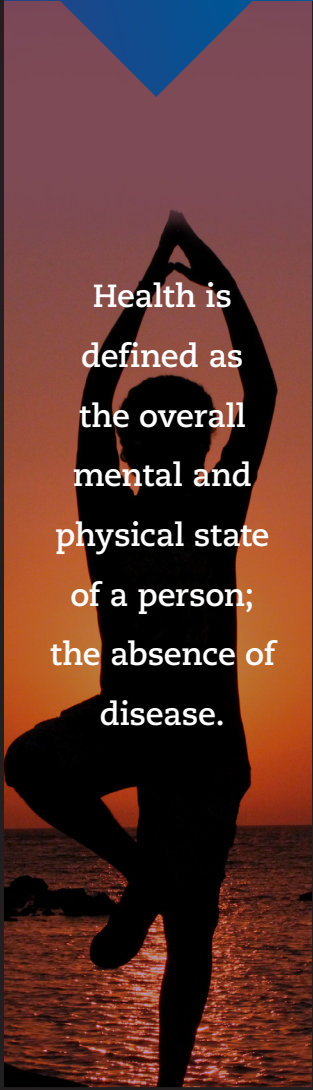


Building Blocks of Wellness

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.



Health is defined as the overall mental and physical state of a person; the absence of disease.



Health Benefits

People who practice healthy life habits (exercising, healthy food choices, not smoking, limiting alcohol use, and practicing stress management) typically feel better much later in their lives, than people who choose to indulge or continue unhealthy habits.

Change Is Good

Making lifestyle changes can be hard especially if a HABIT or ADDICTION is involved. Most people go through the same STAGES of CHANGE, and for a change to be effective it is recommended that a person:

- ✓ Make a plan that will stick. The plan is a roadmap that will guide a person through the journey of change
- ✓ Start small
- ✓ Change one behavior at a time
- ✓ Involve a buddy
- ✓ Ask for support



Building Blocks of Wellness

The 6 Wellness Dimensions:



Physical



Emotional



Occupational



Intellectual



Social



Spiritual

Don't Forget the S's

Most of us know that eating healthy and exercising more is part of a wellness plan but don't forget:

- Sleep
- Stress Management
- Stretching
- Screenings
- Social Connectivity
- Self-Care



Look Out for YOU!



Taking care of YOURSELF is highly underrated. As Americans, we tend to push ourselves to the limit, sacrifice sleep, eat on the run, crash at the end of the day and then start all over again.

Research shows that when we practice self-care we feel better!

For more information, contact us: info@wishingwellworks.com