



WELLNESS



NURTURING HEALTH IN BODY, MIND, SPIRIT, AND COMMUNITY

Wellness is the active pursuit of balanced health and refers to achieving a holistic sense of overall health. Wellness and well-being are often used interchangeably; however, wellness reflects an individual's physical, mental, and social health, and the ability to achieve it through information gathering, research-based decision making, and self-motivation.

Physical wellness refers to the body's overall health and functioning. It involves maintaining a well-balanced diet, hydrating sufficiently, engaging in regular physical activity, getting enough rest, managing physical stressors, and seeking preventative and medical care when needed. Physical wellness is about keeping the body strong, resilient, and capable of meeting the demands of daily life and changes over the life span.

Mental wellness is equally important and refers to the emotional, psychological, and cognitive aspects of an individual's health. It involves managing stress, coping with life's challenges, and maintaining a positive outlook on life. Emotional resilience is a crucial factor of mental wellness, supporting individuals to remain level-headed despite adversities. Mental wellness leads to improved mental clarity, productivity, and overall emotional balance.

Social wellness highlights the importance of forming meaningful connections, feeling a sense of belonging, and contributing to the well-being of families and communities. Healthy relationships provide emotional support, reduce feelings of loneliness, and enhance overall life satisfaction. Social wellness evolves from effective communication, empathy, and the ability to resolve conflicts in constructive ways.

Spiritual wellness is having a philosophical understanding, personal responsibility, and environmental sensitivity. On an individual level, spiritual wellness is about spending time defining personal values and ethics and making decisions that complement them, being open to diverse cultures and religions, spending time alone in personal reflection, and engaging in spiritual activities.

These four wellness components are interlinked and affect one another. Achieving and maintaining wellness requires a balanced approach, where individuals actively engage in self-care and make intentional efforts to maintain or improve their health. Life events and personal and family decisions, as well as community practices, influence wellness over the lifespan. Seeking balance, understanding, and outside resources supports an individual's ability to be well. True wellness is not the absence of illness but the quality of life that balanced health brings.

Family and Consumer Sciences professionals have a key role in wellness by providing access to research-based information, offering prevention education, and teaching technical skills to better meet personal needs as well as those of family and community members.