

ACHIEVING HEALTH AND WELLNESS

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ABSTRACT

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. It is a state of complete physical, mental, and social well-being, and not merely the absence of disease. The social, economic, cultural and physical environment in which people live their lives has a significant effect on their health and wellbeing. Although genetics and personal behaviour play a strong part in determining an individual's health, good health starts where we live, where we work and learn, and where we play. We are dealing with 5 components of health and wellness, 8 dimensions of wellness, 5 areas of health related to wellness, 4 components of holistic health and 3 parts of Mental/emotional wellness. Moreover. How to achieve health and wellness ,improve mind and body wellness, methods to improve mental health and have better energy build mental and emotional strength and get stronger brain. The final aim is to be healthy naturally.

KEYWORDS: Wellness–Preventive Strategy for health–Emotional health–Mental Health–Achieve Health.

Many persons are enjoying good health; but without wellness. The problem is the method of enjoying wellness.

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Health may be defined as the ability to adapt and manage physical, mental and social challenges throughout life.^[1]

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."...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity".^[1]

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters; because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.^[2]

Wellness from Holistic Perspective had emerged from

the approach used by scientists to study complex phenomena such as organisms and ecosystems,^[3] and from a shift in society toward a worldview that is more holistic and relational.^[4] The term wellness appeared as part of a parallel transformation in the definition of health toward a more holistic perspective that is interrelational, positive in nature, and focuses on the examination of healthy human functioning.^[5]

Previous studies for the definition of wellness held the view that health was concerned with illness and the body was considered in terms of isolated physiological systems.^[5] The holistic perspective completely transformed this notion of health and the wellness movement was perhaps the catalyst that began this transformation. The wellness movement began after the end of World Second War; largely because society's health needs changed. Advances in medicines and technology (vaccines and antibiotics) reduced the threat of infectious diseases, which until that time had been the leading cause of death.^[7,8] Instead, chronic and lifestyle illnesses (e.g., heart disease, diabetes and cancer), associated with numerous stressors in life and the workplace, became the primary health concern.

This introduced an expanded concept of health as encompassing all aspects of the person (mind, body, spirit),^[9] a concept that had been lost by western but not

by indigenous societies.^[10] This expanded view of health allowed the development of preventive health measures and a focus on optimal health as practitioners address the whole person, and consider the causes of lifestyle illnesses rather than just their symptoms. But, the language used to describe health and, similarly, wellness has become more complex and confusing. current literature reveals additional terms corresponding and interrelating to the notion of wellness, namely well-being, quality of life, life 2 10 BC Atlas of Wellness satisfaction, happiness, and general satisfaction, the latter being a term similarly understood by many cultures and used in international studies.

The social, economic, cultural and physical environment in which people live their lives has a significant effect on their health and wellbeing. Although genetics and personal behavior play a strong part in determining an individual's health, good health starts where we live, where we work and learn, and where we play. Improving community health requires taking a broader view of the conditions that create health and wellbeing, from how we plan and develop our urban spaces and places, to the opportunities for employment, recreation, and social connection available to all who live in them.^[11]

We have to know that **There are 6 Components of health:** The concept of health is divided into 6 sub categories: Physical health, social health, mental health, emotional health, spiritual health and environmental health.^[12]

Health triangle

The health triangle is a measure of the different aspects of health. The health triangle consists of: Physical, Social, and Mental Health. Physical health deals with the body's ability to function. Physical health has many components including: exercise, nutrition, sleep, alcohol & drugs, and weight management.^[13]

Five Components of Health and Wellness

- Physical Wellness. Physical wellness includes the level of a person's endurance, flexibility, and strength.
- Mental/Emotional Wellness. Mental and emotional wellness involves balancing one's emotions and feelings.
- Social Connections.
- Nutritional Wellness.
- Education and Lifelong Learning.^[14]

Eight Dimensions of Wellness are known

- Emotional. Coping effectively with life and creating satisfying relationships.
- Environment. Good health by occupying pleasant, stimulating environments that support well-being.
- Financial.
- Intellectual.
- Occupational.
- Physical.

- Social.
- Spiritual.

Each of these 8 dimensions act and interact in a way that contributes to our own quality of life.^[15]

There are five areas of health related to wellness:

They are heart and lung endurance or cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Heart and lung endurance or cardiovascular endurance is the ability to exercise the entire body for long periods of time.^[16]

Also, **Four components of holistic health:** Enrich uses a holistic approach that seeks to engage and develop the physical, emotional, mental, and spiritual aspects of each employee. According to Maslow's hierarchy, safety and security are the building blocks of social and personal development. Oct 23, 2015.^[17]

Moreover, three parts of mental / emotional health:

Physical, Mental /emotional, and Social health. Health is a combination of physical, mental/emotional, and social well-being. You need to be good at all of these in order to have good health. The three parts all can affect each other throughout your life.^[18]

As regards **emotional wellness:** The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness. Spiritual Wellness is the ability to establish peace and harmony in our lives.^[19]

Concerning **mental wellness:** Mental wellness is a positive state of mental health. It is more than the absence of mental illness. We have to discover that what being mentally well means, and how it can help lead a fulfilling life. What is Mental Wellness. Being mentally well means that your mind is in order and functioning in your best interest.^[20]

So, as preventive strategy for health and in order to achieve health and wellness

- Surround yourself with positive and supportive people.
- Weed out things and relationships that do not support you.
- Have what you want and want what you have.
- Practice gratitude.
- Care for your body: eat well, sleep well, exercise.

Also, How to improve mind and body wellness:

- Meditate. Meditation is an excellent way for us to restore balance between mind and body.
- Maintain a healthy diet.
- Get regular exercise.
- Enjoy better sleep.
- Drink plenty of water.

- Take part in fun, lighthearted activities with friends.^[22]

The following can help people achieve success in the eight dimensions of wellness

- Surround yourself with positive and supportive people.
- Weed out things and relationships that do not support you.
- Have what you want AND want what you have.
- Practice gratitude.
- Care for your body: eat well, sleep well, exercise.^[23]

Also, these are Ways You Can Improve Your Mental Health

- Tell yourself something positive. Research shows that how you think about yourself can have a powerful effect on how you feel.
- Write down something you are grateful for.
- Focus on one thing (in the moment).
- Exercise.
- Eat a good meal.
- Open up to someone.
- Do something for someone else.
- Take a break.^[24]

To be healthy naturally

Eat lean protein: Get your protein from chicken, beans, and dairy products. Drink tea: Most teas are full of polyphenols and antioxidants that not only make you healthier, but can clean your teeth. Just stop eating junk food: It's obvious and simple, but effective. Don't eat anything that comes in a box.^[25]

How to increase our energy naturally

- Control stress. Stress-induced emotions consume huge amounts of energy. ...
- Lighten your load. One of the main reasons for fatigue is overwork.
- Exercise. Exercise almost guarantees that you'll sleep more soundly.
- Avoid smoking.
- Restrict your sleep.
- Eat for energy. ...
- Use caffeine to your advantage.
- Limit alcohol.^[26]

Building mental and emotional strength

- Set reasonable goals and follow through with them.
- Make yourself strong against negativity.
- Use positive self-talk to build your mental and emotional strength.
- Learn to stay calm under pressure.
- Let go of the little things.
- Change your perspective.
- Have a positive outlook.^[27]

Get your brain in shape (Strong brain) with a little mental strength training.

- Differentiate between ruminating and problem-solving.
- Give yourself the same advice you'd give to a trusted friend.
- Label your emotions.
- Balance your emotions with logic.
- Practice gratitude.
- Create a Healthy Mindset.^[28]

CONCLUSION

In this work we discussed how to achieve health and wellness improve mind and body wellness, methods to improve mental health and have better energy build mental and emotional strength and get stronger brain. The final aim is to be healthy naturally.

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