

**Journal 2: Self-Care**

What is wellness? Wellness is sometimes confused with some terms like health or well-being. While they do have some similarities, wellness is different. Wellness is the idea of being aware and making a pursuit to become a better you rather than being at a standstill like health or well-being.

To promote my own wellness, I participate in physical activity and sleep. For physical activity, I try every day to go to the recreational center. If can't go for any reason, I will try to go for a run around campus. Even though physical activity can be hard sometimes, I always feel accomplished after, and working out also helps with stress relief from school. For sleep, I try to sleep 7 hours every day. This is probably the most important thing because it will either make my day good or bad. Sleep also promotes good physical health because the body needs sleep to recover from the day.

On the other hand, my wellness is not perfect because I struggle to eat healthy foods and I procrastinate a lot. Ever since coming to campus, I have eaten Chick-fil-A every day except for Sundays because they are closed. For me, getting Chick-fil-A is so convenient. However, it is not the healthiest food out there. If I did not work out, I would put on that freshman 15 in like 2 weeks. I feel like during my entire life I have always procrastinated in school. I just did not like how school was structured, so I would always wait last minute to do the homework because I hated it. However, here at Texas A&M school seems much more enjoyable and hopefully, I can gain some time management skills too.

I feel like the way I spend my time does uphold my values. I'm true to myself and other people. I respect other people anywhere and everywhere. I have also gained confidence and I have talked to so many people these past weeks.

Wellness is one of the top priorities in life. That will never change. As humans, we need wellness to improve, we need wellness to have a high-quality life, but most importantly we need wellness to have balance. Life can be stressful. So, having a balance between work life and your own relaxing time is a good way to live a stress-free life.