

Understanding the Pillars of Wellness

Physical Wellness

Physical wellness needs regular exercise, balanced nutrition, and good sleep. It helps develop resistance against ailments and impacts longevity.

Emotional Wellness

Emotional wellness emphasizes correct stress management and maintaining healthy relationships. It is crucial to the overall happiness and fulfillment of individuals.

Mental Wellness

Mental wellness is about staying mentally stimulated and maintaining a positive outlook on life. It boosts creativity, adaptability and decision-making ability.