

Understanding Wellness

Definition of Wellness

Wellness involves making conscious choices towards a healthy and fulfilling life. It is an active process through which individuals become aware of, and make choices toward, a more successful existence.

Components of Wellness

The components of wellness include physical, emotional, social, intellectual, spiritual, and environmental health. It's important to maintain a balance among these components to achieve optimal wellness.

Importance of Wellness

Embracing wellness can improve overall health, reduce stress, enhance quality of life and increase one's lifespan. It helps individuals live their lives to the fullest, ensuring that they are happy, healthy, and aware.