



# 5 Components of Wellness

1. Physical
2. Mental
3. Emotional
4. Social
5. Spiritual



# **HEALTH / WELLNESS DEFINED**

## **Wellness –**

Optimal health, a way of life, making responsible decisions and lifestyle choices.

## **Health –**

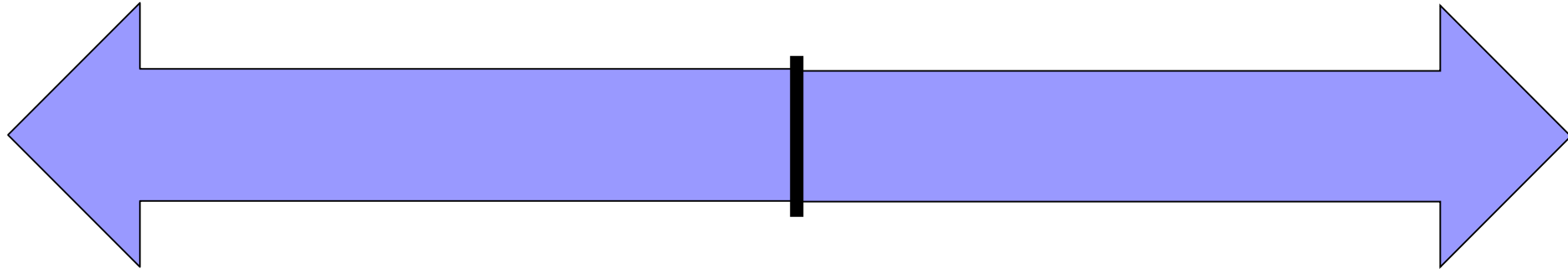
A good balance of all 5 components of wellness.

# Wellness Continuum


Premature  
Death

Birth

Wellness  
(Optimal Health)



# PHYSICAL WELLNESS

A woman with dark hair tied back, wearing a white tank top and black shorts, is captured in a dynamic running pose on a sandy beach. She is smiling and looking towards the right. The background shows the ocean and a clear blue sky.

The physical component of wellness involves the ability to carry out daily tasks, develop cardio respiratory and muscular fitness, maintain adequate nutrition and a healthy body fat **level**, get adequate sleep, and avoid abusing alcohol and other drugs or using tobacco products.

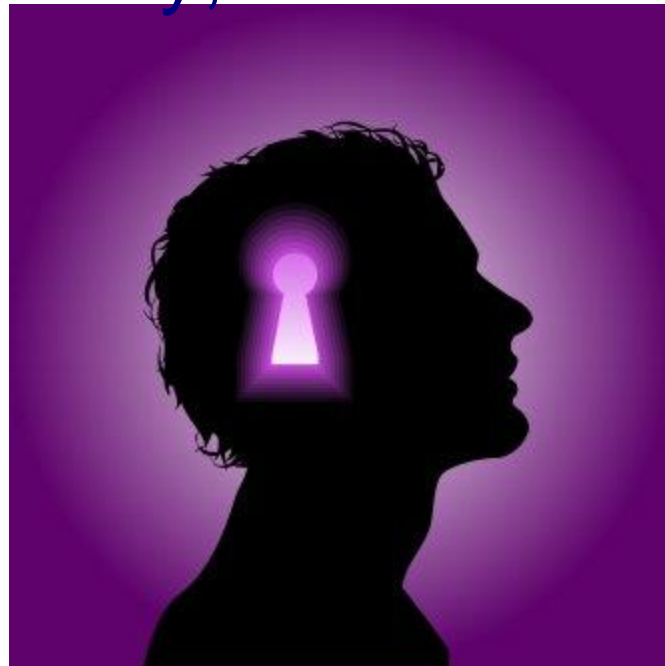
# Mental Wellness

- Mental Wellness involves the ability to learn and use information effectively for personal, family, and career development

Learning

Personal

Career



Information

Family

Development

# Emotional Wellness

Emotional Wellness is the ability to control stress and to express emotions appropriately and comfortably.



# Social Wellness

- The social component of wellness means having the ability to interact successfully with people and one's personal environment.



# Spiritual Wellness

- The spiritual component of wellness provides meaning and direction in life and enables you to grow, learn, and meet new challenges.



Religions

Prayer

Meditation

Yoga

Morals

Values