

Wellness Wheel



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Wellness is a term that encompasses the whole aspect of the individual's well-being.

Merriam Webster defines wellness as: “the quality or state of being in good health especially as an actively sought goal <lifestyles that promote wellness>”.

In our interpretation of health and wellness there are five facets of wellness:

1. Spiritual well-being.
2. Emotional well-being.
3. Physical well-being.
4. Social well-being.
5. Environmental well-being.

Wellness is broken down into five major categories, as demonstrated by the Wellness Wheel:



SPIRITUAL WELLNESS

Spiritual wellness touches every aspect of all the other segments of life.

- **Resting in God's love and daily developing a faith in his grace.**
- **Using my faith to recognize his purpose in my life.**
- **Recognizing God as a positive source of meaning and purpose in my life.**
- **Regularly evaluate personal values and ethics.**
- **Acting with personal integrity according to our values.**

PHYSICAL WELLNESS

Being aware of and responsible to good physical health.

- Eating properly.
- Exercising regularly.
- Getting sufficient rest.
- Regular physical check-ups.
- No participation in harmful substances or activities.

EMOTIONAL WELLNESS

Increasing our awareness and understanding of our own positive sense of self-worth regardless of circumstances or negative relationships.

- Being comfortable with and liking yourself as a person.**
- Possession of a secure self-identity and a positive sense of self-regard; also the ability to cope with and/or improve unpleasant mood states.**
- Keeping a positive attitude.**
- Being sensitive to your feelings and the feelings of others.**
- Learning to cope with stress.**
- Being realistic about your expectations and time.**
- Taking responsibility for your own behavior.**
- Dealing with your personal and financial issues realistically.**
- Viewing challenges as opportunities rather than obstacles.**
- Functioning independently but knowing when you need to ask for help.**

SOCIAL WELLNESS

Developing the ability to interact with others for our own and others' positive sense of self-image.

- Having an awareness of belonging and being supported by friends and family, and; being supportive of friends and family.**
- Feeling comfortable around and interacting with people of all ages, cultures, races, and religions.**
- Finding ways to regularly give back to our community.**
- Comfortable with developing friendships.**
- Knowing how to have fun alone and with others.**
- Develop attitude of balance between responsibilities and personal time.**

ENVIRONMENTAL WELLNESS

Developing the ability to be aware, assess, interact, and or detach from the conditions or relationships defined by our present set of external circumstances.

- The positive perception of the environment that one works and lives in.**
- Finding satisfaction and worth in your work.**
- Ensuring your work environment and relationships are comfortable.**
- Being aware of the natural environment you live in.**
- Recognizing opportunities that lead you to new skills and acting on those opportunities.**
- Working to ensure the stability and longevity of our natural resources.**

Upon reflection of the above information, wellness encompasses everything that can have an effect on our lives. Each and every one of these facets will have an effect on all of the other facets of our health and well-being. Fighting cancer in particular requires knowledge, choice, and commitment.

God bless you in your understanding and effort to become and maintain your personal lifestyle of health and wellness.



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THE END !

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That's all.