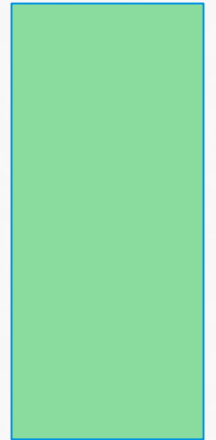


WELLNESS AND HOMEOSTASIS

PART 1: WELLNESS



TOPICS COVERED

- **B11-1-01:** Increase awareness of personal wellness, as well as personal and family health history.
- **B11-1-02:** Develop a personal wellness plan.
- **B11-1-03:** Recognize how individual wellness choices affect others.

PERSONAL WELLNESS

WHAT IS PERSONAL WELLNESS?

- Personal wellness is term designated to the entire well-being of an individual.
- This encompasses the multiple sides of a human being including:
 - Physical
 - Emotion
 - Social

HOW TO MEASURE PERSONAL WELLNESS

- Personal wellness is best measured against the goals of an individual, however certain standards can be met.
- Such standards can be as follows:
 - Body Mass Index (BMI)
 - Canada Food Guide

DEVELOP PERSONAL WELLNESS PLAN



STEP 1: ASSESS YOUR CURRENT WELLNESS LEVELS

- A person's wellness can be divided in 4 different areas:
 - 1. Physical Wellness
 - 2. Nutritional Wellness
 - 3. Mental Wellness
 - 4. Emotional Wellness

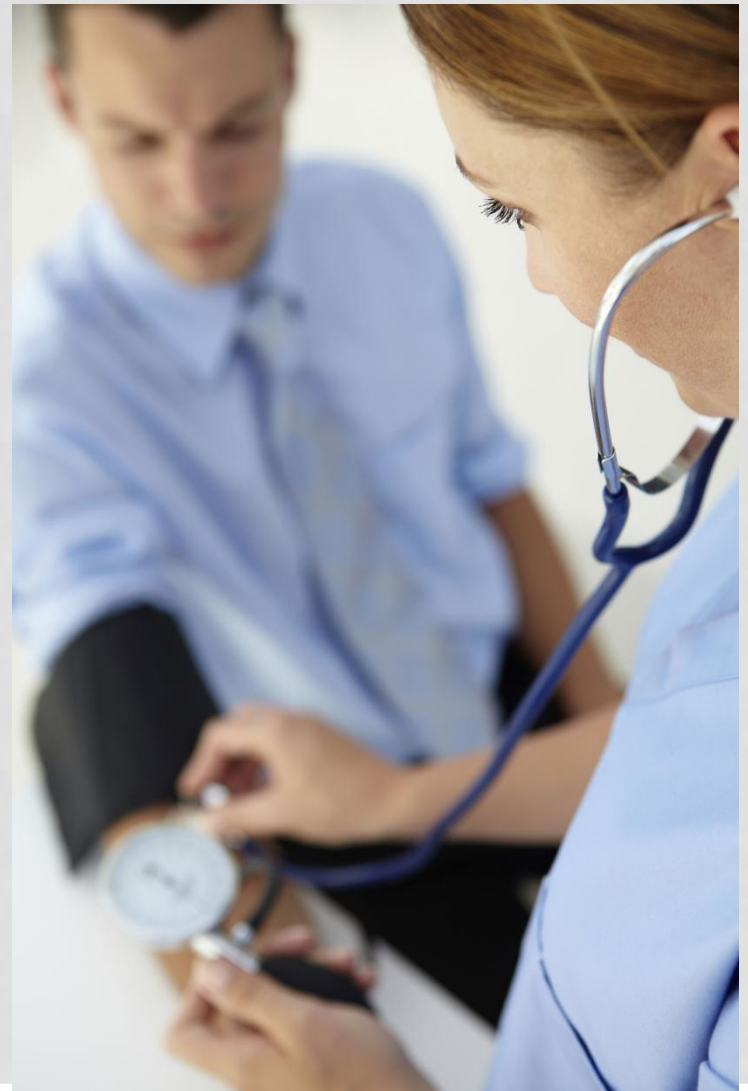
PHYSICAL WELLNESS

- Physical wellness practices aim at increasing a body's optimal health and functioning.
- Physical wellness is usually synonymous with physical fitness.



PHYSICAL WELLNESS

- Physical wellness also includes medical wellness or carrying out health-promoting practices



PHYSICAL WELLNESS

- To gauge one's physical wellness you may ask such questions as:
 - How would you grade your cardiovascular health?
 - How would you grade your overall strength?
 - How often do you exercise?
 - How often do you visit a doctor?
 - Do you smoke?
 - Do you have any other habits that risk your physical health?

NUTRITIONAL WELLNESS

- Nutritional wellness practices aim at nourishing and supporting the body's diet needs.
- It's all about eating right!

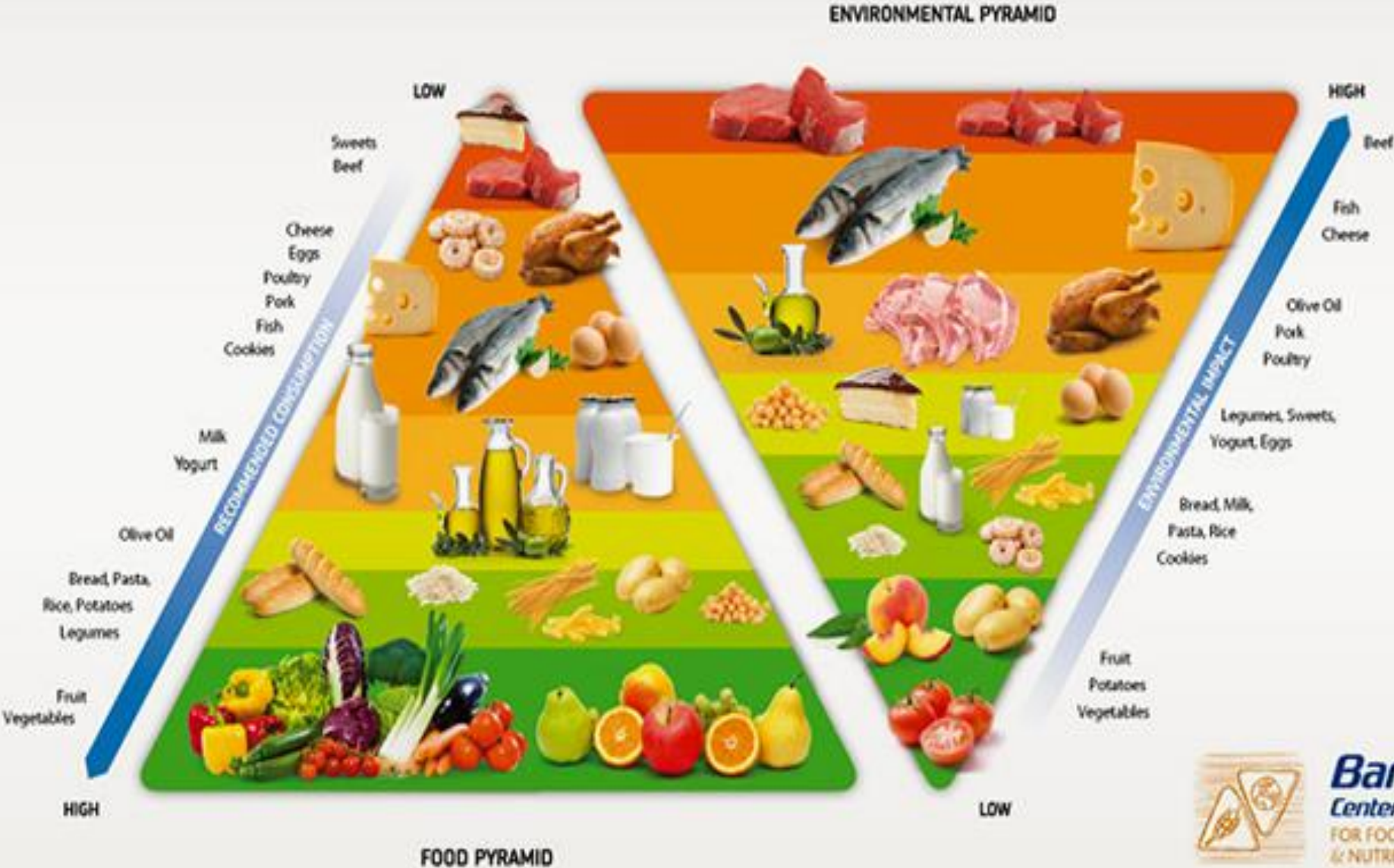


NUTRITIONAL WELLNESS

- To gauge one's nutritional wellness you may ask questions such as:
 - What kind of foods do you eat regularly?
 - Do you eat enough foods from every food group?
 - Do you need to take supplement pills?
 - Do you eat unhealthy snack food?

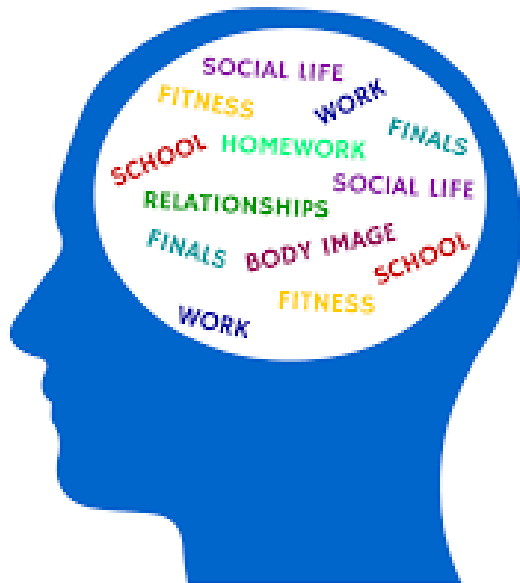


NUTRITIONAL WELLNESS



MENTAL WELLNESS

- Mental wellness is measured by how you cope with difficult situations.
- Mental wellness also encompasses how well you balance your emotions.



MENTAL WELLNESS

- To gauge your mental wellness you may ask these questions:
 - Are you stressed?
 - Are you really happy?
 - Do you ever feel anxious?
 - Which emotions do you deal with the most?



MENTAL WELLNESS



Bell
Let's Talk

EMOTIONAL WELLNESS

- Emotional wellness is linked with relationships, and pertains to how well you are aware of your feelings and the feelings of those around you.



EMOTIONAL WELLNESS

- Emotional wellness is gauged by questions such as:
 - Do you surround yourself with people that make you happy?
 - Do you surround yourself with people that make you confident?
 - Do the people around you build you up, or tear you down?



EMOTIONAL WELLNESS



STEP 2: SET YOUR WELLNESS GOALS

- Once you know how you measure up in each area, you can now focus on how you would like to change or improve that area of your life.



PHYSICAL WELLNESS GOALS

- Use these questions to help you make physical wellness goals:
 - Do you need to exercise more?
 - Do you want to increase your cardiovascular fitness?
 - Do you want to increase your body's strength?
 - Do you need to visit your doctor more?

NUTRITIONAL WELLNESS GOALS

- Use these questions to help you make nutritional wellness goals:
 - Do you eat from each food group everyday?
 - How often do you eat junk food?

MENTAL WELLNESS GOALS

- Use these questions to help you make mental wellness goals:
 - How often do you feel anxious?
 - How often do you feel stressed?
 - How often do you talk to someone about your feelings?
 - Do you participate in an activity to relieve stress?
 - What can you do to reduce your amount of stress, anxiety, or negative feelings?

EMOTIONAL WELLNESS GOALS

- Use these questions to help you make emotional wellness goals:
 - Do you need to hang out with people who make you feel better about yourself?
 - Do you need to spend time with your family more?

STEP 3: CREATE AND FOLLOW A WELLNESS PLAN



WELLNESS CHOICES

HOW DO YOUR WELLNESS CHOICES AFFECT YOU?

- Developing a high quality wellness plan can:
 - Increases quality of life
 - Increases life span



HOW DO YOUR WELLNESS CHOICES AFFECT OTHERS?

- Let's brainstorm...
 - How can your wellness affect your friends?
 - How can your wellness affect your family?
 - How can your wellness affect your coworkers?