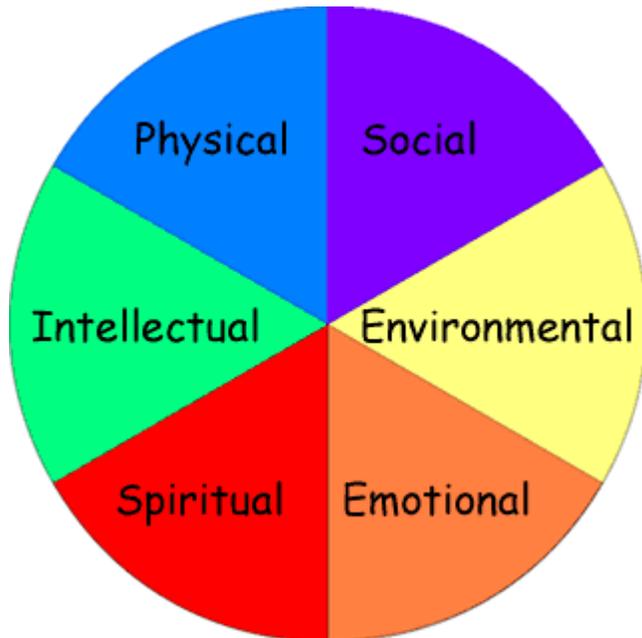


Total Wellness



Wellness is defined by Merriam Webster as “a state of being in good health especially as an actively sought goal”. We often only consider physical health when deciding whether or not someone is “well.” Eating nutritiously and exercising are necessary for a healthy lifestyle, but they make up just a part of total wellness. Wellness has many components and it is often depicted as physical, mental, spiritual, career, social, family, and financial health. If areas of the one’s wellness are under developed or neglected, wellness will be off balance. Wellness is when there is a degree of balance among the areas. What one considers “optimal wellness” is based on their needs, experiences, and circumstances. As we go through life’s challenges and joys, the different aspects of wellness will fall in and out of balance and may need more attention than other areas.

Five simple steps to help you achieve wellness in an area out of balance.

Define your goals

"What I ask for people to do is actually write down what their goal is, very descriptively. It's not enough just to say I want to lose 30 pounds or get my blood pressure down. I want you to really start engaging your mind and even your soul by really being descriptive about what it is you want, how will you look, how will you feel how, how will you carry yourself when you get to that goal."

Define your motivation

"This one is really important. A lot of people think, 'It's a no-brainer. I just want to be healthy to live longer.' But you really need to come up with at least five motivating factors for why this goal is so important to you

Devise a plan and get started

"You really do have to devise a plan. I recommend, again, that you have five pathways to your goal. It's not enough for us to have one particular way that we're going to get from here to our wellness destination. And when you're planning, what I want you to do is think about what tripped you up in the past, and plan for potential pitfalls. That way you can embark on this journey with all the confidence."

Chart your progress

Keep a journal; make little notes every time you hit a significant milestone. This is really critical for people who have a long-term goal. Tracking your progress and doing journaling has actually been proven in clinical studies to help people achieve that state of total wellness, because it really goes beyond your physical being. It really goes into your getting excited about life again. When you journal and you look back over your progress, you can say, 'Wow, I really am powerful.'

Celebrate your success every day

"As you track your progress, take a little timeouts for yourself. Maybe it's some pampering. Maybe it's celebrating with a new outfit or just 20 minutes of 'me time.' I do recommend that you not celebrate with food. We want you to get in the habit of using non-food rewards."