

ELEMENTS OF WELLNESS










well·ness \wel-nəs\
–noun

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1. an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

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ELEMENT	SYMBOL	SYMBOL EXPLAINED	EXAMPLES
EMOTIONAL WELLNESS <ul style="list-style-type: none"> The awareness and acceptance of feelings and emotions. 		<ul style="list-style-type: none"> The heart represents the general source of emotions (vs. the mind /brain as a symbol for rational thought). 	<ul style="list-style-type: none"> Fitness and exercise Relationships with friends/family Balancing work and family Laughing and crying Adequate sleeping patterns Personal contact, ie. hugging
ENVIRONMENTAL WELLNESS <ul style="list-style-type: none"> The recognition of interdependence with nature. 		<ul style="list-style-type: none"> The tree is a general, easy-to-identify representative of the natural realm. 	<ul style="list-style-type: none"> Reduce, reuse, recycle Reusing materials Adopting Leave-No-Trace Conserving water and fuels Spend time in a state/national park Finding value in surroundings Positive workplace & attitude Air quality
INTELLECTUAL WELLNESS <ul style="list-style-type: none"> The openness to new concepts and ideas. 		<ul style="list-style-type: none"> A light bulb is a general representative for fresh thinking, innovation, and creativity. 	<ul style="list-style-type: none"> Reading & learning for fun Participation in class, organization Adopting a new hobby Traveling Adequate sleeping patterns Self-help information
OCCUPATIONAL WELLNESS <ul style="list-style-type: none"> The ability to enjoy a chosen career and/or contribute to society through volunteer activities. 		<ul style="list-style-type: none"> A gear with cogs or teeth represents a unit of labor or effort. 	<ul style="list-style-type: none"> Continuing education Satisfying career/profession Volunteering Workplace safety Exercise
PHYSICAL WELLNESS <ul style="list-style-type: none"> The maintenance of a healthy body through good nutrition, regular exercise, and avoidance of harmful habits. 		<ul style="list-style-type: none"> An individual person represents the human body. 	<ul style="list-style-type: none"> Fitness and exercise; stretching Personal hygiene Walk/cycle to work Know your numbers: cholesterol, blood sugar, blood pressure Good nutrition Adequate sleeping patterns Regular medical/dental exams
SOCIAL WELLNESS <ul style="list-style-type: none"> The ability to perform social roles effectively, comfortably, and without harming others. 		<ul style="list-style-type: none"> Three persons with connected hands represent harmony, networking, and friendship. 	<ul style="list-style-type: none"> Establish and maintain personal friendships Community involvement Attending social settings, ie. festivals, neighborhood events Group fitness classes Hobby/activity organizations
SPIRITUAL WELLNESS <ul style="list-style-type: none"> The meaning and purpose of human existence. 		<ul style="list-style-type: none"> The sun represents the beginning and end of a day; a reflection of the source of growth and vitality in the universe. Solar symbols can have meaning in astrology, religion, mythology, mysticism, and divination. 	<ul style="list-style-type: none"> Meditation; prayer Religious affiliation Explore and enjoy the flora & fauna of a wilderness area. Watch a sunrise or sunset Exercise Freedom Outdoor activities