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Physical Wellness Body, nutrition, healthy habits. This dimension considers overall health and what you need to do to maintain a healthy quality of life. It is the ability to take charge of your health by making conscious decisions to be healthy.

Balancing Your Wellness Wheel - Maryville, MO

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total wellness. Throughout this book, references will be made to these wellness dimensions (see Table 1) to help reinforce their importance. Wellness reflects how one feels about life as well as one's ability to function effectively. A positive total outlook on life is essential to wellness and each of the wellness dimensions.

Lifestyles for Health, Fitness, and Wellness concept1

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Your Wellness Counts (Module 2) Wellness Your Way, page 4 How you define wellness can be based on your own thoughts on the different dimensions or areas of wellness. For example, your definition of wellness may include creativity, recreation, or sexuality.

2 Wellness Your Way Your Wellness Counts

of Wellness L INTELLECTUAL L L OCCUPATIONAL L ©1976 Bill Hettler, MD, Co-Founder, National Wellness Institute The Six Dimensions of Wellness Model ... It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves. EMOTIONAL

The Six Dimensions of Wellness Model - cdn.ymaws.com

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Paul M. Insel â€¢ Walton T. Roth - Substance Abuse and

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Functional Assessment Questionnaire Guide

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CHAPTER #1

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