

## Road to Wellness

Wellness involves the application of seven areas involved in health and disease. The degree of impact any one area has on a particular health problem but, they will all have some degree of involvement in the cause, effect, and alleviation of health problems. The following is a brief description of the seven components of wellness:

**Physical** - Good health involves appropriate exercise, body composition, and care of the body. Your body is your temple so, treat it accordingly!

**Mental** - It is important to recognize patterns of thinking, believing, and feeling as well as behavioral factors in all health problems. What you think, feel, and believe dictates what happens to you!

**Spiritual** - Everything happens for a reason and there is an important lesson in all things no matter how severe the problem. Bad cannot exist without good. It is vital to look for the good in all illness!

**Nutritional** - Nutrients are the ingredients in the recipe for life. Make sure that you have plenty of ingredients needed for recovery and optimum health. You are what you eat! A well balanced diet has lots of fruits and vegetables, some meat, bread and dairy products, and very little "junk food".

**Sleep** - Good sleep hygiene is vital to life and for proper mental and physical health. It is needed to grow, heal, restore energy, prepare the body for future demands, mental function, and most life functions. If you impair sleep, you impair your waking life and health! Teens need about 8-10 hours of sleep per night.

**Environmental** - What you do to your environment, you do to yourself. The environment affects your health through your senses. It is important to monitor and adjust your sensory input (what you watch on TV, listen to on CDs or the radio and the books and magazines you read) so that the environment does not adversely affect your health. By modifying your environment, you change your sensory input which can improve your health!

**Life Skills** - It is important to acquire the skills and have the proper tools to "do" life. Knowing what not to do means little unless you know what to do and how to do it.