

Road to Wellness

Wellness involves seven areas of focus. 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 has to last a lifetime, so take care of it.

Mental - It is important to recognize patterns of thinking, believing, and feeling as well as behavioral factors in all health issues. What you think, feel, and believe affects what can happen to you.

Spiritual - Everyone has a different spiritual belief that deserves to be respected. It is vital to respect your own choices as well as others'.

Nutritional - Nutrients are the key ingredients for your health. Make sure that you have plenty of the right ingredients needed for 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 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 don't get enough sleep, you will impair your health! Teens need about 8-10 hours of sleep per night.

Environmental - What you do to your sensory environment, can affect your health. It is important to monitor and adjust your sensory input. Be aware of what you watch on TV, the music you listen to, the books, magazines, and social media you read. Good choices mean your sensory environment does not adversely affect your health.

Life Skills - It is important to acquire the skills and have the proper tools to live a healthy life. This includes basic skills about eating, sleeping, mental health, and how to be successful in the college and working environments as well as your personal life.