



EXECUTIVE SUMMARY

ACHIEVING LIFE BALANCE IS AN ONGOING PROCESS; OPTIMAL LIFE BALANCE CAN BE CATEGORIZED AS "FLOURISHING" (KEYES, 2002). FLOURISHING IS EXPERIENCED WHEN ALL AREAS OF YOUR LIFE ARE WORKING TOGETHER IN THE BEST POSSIBLE WAY. WHEN YOU FLOURISH, YOU FEEL HAPPY AND SATISFIED; HAVE HIGH LEVELS OF EMOTIONAL WELL-BEING; FEEL THAT YOUR LIFE HAS A PURPOSE; ACCEPT ALL PARTS OF YOURSELF; ARE CAPABLE OF GROWING, EVOLVING, AND CHANGING; AND HAVE A STRONG SENSE OF AUTONOMY AND INTERNAL LOCUS OF CONTROL (KEYES, 2002). FLOURISHING MEANS THAT YOU'RE BEING THE BEST VERSION OF YOURSELF.

FOLLOWING THIS MODULE, YOU WILL BE BETTER EQUIPPED WITH SOME STRATEGIES THAT CAN HELP YOU AND BE SURE THAT YOU'RE TAKING CARE OF YOURSELF FOR BOTH CURRENT AND FUTURE BENEFIT TOWARDS YOUR OVERALL PERSONAL HEALTH AND WELLNESS. WELLNESS CAN BE DEFINED AS A STATE OF HEALTH, YET IT EXTENDS BEYOND PHYSICAL HEALTH, NUTRITION, AND THE NUMBER ON THE SCALE. WELLNESS IS A MULTIDIMENSIONAL STATE OF BEING. THE WELLNESS WHEEL BELOW INCLUDES SOCIAL, EMOTIONAL, SPIRITUAL, ENVIRONMENTAL, OCCUPATIONAL, INTELLECTUAL, AND PHYSICAL WELLNESS. WHEN ALL DIMENSIONS OF WELLNESS ARE BALANCED, WE ARE MORE RESILIENT TO LIFE'S STRESSORS AND MORE LIKELY TO FEEL HAPPY AND SATISFIED. HOW BALANCED IS YOUR WELLNESS WHEEL? WHICH WELLNESS AREAS DO YOU WANT TO WORK ON FIRST?

ONE IMPORTANT PERSPECTIVE TO CONSIDER IS THE IDEA THAT WELLNESS IS A SPECTRUM THAT RANGES FROM EXPERIENCING SICKNESS (POOR HEALTH) TO EXPERIENCING OPTIMUM WELLNESS (GOOD HEALTH). FROM THIS PERSPECTIVE, WELLNESS IS SOMETHING WE CAN (AND SHOULD) ALWAYS BE WORKING ON. OFTEN, THOUGH, WE WAIT UNTIL WE'RE SICK OR INJURED TO TURN OUR ATTENTION TO OUR HABITS OF HEALTH AND WELLNESS. BY DEVELOPING A MORE PROACTIVE APPROACH TO STAYING HEALTHY (THROUGH DAILY BEHAVIORS, HABITS, AND RITUALS) WE CAN BE BETTER EQUIPPED TO MAINTAIN OUR HEALTH AND WELLNESS REGULARLY. THIS PROACTIVE APPROACH TO OUR HEALTH AND WELLNESS MAY ALSO HELP US TO MINIMIZE OR PREVENT ILLNESS. WHILE THERE ARE GENERAL GUIDELINES AND INFORMATION ABOUT NUTRITION, EXERCISE, MOVEMENT, AND WAYS TO GENERATE HEALTHY HABITS, THE EXACT BEHAVIORS THAT PROMOTE AND SUPPORT HEALTH AND WELLNESS WILL DIFFER BETWEEN INDIVIDUALS. PART OF EVALUATING YOUR HEALTH IS NOT ONLY EVALUATING THE NUTRITIONAL VALUE OF THE FOODS THAT YOU'RE EATING, OR THE LENGTH OF TIME THAT YOU'RE ABLE TO SLEEP AT NIGHT, OR HOW MUCH MOVEMENT YOU ENGAGE IN THROUGHOUT YOUR DAY BUT ALSO MONITORING HOW EFFECTIVELY YOU'RE ABLE TO CONCENTRATE, WHAT YOUR STUDY TIME CONSISTS OF (THE ABILITY TO ACHIEVE SUSTAINED CONCENTRATION VERSUS OFTEN GETTING DISTRACTED), AND YOUR PERFORMANCE ON EXAMS AND/OR IN-CLASS DISCUSSIONS/ACTIVITIES, ETC.