

1.06 Understand the fundamentals of wellness

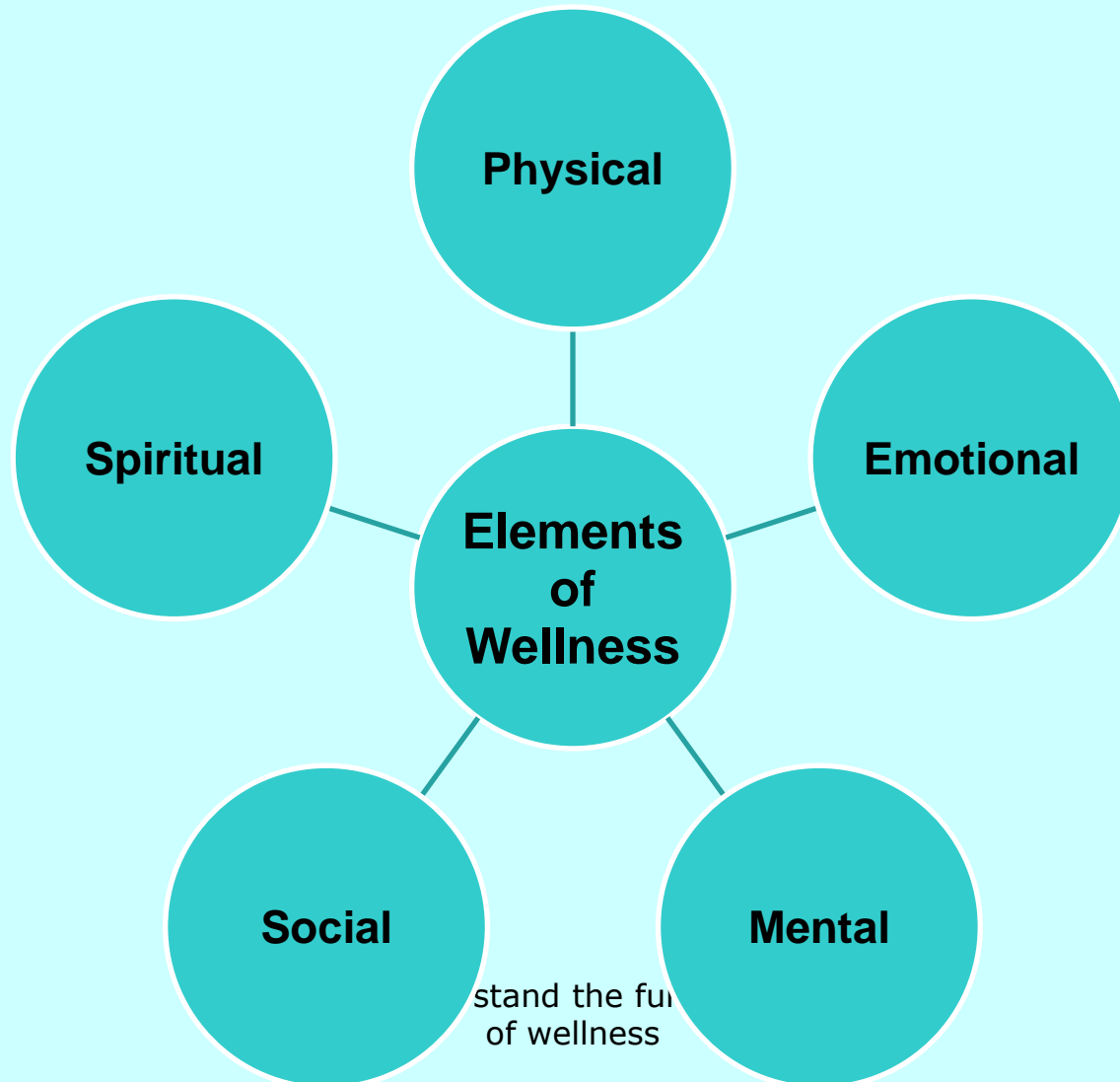




Wellness

- Optimal health with a balance in physical, mental, and social health
- Contributes to the prevention of disease
- Improves the quality of life

Elements of Wellness



Elements of Wellness

Physical Wellness

- Diet



- Physical activity



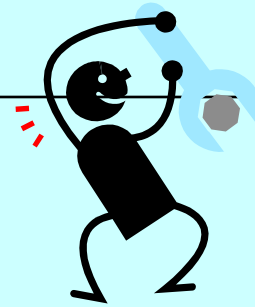
- Health screenings and examinations



Elements of Wellness

Emotional Wellness

- Adjust to life's changes
- Be optimistic
- Cope with stress
- Enjoy life



Elements of Wellness

Mental Wellness



- Continue lifelong learning

- Learn from life experiences



- Use creativity to solve problems

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Elements of Wellness

Social Wellness

- Affection
- Communication
- Honesty
- Interaction with others
- Loyalty



Elements of Wellness

Spiritual Wellness

- Believe in a higher authority
- Practice religious beliefs
- Values, ethics, and morals give meaning to life



Elements of Wellness

