

# 1.06 Understand the fundamentals of wellness

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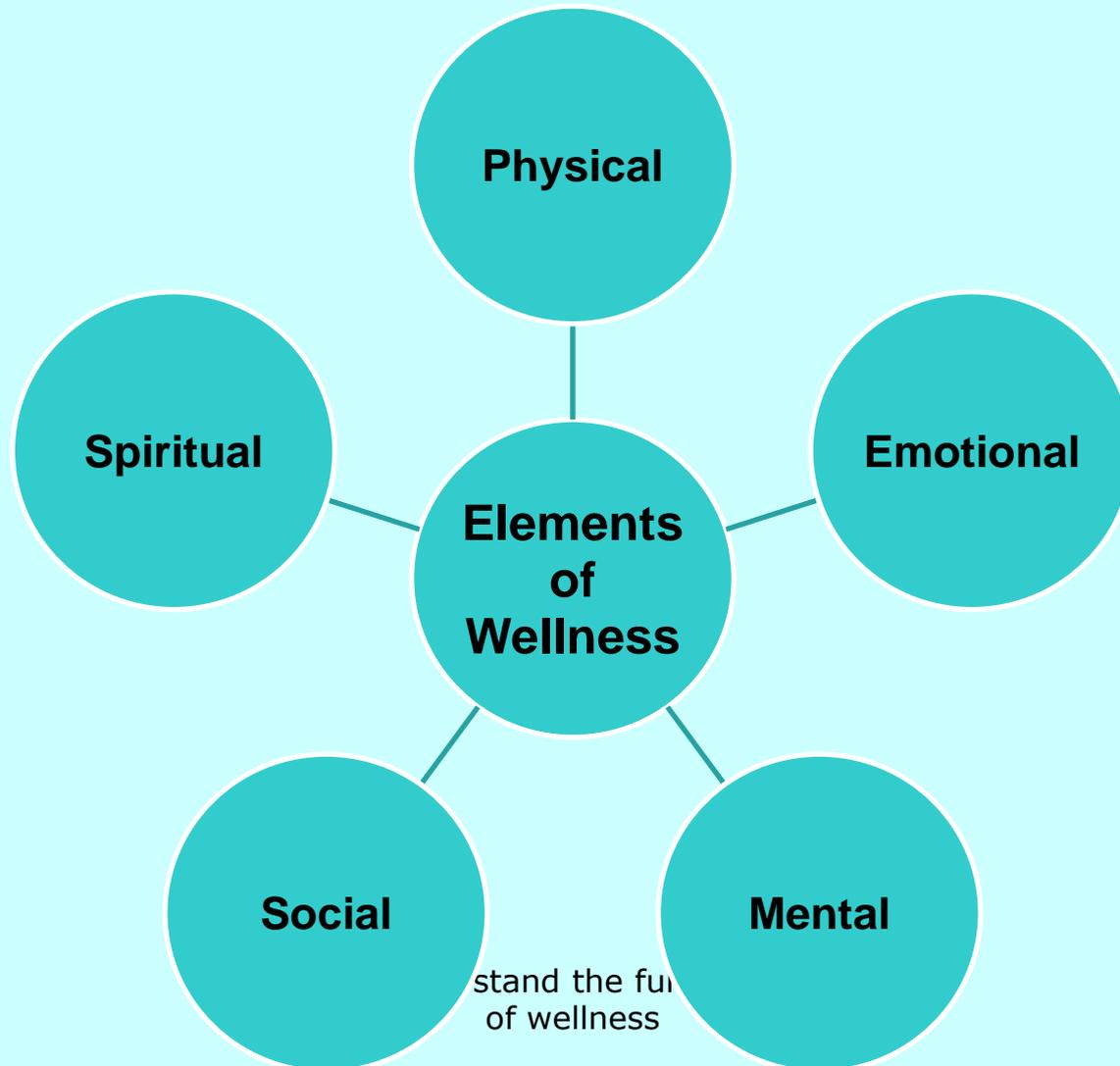
# Wellness

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- 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

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# Elements of Wellness

## Physical Wellness

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- Diet



- Physical activity



- Health screenings and examinations



# Elements of Wellness

## Emotional Wellness

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



# Elements of Wellness

## Mental Wellness

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- Continue lifelong learning

- Learn from life experiences



- Use creativity to solve problems

# Elements of Wellness

## Social Wellness

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



# Elements of Wellness

## Spiritual Wellness

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



# Elements of Wellness

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