

WELLNESS



What is it?

Wellness or well-being is a concept that integrates mental health and physical health that results in a more holistic approach to disease prevention and health promotion. Well-being is a positive outcome that is meaningful for people and many sectors of society because it tells researchers that their lives are going well.¹

How is it defined?

There is no single definition for well-being, but the general definition is that it includes the presence of positive emotions and moods, the absences of negative emotions, satisfaction with life, fulfillment and positive functioning. There are lots of different factors that go into wellness and well-being, so that is why there is the "Wellness Wheel," it shows all the contributing factors that can affect ones wellness.¹



What can affect well-being?

Well-being can be dependent on good health, positive social relationships, and availability and access to basic resources - like housing and money. There have been many studies that show life satisfaction is dependent more closely on the availability of basic needs being met - food, housing, income, as well as access to modern conveniences like electricity. Happier emotions are also more closely associated with having more supportive relationships.¹

