

Carole Bryant

Naturopath

0428 449 326

What is Wellness ?

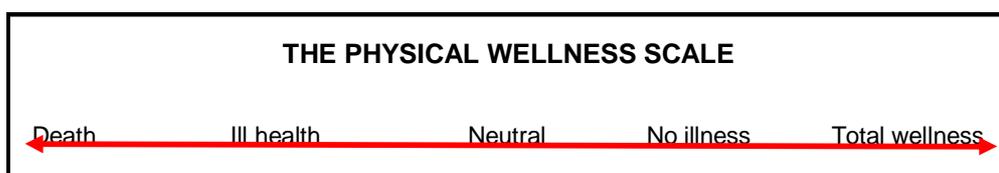
We all know what it feels like to be sick. And most of us know what it's like to not be sick. But is "not being sick" the same as being well? No, it's not. The World Health Organisation (WHO) defines wellness as: " . . . a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." The University of California, Davis defines wellness as encompassing the following aspects of our lives: physical, emotional, intellectual, spiritual, social, environmental, and occupational. Wellness requires that we take a proactive attitude to our health and wellbeing rather than accepting ill health or reacting to health crises as they arise.



Aspects of wellness

January is the time of year for making resolutions.

Unfortunately, most New Year's resolutions are simply wish lists, with no real idea of how those resolutions are to be achieved. In short, most resolutions fail because there is no real plan to make them happen.



So, as this article is about health, when making your New Year's health resolutions, you need to plan how you will achieve those goals. Write down your goals and how you will achieve your goals. If you can't do it on your own, get professional help from whichever health care professional can provide you with the help you need. Of course, you don't need to wait until New Year to make a resolution to improve your health - now is the perfect time to start on the journey to wellness. Make this year the year you set yourself on the road to all aspects of wellness, starting right now. See me for a consultation if you need help with diet, supplements and other aspects of your physical wellbeing and, of course, don't forget your pets !

Carole Bryant ©