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## Health and wellness

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### Abstract

Health is the level of functional and (or) metabolic efficiency of a living being. In humans it is the general condition of a person in mind, body and spirit, usually meaning to be free from illness, injury or pain. The World Health Organization (WHO) defined health in its broader sense in 1946 as a state of complete physical, mental, and social well-being and not merely the absence of disease.

Personal health depends partially on the active, passive, and assisted cues people observe and adopt about their own health. These include personal actions for preventing or minimizing the effects of a disease, usually a chronic condition, through integrative care.

**Keywords:** Health, wellness, functional, broader, WHO

### Introduction

Health is the level of functional and (Or) metabolic efficiency of a living being. In humans it is the general condition of a person in mind, body and spirit, usually meaning to be free from illness, injury or pain. The World Health Organization (WHO) defined health in its broader sense in 1946 as a state of complete physical, mental, and social well-being and not merely the absence of disease.

Personal health is influenced by a combination of active, passive, and assisted cues individuals adopt regarding their well-being. These encompass proactive measures to prevent or mitigate the impact of chronic diseases through integrative care, as well as hygiene practices like regular bathing, hand washing, dental care, and safe food handling. Moreover, insights gained from daily life observations such as sleep patterns, exercise habits, diet, and environmental factors inform personal choices and actions <sup>[1]</sup>.

Additionally, personal health is shaped by the social fabric of one's life. Nurturing strong social relationships, engaging in volunteering, and participating in social activities contribute to positive mental health outcomes and may even extend lifespan.

Wellness has surged in popularity in recent times, leading to varied interpretations among individuals. While some view it as a state of calmness in the mind, others perceive it as a lavish lifestyle linked to physical fitness. In essence, the widely acknowledged definition of wellness is maintaining optimal physical, mental, and spiritual well-being through wholesome choices in these domains. It entails achieving equilibrium among these facets of the psyche, encompassing not only physical health but also embracing a holistic approach that nurtures the entirety of our being – body, mind, and spirit <sup>[2]</sup>.

To truly embrace wellness as a fundamental purpose and lifestyle, it's essential to examine the factors that can disrupt our innate well-being. These include physical, mental, emotional, spiritual, social, occupational, and intellectual wellness. Stress emerges as a formidable adversary to wellness, capable of silently encroaching upon us. It undermines every aspect of wellness, essentially nullifying its definition. Mental wellness plays a pivotal role here, enabling us to identify stress symptoms and effectively address them <sup>[3]</sup>.

Fostering a culture of wellness entails communicating it not only to ourselves but also to our loved ones and colleagues, particularly in high-stress environments like the workplace. Encouraging, cooperating, and instilling confidence in others can be life-giving, promoting a supportive atmosphere conducive to well-being.

Moreover, having something to believe in provides a foundational anchor from which to navigate life's challenges.

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Ultimately, attaining a comprehensive level of wellness leads to the realization that organizing one's life around love simplifies and harmonizes all facets of wellness <sup>[4]</sup>.

In Health and wellness are essential components of a fulfilling and productive life. While often used interchangeably, these terms encompass distinct yet interconnected aspects of well-being. Health refers to the physical, mental, and social state of an individual, free from illness or injury. Wellness, on the other hand, is a broader concept that involves actively pursuing a lifestyle that promotes overall well-being and balance across various dimensions. In today's fast-paced world, understanding and prioritizing health and wellness are more important than ever <sup>[5]</sup>.

### Physical Health

Physical health is the foundation of overall well-being. It involves the proper functioning of the body and its systems, enabling individuals to perform daily activities effectively. Maintaining physical health requires a balanced diet, regular exercise, adequate sleep, and preventive healthcare

**Balanced Diet:** Nutrition plays a crucial role in physical health. A balanced diet provides the essential nutrients needed for energy, growth, and cellular repair. It includes a variety of fruits, vegetables, whole grains, proteins, and healthy fats. Proper nutrition helps maintain a healthy weight, reduces the risk of chronic diseases such as diabetes, heart disease, and cancer, and supports overall bodily functions.

**Regular Exercise:** Physical activity is vital for maintaining a healthy body and mind. Regular exercise strengthens the cardiovascular system, improves muscular strength and flexibility, enhances mental health, and boosts the immune system. The World Health Organization recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week, along with muscle-strengthening activities on two or more days a week.

**Adequate Sleep:** Sleep is essential for physical and mental restoration. Adults typically need 7-9 hours of sleep per night to function optimally. Poor sleep can lead to a range of health issues, including weakened immune function, weight gain, and increased risk of chronic conditions. Establishing a consistent sleep routine, creating a comfortable sleep environment, and avoiding stimulants like caffeine before bedtime can improve sleep quality.

**Preventive Healthcare:** Regular check-ups and screenings are crucial for early detection and management of health issues. Vaccinations, routine blood tests, and screenings for conditions such as hypertension, cholesterol, and cancer can prevent or mitigate the impact of diseases. Preventive healthcare also includes adopting healthy habits like quitting smoking, limiting alcohol consumption, and practicing safe sex <sup>[6]</sup>.

**Mental Health:** Mental health is an integral part of overall well-being. It encompasses emotional, psychological, and social well-being, affecting how individuals think, feel, and act. Mental health is crucial for coping with stress, forming healthy relationships, and making informed decisions.

**Emotional Well-being:** Emotional well-being involves understanding and managing one's emotions. It includes the ability to experience positive emotions, express feelings

appropriately, and recover from setbacks. Practices such as mindfulness, meditation, and journaling can enhance emotional well-being. Building strong social connections and seeking support from friends, family, or mental health professionals are also important for emotional health.

**Psychological Well-being:** Psychological well-being includes self-acceptance, personal growth, and a sense of purpose. It involves maintaining a positive outlook on life, setting and achieving goals, and finding meaning in everyday activities. Engaging in hobbies, pursuing passions, and continuing education can contribute to psychological well-being. Cognitive-behavioral therapy (CBT) and other therapeutic approaches can help individuals manage negative thought patterns and develop healthier coping strategies.

**Social Well-being:** Social well-being is the ability to form and maintain healthy relationships with others. It involves effective communication, empathy, and the ability to work collaboratively. Strong social connections provide emotional support, reduce stress, and enhance overall life satisfaction. Participating in community activities, volunteering, and joining clubs or groups with shared interests can foster social well-being <sup>[7]</sup>.

### Wellness Dimensions

Wellness is a holistic concept that extends beyond physical and mental health. It involves achieving balance and fulfillment across multiple dimensions of life. These dimensions include emotional, intellectual, spiritual, social, environmental, occupational, and financial wellness.

**Emotional Wellness:** Emotional wellness involves understanding and managing emotions, coping with stress, and building resilience. It includes self-care practices such as relaxation techniques, hobbies, and spending time with loved ones. Emotional wellness also involves seeking help when needed and developing healthy coping mechanisms for dealing with life's challenges.

**Intellectual Wellness:** Intellectual wellness is the pursuit of lifelong learning and mental stimulation. It involves engaging in activities that challenge the mind, such as reading, puzzles, and educational courses. Intellectual wellness promotes creativity, critical thinking, and problem-solving skills, enhancing overall cognitive function and personal growth.

**Spiritual Wellness:** Spiritual wellness involves finding meaning and purpose in life. It includes exploring personal beliefs, values, and ethics, and aligning actions with these principles. Spiritual wellness can be nurtured through practices such as meditation, prayer, nature walks, and community service. It is about feeling connected to something greater than oneself, whether through religion, nature, or a sense of purpose.

**Social Wellness:** Social wellness focuses on building and maintaining healthy relationships. It involves effective communication, empathy, and mutual respect. Social wellness is fostered by spending quality time with family and friends, participating in social activities, and contributing to the community. Strong social connections provide emotional support and enhance overall well-being.

**Environmental Wellness:** Environmental wellness involves

living in harmony with the environment and taking actions to protect it. It includes creating a safe and healthy living space, reducing waste, conserving resources, and promoting sustainability. Environmental wellness also involves spending time in nature and recognizing the impact of one's actions on the planet.

**Occupational Wellness:** Occupational wellness is the pursuit of satisfaction and fulfillment in one's work. It involves finding a balance between work and personal life, pursuing career goals, and engaging in meaningful and rewarding activities. Occupational wellness includes maintaining a healthy work environment, setting professional boundaries, and seeking opportunities for growth and development.

**Financial Wellness:** Financial wellness involves managing finances effectively to reduce stress and build security. It includes budgeting, saving, investing, and planning for the future. Financial wellness promotes a sense of stability and allows individuals to focus on other aspects of well-being without the constant worry of financial strain <sup>[8]</sup>.

### Integrating Health and Wellness

Integrating health and wellness into daily life requires a proactive and holistic approach. Here are some strategies to achieve and maintain overall well-being:

**Set Realistic Goals:** Establish clear and achievable health and wellness goals. Break them down into smaller steps and celebrate progress along the way. This approach promotes a sense of accomplishment and motivation.

**Develop Healthy Habits:** Incorporate healthy habits into daily routines. This includes eating nutritious meals, engaging in regular physical activity, getting enough sleep, and practicing stress management techniques. Consistency is key to maintaining these habits.

**Prioritize Self-Care:** Make self-care a priority. Schedule regular time for activities that promote relaxation and rejuvenation, such as hobbies, meditation, and spending time with loved ones. Self-care is essential for maintaining emotional and mental well-being.

**Stay Informed:** Stay informed about health and wellness topics. Read books, attend workshops, and seek advice from healthcare professionals. Being knowledgeable empowers individuals to make informed decisions about their well-being.

**Build a Support System:** Surround yourself with supportive and positive people. Build strong relationships with family, friends, and colleagues. A solid support system provides emotional support, encouragement, and a sense of belonging.

**Practice Mindfulness:** Practice mindfulness and stay present in the moment. Mindfulness techniques, such as deep breathing, meditation, and yoga, can reduce stress and enhance overall well-being. Mindfulness promotes a sense of calm and clarity.

**Seek Professional Help:** Do not hesitate to seek professional help when needed. Therapists, counselors, nutritionists, and fitness trainers can provide valuable guidance and support. Professional help can address specific health and wellness concerns effectively.

**Balance Work and Life:** Strive for a healthy work-life balance. Set boundaries to ensure adequate time for personal and family life. A balanced approach to work and personal life promotes overall well-being and prevents burnout.

**Engage in Continuous Learning:** Engage in activities that stimulate the mind and promote intellectual wellness. Pursue new hobbies, take up courses, and challenge yourself mentally. Continuous learning enhances cognitive function and personal growth.

**Contribute to the Community:** Get involved in community activities and volunteer work.

Contributing to the community promotes social wellness and provides a sense of purpose and fulfillment. It strengthens social connections and enhances overall well-being <sup>[9]</sup>.

### Conclusion

In summary, wellness embodies the state of being fully human while being fully alive to life's experiences. This level of fulfillment epitomizes the essence of wellness, underscoring its significance in leading a happy and joyful life. Health and wellness are integral to living a fulfilling and balanced life. By understanding and prioritizing physical health, mental health, and various dimensions of wellness, individuals can achieve a holistic sense of well-being. Integrating healthy habits, building strong support systems, and seeking professional help when needed are essential steps toward maintaining overall health and wellness. In today's fast-paced and demanding world, investing in health and wellness is not just a choice but a necessity for leading a happy, productive, and meaningful life.

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