

DEFINITION OF PERSONAL WELLNESS

THE DEFINITION OF PERSONAL WELLNESS: A HOLISTIC GUIDE TO THRIVING

FEELING OVERWHELMED, STRESSED, OR JUST PLAIN "BLAH"? YOU'RE NOT ALONE. MILLIONS GRAPPLE WITH FINDING A SENSE OF BALANCE AND WELL-BEING IN THEIR LIVES. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE DEFINITION OF PERSONAL WELLNESS, EXPLORING ITS MULTIFACETED NATURE AND PROVIDING PRACTICAL INSIGHTS TO HELP YOU CULTIVATE A TRULY FULFILLING LIFE. WE'LL MOVE BEYOND SUPERFICIAL DEFINITIONS TO UNPACK THE CORE COMPONENTS OF PERSONAL WELLNESS, OFFERING ACTIONABLE STRATEGIES YOU CAN IMPLEMENT IMMEDIATELY. PREPARE TO EMBARK ON A JOURNEY TOWARDS A HEALTHIER, HAPPIER, AND MORE BALANCED YOU.

WHAT EXACTLY IS PERSONAL WELLNESS? BEYOND THE BUZZWORDS

THE TERM "PERSONAL WELLNESS" GETS THROWN AROUND A LOT. IMAGES OF PRISTINE YOGA STUDIOS AND KALE SMOOTHIES OFTEN COME TO MIND. WHILE THOSE THINGS CERTAINLY CONTRIBUTE, A TRUE UNDERSTANDING OF PERSONAL WELLNESS GOES FAR BEYOND FLEETING TRENDS. AT ITS CORE, THE DEFINITION OF PERSONAL WELLNESS ENCOMPASSES THE ACTIVE PURSUIT OF A FULFILLING LIFE, ENCOMPASSING PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING. IT'S NOT A DESTINATION, BUT A CONTINUOUS PROCESS OF SELF-DISCOVERY, GROWTH, AND ADAPTATION. IT'S ABOUT PROACTIVELY NURTURING EVERY ASPECT OF YOURSELF TO ACHIEVE OPTIMAL FUNCTIONING AND A DEEP SENSE OF SATISFACTION WITH YOUR LIFE.

THE PILLARS OF PERSONAL WELLNESS: A HOLISTIC APPROACH

PERSONAL WELLNESS ISN'T A ONE-SIZE-FITS-ALL CONCEPT. INSTEAD, IT'S BUILT UPON SEVERAL INTERCONNECTED PILLARS:

1. **PHYSICAL WELLNESS:** THIS IS THE MOST EASILY UNDERSTOOD ASPECT. IT FOCUSES ON YOUR BODY'S PHYSICAL HEALTH, INCLUDING NUTRITION, EXERCISE, SLEEP, AND AVOIDING HARMFUL SUBSTANCES. THIS ISN'T ABOUT ACHIEVING A PERFECT PHYSIQUE; IT'S ABOUT MAKING CONSCIOUS CHOICES THAT SUPPORT YOUR BODY'S OPTIMAL FUNCTIONING. THINK REGULAR MOVEMENT, A BALANCED DIET RICH IN NUTRIENTS, AND PRIORITIZING RESTORATIVE SLEEP.
1. **MENTAL WELLNESS:** THIS PILLAR FOCUSES ON YOUR COGNITIVE HEALTH – YOUR ABILITY TO THINK CLEARLY, LEARN, AND ADAPT. IT ENCOMPASSES MANAGING STRESS EFFECTIVELY, FOSTERING CREATIVITY, AND ENGAGING IN ACTIVITIES THAT STIMULATE YOUR MIND. THIS COULD INVOLVE PURSUING HOBBIES, LEARNING NEW SKILLS, PRACTICING MINDFULNESS, OR ENGAGING IN COGNITIVE TRAINING EXERCISES.
1. **EMOTIONAL WELLNESS:** THIS AREA DEALS WITH YOUR FEELINGS AND HOW YOU MANAGE THEM. EMOTIONAL WELLNESS INVOLVES UNDERSTANDING YOUR EMOTIONS, EXPRESSING THEM HEALTHILY, AND DEVELOPING EMOTIONAL RESILIENCE. THIS INCLUDES CULTIVATING SELF-AWARENESS, PRACTICING EMOTIONAL REGULATION TECHNIQUES, AND BUILDING STRONG SOCIAL CONNECTIONS.
1. **SOCIAL WELLNESS:** HUMANS ARE SOCIAL CREATURES. STRONG SOCIAL CONNECTIONS CONTRIBUTE SIGNIFICANTLY TO OUR OVERALL WELL-BEING. THIS PILLAR FOCUSES ON BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS, FOSTERING A SENSE OF BELONGING, AND CONTRIBUTING TO YOUR COMMUNITY. IT'S ABOUT NURTURING MEANINGFUL CONNECTIONS WITH FAMILY, FRIENDS, AND YOUR BROADER COMMUNITY.

1. **SPIRITUAL WELLNESS:** THIS IS OFTEN THE MOST MISUNDERSTOOD PILLAR. IT'S NOT NECESSARILY ABOUT RELIGION; INSTEAD, IT FOCUSES ON FINDING PURPOSE, MEANING, AND CONNECTION BEYOND THE MATERIAL WORLD. THIS MIGHT INVOLVE CONNECTING WITH NATURE, PRACTICING MINDFULNESS OR MEDITATION, ENGAGING IN CREATIVE EXPRESSION, OR EXPLORING YOUR VALUES AND BELIEFS.
1. **OCCUPATIONAL WELLNESS:** THIS OFTEN-OVERLOOKED ASPECT FOCUSES ON YOUR RELATIONSHIP WITH YOUR WORK OR CAREER. IT'S ABOUT FINDING WORK THAT IS FULFILLING, MEANINGFUL, AND ALIGNS WITH YOUR VALUES AND SKILLS. IT INVOLVES BALANCING WORK AND LIFE, MANAGING STRESS RELATED TO WORK, AND SEEKING OPPORTUNITIES FOR GROWTH AND DEVELOPMENT.
1. **FINANCIAL WELLNESS:** THIS PILLAR INVOLVES MANAGING YOUR FINANCES RESPONSIBLY TO ACHIEVE FINANCIAL SECURITY AND STABILITY. THIS ISN'T JUST ABOUT MAKING MONEY; IT'S ABOUT MINDFUL SPENDING, SAVING, AND INVESTING TO REDUCE STRESS AND CREATE A SENSE OF FINANCIAL FREEDOM.

PRACTICAL STEPS TOWARDS CULTIVATING PERSONAL WELLNESS

UNDERSTANDING THE DEFINITION OF PERSONAL WELLNESS IS ONLY THE FIRST STEP. THE TRUE POWER LIES IN TAKING ACTIONABLE STEPS TO INTEGRATE THESE PRINCIPLES INTO YOUR DAILY LIFE. HERE ARE A FEW SUGGESTIONS:

SET REALISTIC GOALS: DON'T TRY TO OVERHAUL YOUR ENTIRE LIFE OVERNIGHT. START SMALL, FOCUSING ON ONE OR TWO AREAS AT A TIME.

PRIORITIZE SELF-CARE: SCHEDULE REGULAR TIME FOR ACTIVITIES THAT NOURISH YOUR MIND, BODY, AND SPIRIT. THIS COULD INCLUDE EXERCISE, MEDITATION, SPENDING TIME IN NATURE, OR ENGAGING IN HOBBIES.

BUILD A SUPPORT SYSTEM: SURROUND YOURSELF WITH POSITIVE AND SUPPORTIVE PEOPLE WHO UPLIFT AND ENCOURAGE YOU.

PRACTICE MINDFULNESS: PAY ATTENTION TO THE PRESENT MOMENT WITHOUT JUDGMENT. THIS CAN HELP REDUCE STRESS AND INCREASE SELF-AWARENESS.

SEEK PROFESSIONAL HELP WHEN NEEDED: DON'T HESITATE TO REACH OUT TO A THERAPIST, COUNSELOR, OR OTHER HEALTHCARE PROFESSIONAL IF YOU'RE STRUGGLING.

CONCLUSION: EMBRACING THE JOURNEY OF PERSONAL WELLNESS

THE DEFINITION OF PERSONAL WELLNESS IS A DYNAMIC AND PERSONAL ONE. IT'S A JOURNEY, NOT A DESTINATION, REQUIRING ONGOING SELF-REFLECTION AND ADAPTATION. BY FOCUSING ON THE INTERCONNECTED PILLARS OF WELL-BEING AND INCORPORATING PRACTICAL STRATEGIES INTO YOUR DAILY LIFE, YOU CAN CULTIVATE A LIFE FILLED WITH PURPOSE, JOY, AND LASTING FULFILLMENT. REMEMBER, SMALL, CONSISTENT STEPS CAN LEAD TO SIGNIFICANT POSITIVE CHANGE.

FAQs

1. **IS PERSONAL WELLNESS THE SAME AS SELF-CARE?** WHILE SELF-CARE IS A CRUCIAL COMPONENT OF PERSONAL WELLNESS, IT'S NOT THE ENTIRE PICTURE. SELF-CARE FOCUSES ON INDIVIDUAL ACTIONS, WHILE PERSONAL WELLNESS ENCOMPASSES A BROADER, HOLISTIC APPROACH TO WELL-BEING ACROSS MULTIPLE LIFE AREAS.
1. **HOW CAN I MEASURE MY PERSONAL WELLNESS?** THERE'S NO SINGLE METRIC. INSTEAD, FOCUS ON HOW YOU FEEL – YOUR

ENERGY LEVELS, STRESS LEVELS, EMOTIONAL RESILIENCE, AND OVERALL SENSE OF SATISFACTION. REGULAR SELF-REFLECTION AND JOURNALING CAN BE HELPFUL TOOLS.

1. IS PERSONAL WELLNESS ACHIEVABLE FOR EVERYONE? ABSOLUTELY! WHILE THE PATH MAY LOOK DIFFERENT FOR EACH PERSON, THE PRINCIPLES OF PERSONAL WELLNESS ARE UNIVERSALLY APPLICABLE. IT'S ABOUT FINDING WHAT WORKS BEST FOR YOU.
1. WHAT IF I DON'T HAVE TIME FOR SELF-CARE? PRIORITIZE IT! EVEN 10-15 MINUTES A DAY DEDICATED TO MINDFULNESS OR A SHORT WALK CAN MAKE A DIFFERENCE. SCHEDULE IT INTO YOUR DAY LIKE ANY OTHER IMPORTANT APPOINTMENT.
1. CAN PERSONAL WELLNESS IMPROVE MY RELATIONSHIPS? YES! BY PRIORITIZING YOUR OWN WELL-BEING, YOU'LL BE BETTER EQUIPPED TO NURTURE HEALTHY AND FULFILLING RELATIONSHIPS WITH OTHERS. YOUR IMPROVED EMOTIONAL REGULATION AND STRESS MANAGEMENT WILL POSITIVELY IMPACT YOUR INTERACTIONS.

📖 **definition of personal wellness: The Handbook of Wellness Medicine** Waguilh William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

definition of personal wellness: Encyclopedia of Quality of Life and Well-Being Research Alex C. Michalos, 2014-02-12 The aim of this encyclopedia is to provide a comprehensive reference work on scientific and other scholarly research on the quality of life, including health-related quality of life research or also called patient-reported outcomes research. Since the 1960s two overlapping but fairly distinct research communities and traditions have developed concerning ideas about the quality of life, individually and collectively, one with a fairly narrow focus on health-related issues and one with a quite broad focus. In many ways, the central issues of these fields have roots extending to the observations and speculations of ancient philosophers, creating a continuous exploration by diverse explorers in diverse historic and cultural circumstances over several centuries of the qualities of human existence. What we have not had so far is a single, multidimensional reference work connecting the most salient and important contributions to the relevant fields. Entries are organized alphabetically and cover basic concepts, relatively well established facts, lawlike and causal relations, theories, methods, standardized tests, biographic entries on significant figures, organizational profiles, indicators and indexes of qualities of individuals and of communities of diverse sizes, including rural areas, towns, cities, counties, provinces, states, regions, countries and groups of countries.

definition of personal wellness: Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and

clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

definition of personal wellness: Wellness Counseling Jonathan H. Ohrt, Philip B. Clarke, Abigail H. Conley, 2018-12-28 This innovative text presents a comprehensive review of the theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in Practitioner Spotlight vignettes. A chapter on counselor self-care completes the book. Requests for digital versions from ACA can be found on www.wiley.com. To purchase print copies, please visit the ACA website. Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

definition of personal wellness: Dancer Wellness Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. Dancer Wellness will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas Dancer Wellness covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

definition of personal wellness: Personal Wellness Forrest Dolgener, 1998

definition of personal wellness: Handbook of Consumer Finance Research Jing Jian Xiao, 2016-05-30 This second edition of the authoritative resource summarizes the state of consumer finance research across disciplines for expert findings on—and strategies for enhancing—consumers' economic health. New and revised chapters offer current research insights into familiar concepts (retirement saving, bankruptcy, marriage and finance) as well as the latest findings in emerging areas, including healthcare costs, online shopping, financial therapy, and the neuroscience behind

buyer behavior. The expanded coverage also reviews economic challenges of diverse populations such as ethnic groups, youth, older adults, and entrepreneurs, reflecting the ubiquity of monetary issues and concerns. Underlying all chapters is the increasing importance of financial literacy training and other large-scale interventions in an era of economic transition. Among the topics covered: Consumer financial capability and well-being. Advancing financial literacy education using a framework for evaluation. Financial coaching: defining an emerging field. Consumer finance of low-income families. Financial parenting: promoting financial self-reliance of young consumers. Financial sustainability and personal finance education. Accessibly written for researchers and practitioners, this Second Edition of the Handbook of Consumer Finance Research will interest professionals involved in improving consumers' fiscal competence. It also makes a worthwhile text for graduate and advanced undergraduate courses in economics, family and consumer studies, and related fields.

definition of personal wellness: The SAGE Encyclopedia of Qualitative Research

Methods Lisa M. Given, 2008-08-19 Qualitative research is designed to explore the human elements of a given topic, while specific qualitative methods examine how individuals see and experience the world. Qualitative approaches are typically used to explore new phenomena and to capture individuals' thoughts, feelings, or interpretations of meaning and process. Such methods are central to research conducted in education, nursing, sociology, anthropology, information studies, and other disciplines in the humanities, social sciences, and health sciences. Qualitative research projects are informed by a wide range of methodologies and theoretical frameworks. The SAGE Encyclopedia of Qualitative Research Methods presents current and complete information as well as ready-to-use techniques, facts, and examples from the field of qualitative research in a very accessible style. In taking an interdisciplinary approach, these two volumes target a broad audience and fill a gap in the existing reference literature for a general guide to the core concepts that inform qualitative research practices. The entries cover every major facet of qualitative methods, including access to research participants, data coding, research ethics, the role of theory in qualitative research, and much more—all without overwhelming the informed reader. Key Features Defines and explains core concepts, describes the techniques involved in the implementation of qualitative methods, and presents an overview of qualitative approaches to research Offers many entries that point to substantive debates among qualitative researchers regarding how concepts are labeled and the implications of such labels for how qualitative research is valued Guides readers through the complex landscape of the language of qualitative inquiry Includes contributors from various countries and disciplines that reflect a diverse spectrum of research approaches from more traditional, positivist approaches, through postmodern, constructionist ones Presents some entries written in first-person voice and others in third-person voice to reflect the diversity of approaches that define qualitative work Key Themes Approaches and Methodologies Arts-Based Research, Ties to Computer Software Data Analysis Data Collection Data Types and Characteristics Dissemination History of Qualitative Research Participants Quantitative Research, Ties to Research Ethics Rigor Textual Analysis, Ties to Theoretical and Philosophical Frameworks The SAGE Encyclopedia of Qualitative Research Methods is designed to appeal to undergraduate and graduate students, practitioners, researchers, consultants, and consumers of information across the social sciences, humanities, and health sciences, making it a welcome addition to any academic or public library.

definition of personal wellness: The Power of Habit Charles Duhigg, 2012-02-28 NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight,

being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of Drive and A Whole New Mind "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

definition of personal wellness: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

definition of personal wellness: The Appreciative Inquiry Handbook David L. Cooperrider, Jacqueline M. Stavros, Diana Whitney, 2008-01-10 In this thoroughly revised and updated edition of one of the most popular change methods in the world, Cooperrider et al. track the recent changes in the field and explain how AI can contribute to sustainability and the triple bottom line. One of today's most popular change methods, Appreciative Inquiry (AI) has been used to undertake transformational initiatives in dozens of organizations, ranging from McDonalds to the U.S. Navy to Save the Children. The assumption of AI is simple. Every organization has things that work right-things that give it life when it is vital, effective, and successful. AI begins by identifying this positive core and connecting organizational visions, plans, and structures to it in ways that heighten energy and inspire action for change. This book presents all of the concepts, examples, and aids necessary to engage groups of all sizes in Appreciative Inquiry. The authors provide background information on what AI is and how it works and offer sample project plans, designs, agendas, course outlines, interview guidelines, participant worksheets, a list of resources, and more. This second edition has been extensively revised, updated, and expanded, including new case studies, new tools and supplemental articles, an expanded bibliography and resource list, and an entirely new chapter on case applications. And throughout, the authors focus on how AI can support an organizational focus on sustainability and the triple bottom line of people, prosperity, and planet.

definition of personal wellness: Subjective Well-Being Panel on Measuring Subjective Well-Being in a Policy-Relevant Framework, Committee on National Statistics, Division on Behavioral and Social Sciences and Education, National Research Council, 2014-01-01 Subjective well-being refers to how people experience and evaluate their lives and specific domains and activities in their lives. This information has already proven valuable to researchers, who have produced insights about the emotional states and experiences of people belonging to different groups, engaged in different activities, at different points in the life course, and involved in different family and community structures. Research has also revealed relationships between people's self-reported, subjectively assessed states and their behavior and decisions. Research on subjective well-being has been ongoing for decades, providing new information about the human condition. During the past decade, interest in the topic among policy makers, national statistical offices, academic researchers, the media, and the public has increased markedly because of its potential for shedding light on the economic, social, and health conditions of populations and for informing policy decisions across these domains. Subjective Well-Being: Measuring Happiness, Suffering, and Other Dimensions of Experience explores the use of this measure in population surveys. This report reviews the current state of research and evaluates methods for the measurement. In this report, a range of potential experienced well-being data applications are cited, from cost-benefit studies of health care delivery to commuting and transportation planning, environmental valuation, and outdoor recreation resource monitoring, and even to assessment of end-of-life treatment options. Subjective Well-Being finds that, whether used to assess the consequence of people's situations and

policies that might affect them or to explore determinants of outcomes, contextual and covariate data are needed alongside the subjective well-being measures. This report offers guidance about adopting subjective well-being measures in official government surveys to inform social and economic policies and considers whether research has advanced to a point which warrants the federal government collecting data that allow aspects of the population's subjective well-being to be tracked and associated with changing conditions.

definition of personal wellness: High Level Wellness Donald B. Ardell, 1979

definition of personal wellness: Concepts of Fitness and Wellness Charles B. Corbin, 2004
Finding an approach to fitness and wellness that's right for you is the first step in building a healthy lifestyle. This new edition of *Concepts of Fitness and Wellness* will help you develop self-management skills to use in taking charge of your health. All the information you need to know about exercise, nutrition, cardiovascular fitness, stress, and more is organized around brief concepts that highlight what's most important. The lab activities, a key part of your learning experience, make it easy to apply these concepts to your daily life.

definition of personal wellness: *Educating the Student Body* Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13
Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

definition of personal wellness: *Who Is Wellness For?* Fariha Roisin, 2022-06-14
The multi-disciplinary artist and author of *Like a Bird* and *How to Cure a Ghost* explores the commodification and appropriation of wellness through the lens of social justice, providing resources to help anyone participate in self-care, regardless of race, identity, socioeconomic status or able-bodiedness. Growing up in Australia, Fariha Róisín, a Bangladeshi Muslim, struggled to fit in. In attempts to assimilate, she distanced herself from her South Asian heritage and identity. Years later, living in the United States, she realized that the customs, practices, and even food of her native culture that had once made her different—everything from ashwagandha to prayer—were now being homogenized and marketed for good health, often at a premium by white people to white people. In this thought-provoking book, part memoir, part journalistic investigation, the acclaimed writer and poet explores the way in which the progressive health industry has appropriated and commodified

global healing traditions. She reveals how wellness culture has become a luxury good built on the wisdom of Black, brown, and Indigenous people—while ignoring and excluding them. *Who Is Wellness For?* is divided into four sections, beginning with *The Mind*, in which Fariha examines the art of meditation and the importance of intuition. In part two, *The Body*, she investigates the physiology of trauma, detailing her own journey with fatphobia and gender dysmorphia, as well as her own chronic illness. In part three, *Self-Care*, she argues against the self-care industrial complex but cautions us against abandoning care completely and offers practical advice. She ends with *Justice*, arguing that if we truly want to be well, we must be invested in everyone's well being and shift toward nurturance culture. Deeply intimate and revelatory, *Who Is Wellness For?* forces us to confront the imbalance in health and healing and carves a path towards self-care that is inclusionary for all.

definition of personal wellness: Burns and Grove's *The Practice of Nursing Research* - E-Book Jennifer R. Gray, Susan K. Grove, Suzanne Sutherland, 2016-08-10 - NEW Mixed Methods Research chapter and emphasis covers this increasingly popular approach to research. - NEW! Expanded emphasis on qualitative research provides more balanced coverage of qualitative and quantitative methods, addressing the qualitative research methodologies that are often the starting point of research projects, particularly in magnet hospitals and DNP programs. - ENHANCED emphasis on evidence-based practice addresses this key graduate-level QSEN competency. - UPDATED emphasis on the most currently used research methodologies focuses on the methods used in both quantitative research and qualitative research, as well as outcomes research and mixed methods research. - NEW! Quick-reference summaries are located inside the book's covers, including a table of research methods on the inside front cover and a list of types of research syntheses (with definitions) inside the back cover. - NEW student resources on the Evolve companion website include 400 interactive review questions along with a library of 10 Elsevier research articles. - NEW! Colorful design highlights key information such as tables and research examples

definition of personal wellness: NSCA's *Essentials of Tactical Strength and Conditioning* NSCA-National Strength & Conditioning Association, 2017-01-27 NSCA's *Essentials of Tactical Strength and Conditioning* is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel.

definition of personal wellness: *U.S. Health in International Perspective* National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. *U.S. Health in International Perspective* presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

definition of personal wellness: *Wellth* Jason Wachob, 2016 Mindbodygreen founder Jason

Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

definition of personal wellness: *Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps* Sen, Devjani, Ahmed, Rukhsana, 2020-08-07 Health and fitness apps collect various personal information including name, email address, age, height, weight, and in some cases, detailed health information. When using these apps, many users trustfully log everything from diet to sleep patterns. However, by sharing such personal information, end-users may make themselves targets to misuse of this information by unknown third parties, such as insurance companies. Despite the important role of informed consent in the creation of health and fitness applications, the intersection of ethics and information sharing is understudied and is an often-ignored topic during the creation of mobile applications. *Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps* is a key reference source that provides research on the dangers of sharing personal information on health and wellness apps, as well as how such information can be used by employers, insurance companies, advertisers, and other third parties. While highlighting topics such as data ethics, privacy management, and information sharing, this publication explores the intersection of ethics and privacy using various quantitative, qualitative, and critical analytic approaches. It is ideally designed for policymakers, software developers, mobile app designers, legal specialists, privacy analysts, data scientists, researchers, academicians, and upper-level students.

definition of personal wellness: *Nutrition Guide for Physicians* Ted Wilson, George A. Bray, Norman J. Temple, Maria Boyle Struble, 2010-01-08 *Nutrition Guide for Physicians* is a desktop reference guide on nutrition and its clinical implications for health and disease through the lifecycle. Presented in a new softcover format and user-friendly style, it serves as a valuable resource of practical information on nutrition for physicians in their daily practice. *Nutrition Guide for Physicians* is divided into three parts that cross the spectrum of nutritional concerns for improving the practice of medicine. Part One provides basic nutritional principles for physicians. Part Two covers nutrition through the lifecycle and optimal nutrition patterns through all stages of development. Part Three covers diet and its role in prevention, cause and treatment of disease. All chapters include figures and tables that provide useful descriptive and visual reviews. Key points and succinct conclusions are also provided for each topic. *Nutrition Guide for Physicians* provides a wide perspective of the impact that nutrition has upon medical practice and will be an indispensable resource for primary care physicians and other medical professionals.

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in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

definition of personal wellness: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

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definition of personal wellness: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

definition of personal wellness: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative

effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

definition of personal wellness: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

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definition of personal wellness: Understanding the Well-Being of LGBTQI+ Populations National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Committee on Population, Committee on Understanding the Well-Being of Sexual and Gender Diverse Populations, 2021-01-23 The increase in prevalence and visibility of sexually gender diverse (SGD) populations illuminates the need for greater understanding of the ways in which current laws, systems, and programs affect their well-being. Individuals who identify as lesbian, gay, bisexual, asexual, transgender, non-binary, queer, or intersex, as well as those who express same-sex or -gender attractions or behaviors, will have experiences across their life course that differ from those of cisgender and heterosexual individuals. Characteristics such as age, race and ethnicity, and geographic location intersect to play a distinct role in the challenges and opportunities SGD people face. Understanding the Well-Being of LGBTQI+ Populations reviews the available evidence and identifies future research needs related to the well-being of SDG populations across the life course. This report focuses on eight domains of well-being; the effects of various laws and the legal system on SGD populations; the effects of various public policies and structural stigma; community and civic engagement; families and social relationships; education, including school

climate and level of attainment; economic experiences (e.g., employment, compensation, and housing); physical and mental health; and health care access and gender-affirming interventions. The recommendations of Understanding the Well-Being of LGBTQI+ Populations aim to identify opportunities to advance understanding of how individuals experience sexuality and gender and how sexual orientation, gender identity, and intersex status affect SGD people over the life course.

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definition of personal wellness: Measure What Matters John Doerr, 2018-04-24 #1 New York Times Bestseller Legendary venture capitalist John Doerr reveals how the goal-setting system of Objectives and Key Results (OKRs) has helped tech giants from Intel to Google achieve explosive growth—and how it can help any organization thrive. In the fall of 1999, John Doerr met with the founders of a start-up whom he'd just given \$12.5 million, the biggest investment of his career. Larry Page and Sergey Brin had amazing technology, entrepreneurial energy, and sky-high ambitions, but no real business plan. For Google to change the world (or even to survive), Page and Brin had to learn how to make tough choices on priorities while keeping their team on track. They'd have to know when to pull the plug on losing propositions, to fail fast. And they needed timely, relevant data to track their progress—to measure what mattered. Doerr taught them about a proven approach to operating excellence: Objectives and Key Results. He had first discovered OKRs in the 1970s as an engineer at Intel, where the legendary Andy Grove (the greatest manager of his or any era) drove the best-run company Doerr had ever seen. Later, as a venture capitalist, Doerr shared Grove's brainchild with more than fifty companies. Wherever the process was faithfully practiced, it worked. In this goal-setting system, objectives define what we seek to achieve; key results are how those top-priority goals will be attained with specific, measurable actions within a set time frame. Everyone's goals, from entry level to CEO, are transparent to the entire organization. The benefits are profound. OKRs surface an organization's most important work. They focus effort and foster coordination. They keep employees on track. They link objectives across silos to unify and strengthen the entire company. Along the way, OKRs enhance workplace satisfaction and boost retention. In Measure What Matters, Doerr shares a broad range of first-person, behind-the-scenes case studies, with narrators including Bono and Bill Gates, to demonstrate the focus, agility, and explosive growth that OKRs have spurred at so many great organizations. This book will help a new generation of leaders capture the same magic.

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Sangganjanavanich, Cynthia Reynolds, 2013-12-30 Organized around the latest CACREP standards, *Introduction to Professional Counseling* integrates key theoretical concepts with discussion of the practical aspects of the field. Drawing from their own experiences as counseling practitioners, editors Varunee Faii Sangganjanavanich and Cynthia A. Reynolds explore what it means to develop a professional counseling identity, emphasizing the importance of intentionality and reflection in practice. Numerous case studies and practice exercises in this innovative text further personalize the content for developing 21st century counselors. *Introduction to Professional Counseling* is part of the Counseling and Professional Identity Series, which targets specific competencies identified by CACREP (Council for Accreditation of Counseling and Related Programs).

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definition of personal wellness: *The Topography of Wellness* Sara Jensen Carr, 2021-06-15

The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape.

definition of personal wellness: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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