



# Wellness and Balance

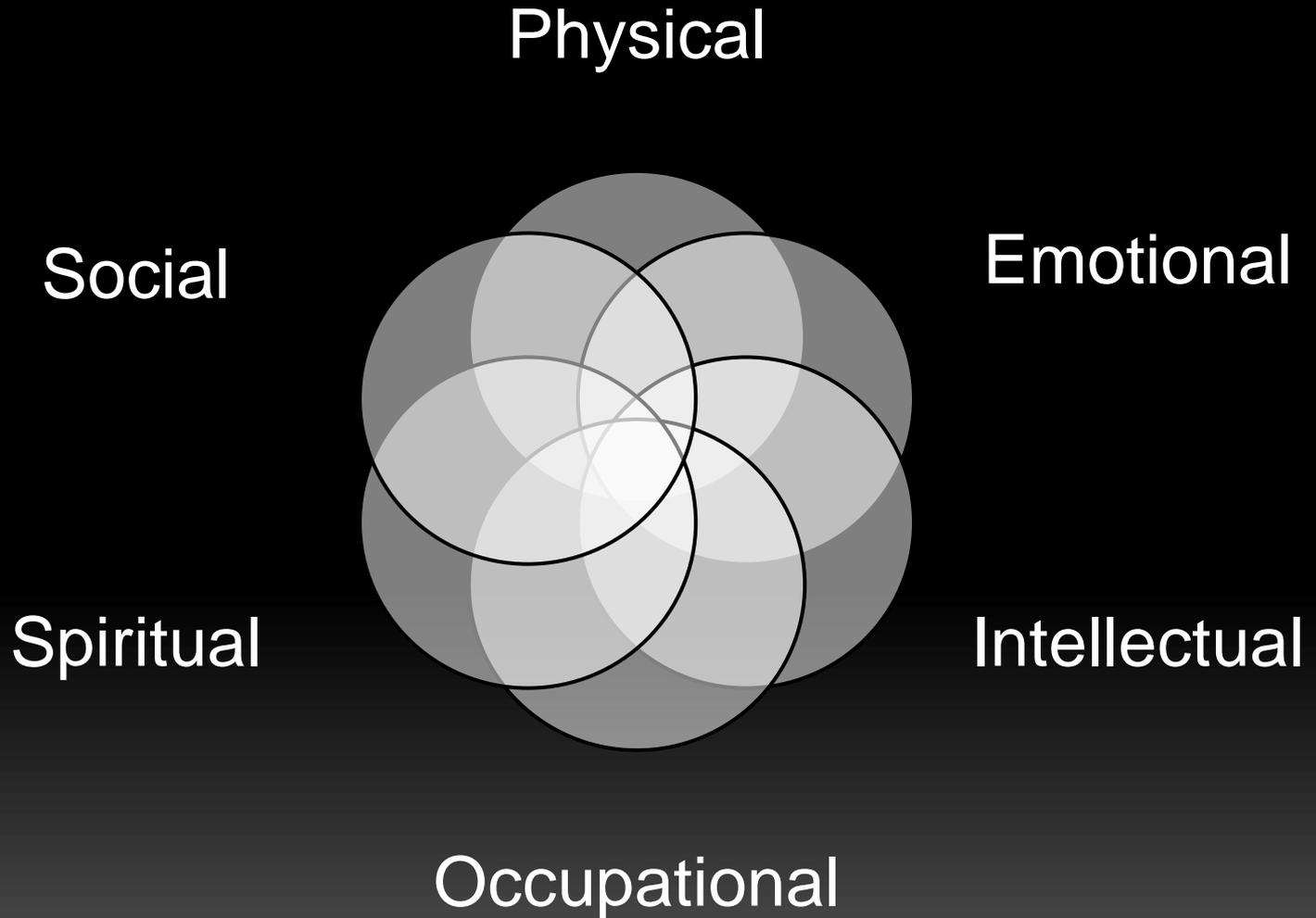
# Quiz



# Performance Objectives

- Define the term wellness.
- Examine the six dimensions of wellness.
- Complete an action plan to initiate balance in life.

# Full Integration



# Wellness and Balance



- Conscious, self-directed and evolving process
- Multidimensional and holistic
- Positive and affirming

# Definition of Wellness

Wellness is an **active** process through which people become **aware** of, and make **choices** toward, a more successful existence.



Occupational



Physical

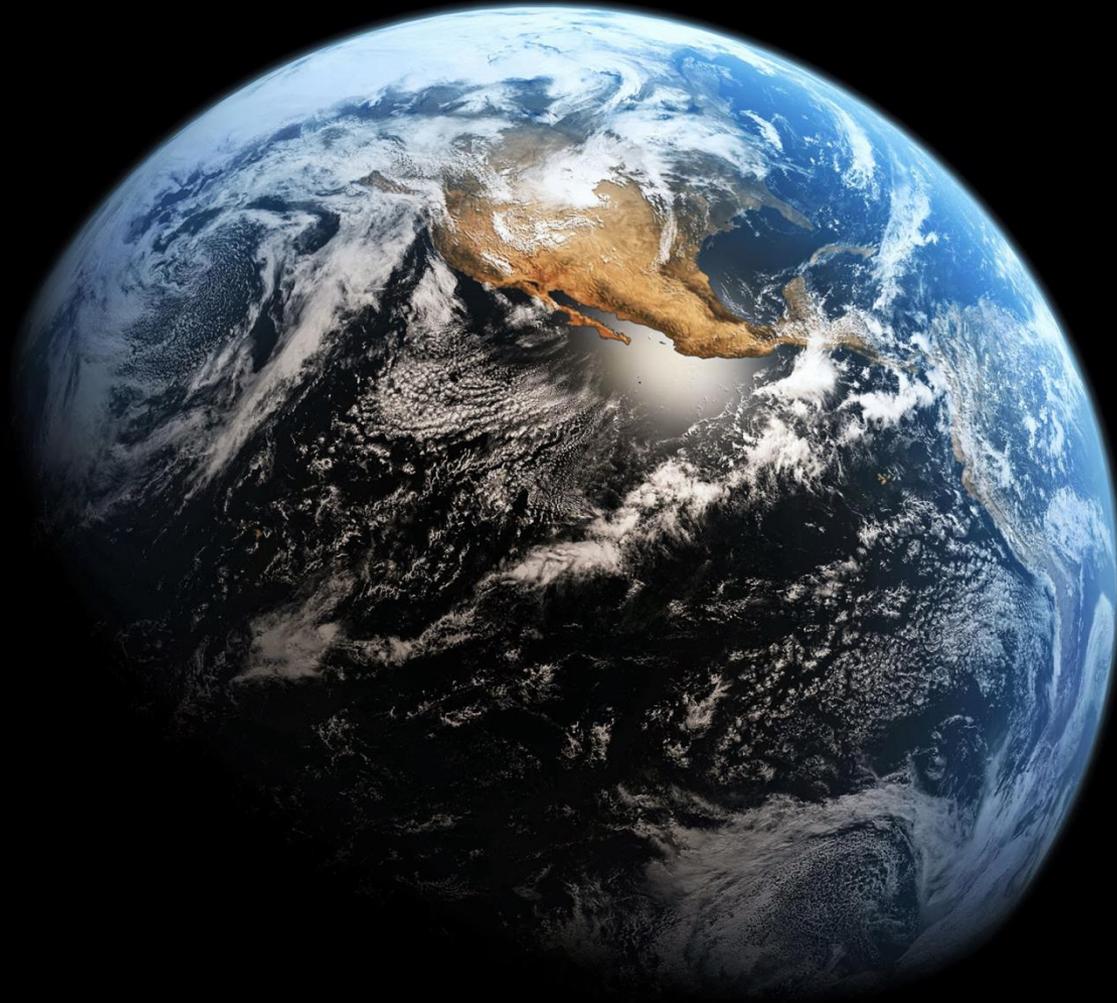
Social



Intellectual



Spiritual



Emotional



S.M.A.R.T.



# Action Plan



Thank you

