

# IN PURSUIT OF HEALTH, WELL-BEING, AND WELLNESS

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**Health**, generally good health has traditionally been viewed as freedom from disease; thus, if you are not sick, you are considered healthy. World Health Organization more than 60 years back defined health "...a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity". A variety of definitions have been used for different purposes over time. In 1986 "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities", was added.

Mental and physical health are probably the two most frequently discussed types of health, but spiritual, emotional, and financial health also contribute to overall health. Medical experts have linked these to lower stress levels and improved mental and physical well-being.

Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full life. It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems. Here are some key points about health.

- Health can be defined as physical, mental, and social wellbeing, and as a resource for living a full life.
- It refers not only to the absence of disease, but the ability to recover and bounce back from illness and other problems.
- Factors for good health include genetics, the environment, relationships, and education.
- A healthy diet, exercise, screening for diseases, and coping strategies can all enhance a person's health.
- The person's characteristics and behaviors: Including the genes that a person is born with and their lifestyle choices

A person who has good physical health is likely to have bodily functions and processes working at their peak. This is not only due not only to an absence of disease. Regular exercise, balanced nutrition, and adequate rest all contribute to good health. People receive medical treatment to maintain the balance, when necessary. Good physical health can work in tandem with mental health to improve a person's overall quality of life.

The primary determinants of health include social, economic, and physical environments. Health also includes someone's individual characteristics and behaviors without distinction of race, religion, political belief, economic, or social condition. It is important to approach "health" as a whole, rather than as a series of separate factors. All types of health are linked, and people should aim for overall well-being and balance as the keys to good health.

**Well-being** has been defined as the combination of feeling good and functioning well; the experience of positive emotions such as happiness and contentment as well as the development of one's potential, having some control over one's life, having a sense of purpose, and experiencing positive relationships. It is a sustainable condition that allows the individual to develop and thrive. Subjective the term well-being is synonymous with positive mental health. The WHO defines positive mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Well-being is a good or satisfactory condition of being in good physical and mental health, especially when maintained by proper diet, exercise, and healthy habits. In short well-being is a positive outcome as the people perceive that their lives are going well. Further, the qualitative well-being is characterized by health, happiness, and prosperity or state of being healthy in body and mind, especially as the result of deliberate effort towards wellness.

**Wellness** is defined by WHO as "the optimal state of health for individuals and groups" and is also expressed as "a positive approach to living." Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being. Hence, wellness is an active process through which people become aware of and make choices toward a more purposeful and successful existence. Wellness, as a state of health, is closely associated with your lifestyle. A wellness-oriented lifestyle encourages you to adopt habits and behaviors that promote better health and an improved quality of life. Cohesively, wellness is an active and dynamic process of change and growth to reach one's fullest potential and aims to enhance overall wellbeing. The various dimensions of wellness are: Physical, Emotional, Social, Occupational, Intellectual, Environmental, and Spiritual, each dimension is equally important in the pursuit of 'all around health' or 'optimum health' or 'over all wellness' and being necessary for optimal levels of functioning.

- **Physical Wellness:** Optimal physical wellness is developed through the combination of beneficial physical activities/exercise and healthy eating habits, including building muscular strength and endurance, cardiovascular strength and endurance and flexibility. It is the ability to maintain a healthy quality of life that allows you to get through daily activities without undue fatigue or physical stress. The physical wellness aspects of life is to develop top physical condition. The physical wellness helps to accomplish all our daily activities without facing any physical stress, tiredness, or fatigue. Physical wellness is an ability to healthy living and avoid unhealthy habits.
- **Emotional Wellness:** Means to comprehend and cope with the challenges in day today life. It is the ability to acknowledge and share feelings of anger, fear, sadness or stress, hope, love, joy, and happiness in a productive manner. Having a positive attitude, high self-esteem, a strong sense of self and the ability to recognize and share a wide range of feelings with others in a constructive way. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or

negative. Emotional wellness also involves the management of stress. Stress is a normal part of life. But and bad stress, and how essential to being individuals, regardless of challenges they encounter have the human capacity face, overcome, grow, adversity, stress, or level, each of us responds emotionally well is more

#### Dimensions of Wellness

Physical Wellness  
Emotional wellness  
Intellectual Wellness  
Spiritual Wellness  
Environmental  
Wellness  
Occupational Wellness  
Social Wellness

learning to recognize good to cope with both, is emotionally well. All who they are, the or where they come from, and personal power to and bounce back from trauma. At the individual differently. Being than just handling stress, it

involves awareness of thoughts and feelings, having a positive attitude, feeling good about who you are, expressing emotions in a suitable manner and most importantly maintaining life balance. Emotional wellness is an ability which helps us to overcome hurdles in life and that too very efficiently as it helps us to understand who we are. Emotional wellness helps us to share all the emotions we develop inside us in a productive manner.

- Intellectual Wellness: To learn new concepts, improve skills and seek challenges in pursuit of lifelong learning and intellectual growth. Engage in creative and stimulating mental activities to expand your horizon of knowledge and skills, and to discover the potential for sharing with others. It is the ability to open the mind to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. Intellectual wellness is an ability where we open ourselves to ingenuity. We bend ourselves towards learning something new and acquire new skills.
- Spiritual Wellness: Is a personal matter involving values and beliefs that provide a purpose in our lives, develops congruence between values and actions and to realize a common purpose that binds creation together. Generally, the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world. Just as we exercise to condition our bodies, a healthy spirit is nurtured by purposeful practice. A strong spirit helps us to survive and thrive with grace, even in the face of difficulty. The spirit is the aspect of ourselves that can carry us through anything. The spiritual wellness may not be something thought of much, yet its impact is unavoidable. It is an ability where we learn values and understand that we all are meant to serve similar purpose. This ability helps us to rise in spiritual world and we form peace in ourselves and harmony with others.
- Environmental wellness: We may not think much about Environmental Wellness as part of an overall wellness plan, but our environment and how we feel about it can have a huge impact on the way we feel overall, especially at work. Recognize the need to keep a healthy personal environment. Keep company with healthy people. Enjoy available recreational opportunities. Engage in environmentally responsible activities. Working in and creating healthy environment. Environmental

wellness an ability which we use to create a good effect in the quality of environment in which we live as we feel that it is our responsibility to keep air, water, land etc. surrounding clean.

- Occupational wellness: The occupational dimension of wellness recognizes personal satisfaction and enrichment in one's life through work while still maintaining balance in life. Seeking and having a career that is interesting, enjoyable, and meaningful, and make a positive impact on the organizations you work with and to contribute to the society. Old saying 'do what you love and love what you do'. It is an ability to maintain stability in life as well as enjoy personal fulfillment from occupation. Occupational wellness allows us to make powerful positive influence and impact in workplace as well as in the society.
- Social wellness: Humans are basically social animals. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our social wellness. It follows the doctrines: to live in harmony with others and our environment rather than to live in conflict with them and contribute to the common welfare of the community. It is an ability where we open ourselves towards others. We establish a bond with family, friends, relatives, and society and all this contributes to social wellness.
- Lastly, Economic wellness is defined as having present and future financial security. Present financial security includes the ability of individuals, families, and communities to consistently meet their basic needs (including food, housing, utilities, health care, transportation, education, childcare, clothing, and paid taxes), and have control over their day-to-day finances. It also includes the ability to make economic choices and feel a sense of security, satisfaction, and personal fulfillment with one's personal finances and employment pursuits. Future financial security includes the ability to absorb financial shocks, meet financial goals, build financial assets, and maintain adequate income throughout the lifespan. Economic wellbeing means people have their most basic survival needs met and have sustainable income and assets so they can survive and prosper.

Further, social, and economic factors, such as income, education, employment, community safety, and social supports can significantly affect how well and how long we live. These factors affect our ability to make healthy choices, afford medical care and housing, manage stress, and more.

To attain and maintain harmony and balance in our lives, we must pay attention to each of these dimensions of wellness. To neglect or over-emphasize any of the dimensions will result in an out- of-balance (out-of-round) wellness. Therefore, wellness is the act of practicing healthy habits on a day-today basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. In other words, wellness is quest of health and well-being.

It is important to approach "health" as a whole, rather than as a series of separate factors. All types of health and wellness are linked, and people should aim for overall well-being

and balance as the keys to good health. Therefore, a holistic approach means to provide support that looks at the whole person, not just their physical and mental health needs. The support should also consider their emotional, social, occupational, and spiritual wellness. A holistic approach focusses on a person's wellness and not just their illness or condition. Wellness is generally mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.

We often think that health and wellness are one and the same and often use them interchangeably. However, both are different, but are closely related. In fact, so closely related that one cannot rely without the other. Health is a state where an individual enjoys complete well- being in association with physical or mental aspect. It is a state in which well-being also means free from diseases. The statement itself describes that wellness has a very direct influence on health. Wellness on other hand is a positive approach from an individual to live a better life. Wellness is a lifestyle or a way of living. Health is a goal which is easy to achieve if a healthy lifestyle is carried out. Good diet with physical exercise will promote good physical health. Stress- free living does promote good mental health. We thus see that Health and wellness are not the same thing, but still they both are closely related and thus used interchangeably i.e., one is used very commonly in place of other. We feel that either we are ill or feeling well and thus we use wellness as being healthy.

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Wellness is a proactive, preventive approach to achieve optimum levels of health, social and emotional functioning. Further, an active process through which you become aware of and make choices toward a healthy living, fulfilling life and more successful existence, which is a dynamic process growth. Wellness is a emphasizes the whole body, mind, and spirit; and everything you do, think, feel, your state of health. While concentrates on alleviating or approach encourages responsibility well-being and intended to improve one's non-smoker, maintaining a low fat foods, exercising on a regular basis, etc. Hence, the health and wellbeing, is at the individual level because individual characteristics that influence the behavior, which

**"Simple 4"**  
**for Good Health**  
**-Don't smoke and**  
**drink alcohol**  
**-Eat Healthy Diet**  
**-Be physically**  
**active**  
**-Maintain a healthy**  
**body weight**

of change and constant positive approach that person, an integration of the the appreciation that and believe has an impact on traditional medicine curing disease, the wellness person to take personal making choices which are health. For example, begin a healthy body weight, eating

is reflected in individual's lifestyle. Since, lifestyle has been found to be the single most important factor determining your pattern of general health, it is important that you be educated to "take charge" of your daily life and to set healthy lifestyle goals.



Therefore, adopt wellness to avoid illness, wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. More so wellness is more than being free from illness, it is a dynamic process of change and growth. While maintaining an optimal level of wellness is crucial to live longer, healthier with a higher quality life. Pursuit of health as well as well-being itself is known as wellness.