Well This. Well That. Well-ness

What does it mean to be well and why is so important in terms of how we chose to live our lives? For those of us who are in tune with our mind and our bodies, we understand that in order to be “well” every dimension of our daily being works together so that we feel good. Optimal wellness is achieved when our physical, mental, and emotional qualities are all in sync. When one is suffering, we feel out of kilter. But, when we consciously make our wellness a priority, our relationships thrive, our stress levels are low, and we pay close attention to every component of our self-care.

When asked, most people would say that wellness to them is “not being sick”. Such a simple answer for such a complicated concept. Although wellness is not astrophysics or aerospace engineering, it is definitely more than not having had a cold for six months. It is more than “I haven’t gained a pound in two years.” Optimal wellness includes multiple states of being that need to be balanced and somewhat equally treated.

Some of the important dimensions that factor in to the making of an ideal state of wellness include emotional, financial, occupational, social, intellectual and spiritual aspects of daily life. Keep in mind that what make one person feel balanced and “well” will not be the best equation for another person’s well-ness. For example, I know of a people that would say wellness is working out 7 days a week, and drinking protein shakes for recovery. I also know of a friend who would say that being well to her means having the courage to forgive a person who at one time in her life caused her tremendous pain. And then to me, a wellness and life coach, wellness means intentionally and consciously using what we have access to, both internally and externally, to foster our best state of being every day. It is a constant, conscious effort to seek wellness.

The National Wellness Institute says that wellness is “a conscious, self-directed and evolving process of achieving full potential”. This definition excites me because of the “conscious awareness” component and the *action* needed for success. The biggest part of achieving our ideal state of wellness is determined by our intent and our conscientious actions. This is huge because all of this implies that we are in charge! It is our own thoughts, our own efforts and our own determination that put us in that well state of being. How powerful.

Finding things in life that bring us calm, pleasure, energy and that unusual sense that all is well in the world is what will ultimately determine how well we feel. Living each day with purpose, using what releases our anxieties, and celebrating what brings us true contentment describes optimal wellness. The constant awareness of our health, the achieving a peaceful mind, the continual work towards a strong and clean body, and the self-motivation for a content soul, truly define our state of being well. Although balancing each of these is a challenge, we are not graded on our efforts. We give and get what we put in, which can be a powerful motivation for success.

As you venture to answer what wellness means to you, remember to be *constant* in your thoughts as you think daily about being well. Be *conscientious* about how YOU get well; what you do to feel good from head to toe. Obtain that state of *consciousness* that will continually guide you back on the wellness track when you venture off. Finally, consider that being well means *combining all systems* from head to toe, both internal and external, and making sure they are in good working condition. This *combination* will ultimately provide you with your optimal wellness.

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