

Health

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How do you define your wellness?

By Rebecca Cohen

Wellness is unique to each person. It encompasses every aspect of your life and requires work, determination and commitment to bring about change that will bring balance and harmony to your life. This means wellness is a choice that you make each and every day. It requires that you do something every day to honor your body, mind and spirit. To achieve wellness, you must take control and direct your life where you want it to go. You need to understand, with your full heart and mind, that you are in command of all aspects of your life: physical, career, relationships, finances, spiritual, environment and emotional well-being. Other people do not create our reality - we create our own.

Sadly, there are many people who deny themselves self-improvement and lack the effort to achieve wellness, and this is dangerous. Some people are simply not willing to do the work to achieve wellness, and they go into denial about how well they really are. The problem is that, after a while, they find comfort within their denial and use it as a coping strategy to avoid bigger problems. They will continue avoiding small problems until a major crisis develops, and sometimes even then it doesn't trigger any action.

Some adults don't incorporate wellness activities into their daily lives because of a lack of time, effort, desire or commitment. It's not only the physical being that affects wellness; stress is a growing contributor and excuse, preventing people from taking control of their own destiny. However, if you investigate where your time is going and then adjust your priorities to free up time to incorporate activities important to your health and wellness, you will actually have less stress in your life. People watch TV an average of 15-20 hours a week, so they have the time if they want it. You need to re-evaluate your daily priorities and approach them in order of importance for your efforts to be successful.

The main thing you need to do is put yourself at the top of your priority list. Wellness is important, especially after age 30, because getting older brings with it an abundance of new changes of all kinds. While change can be unsettling, this time of change also can be viewed as an opportunity to get the most out of life.

Here are some suggestions to start creating a life that honors your wellness:

1. **Be honest about how well you really are.** Look at the areas of your life: physical, career, relationships, finances, spiritual, environment and emotional well-being. Identify the areas that need improvement. Set goals to achieve desired results one step at a time. Buy a journal to track your activity.
2. **Assess your readiness for change and willingness to embrace it.** Identify and write down the benefits of wellness to your life and your willingness to make the necessary changes.
3. **Identify and eliminate barriers and challenges that could impede your success.** Learning to replace the negative messages with positive ones is a matter of establishing new habits. It takes time and practice.
4. **Set clearly defined and measurable wellness goals.**
5. **Create meaningful wellness priorities.**
6. **Challenge yourself regarding your wellness changes and strive to achieve even more.**
7. **Make lasting changes to your lifestyle.**

The pace of today's world is so fast that we expect quick solutions to everything. If results are not immediate, we're quick to quit. But the long-term results that extend our lives are well worth the time and effort that we put into taking care of ourselves. Wellness is a way of life - and a choice.