
Step by Step Guide to Wellness

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Abstract

Wellness is the interactive process of becoming aware of and practicing healthy choices to create a more successful & balanced life. Wellness is the most accepted positive component of health. It is a multidimensional matter. Physical, mental, social etc. dimensions of well-being can be observed. It is a condition of man through which people can enjoy their life and get satisfaction from work or profession. Besides, wellness improves quality of life and helps keep people engaged in social activities. So the purpose of this study is to make the common people aware of the different methods of how to get wellness step by step.

KEYWORDS: Wellness, Health, quality of life

INTRODUCTION

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."¹

Wellness is a broad conception. In this companion, we attempt to give a broad, yet specific sense of what it means. We invite you to suppose of heartiness as meaning being healthy in numerous confines of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual corridor. These confines are connected, one dimension Erecting on another. We also fete that we live in a multilateral world, and heartiness encompasses areas that may not be specified in this brief discussion. We believe, for illustration, that trauma is a universal mortal experience, and that our culture and spiritual beliefs impact our comprehensions and everything we do. In summary, heartiness is about how we live our lives and the joy and fulfilment and health we witness.²

Objective of the study:

1. To enlarge the awareness of wellness among all.
2. To introduce feasible and appropriate strategies to improve well-being

Method:

Following are the various health promotion strategies which can help common people to work long hours and live a normal life with good health and wellness.

CREATING BALANCE

Bringing balance to life is an important part of wellness. A balanced life can do many things, depending on culture, circumstances, resources and other factors. A balanced life means doing daily activities with joy, having fun, spending time with family, participating in sports, socializing with everyone in society, taking proper nutritious food, getting proper rest etc. So bringing balance to life is one of the guidelines for achieving wellness.

Balance plays an especially important role in life when we are going through difficult times (such as stress, pain, illness, etc.). This is when our daily habits and routines can bring us back that sense of control. It means paying more attention to the role we play in our lives and the lives of others.²

EMBRACING SUPPORT FROM OTHERS

Necessary help should be sought from the experienced persons of society who have compassion for others or who have established themselves through various struggles in life. This advice can bring a new level of wellness by correcting the undesirable mistakes in life.

VALUING ROUTINE AND HABIT

A little bit of shape can pass a protracted manner in supporting you attain your aim. So while you're attempting to undertake a healthier lifestyle, growing a health habitual could make it less difficult to live on track. A health habitual is a each day agenda that carries all your healthful habits — like your meal plan, your exercise habitual, your self-care activities, and a strong night's sleep. The best health habitual will guide you at the hard days and provide you with a further enhance at the pleasant days.³

Healthy habits and daily routines are necessary to achieve wellness. This program will include – nutritious diet, appropriate physical activity, rest, participation in recreational activities, participation and cooperation in social service activities etc. Good habits and programs help individuals feel positive, engaged in work (Emotional wellness), sociability (Social wellness), peace and empowerment (Physical wellness),

creativity (occupational wellness), increased skills (intellectual wellness), with good work helps to increase the ability to stay connected (spiritual wellness).

Habits are powerful. With about 40% of our everyday behaviour repeated in the form of habits, they shape our very existence, and ultimately, our future.⁴

Necessary steps for healthy habit and routine:

- Setting work goals
- Increasing physical activity
- Making lifestyle changes
- Planning depending on financial factors
- Getting adequate rest

IMPROVING OUR PHYSICAL WELLNESS

Physical Wellness involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise, and obtaining appropriate health care.

Nutrition, regular exercises, proper rest, positive environment help an individual to keep fit and healthy. These factors form the dimension of wellness.

Table-1

Area	to be done	Resources
Nutrition	<ol style="list-style-type: none"> 1. Consuming nutritious food on a regular basis 2. Interest in home cooked food 3. Planning diet according to body needs 4. Avoiding marketed and junk food 	<ol style="list-style-type: none"> 1. Fresh Vegetables, Animal Proteins 2. Buy food items from good stores 3. Seek help from a physical education teacher or nutritionist as needed
Physical activities	<ol style="list-style-type: none"> 1. Regular sports participation 2. Regular exercise 3. Muscle development exercises 4. Checking body mass index and preparing exercise schedule 	<ol style="list-style-type: none"> 1. Local grounds and clubs 2. Areas of physical education 3. Studying physical education 4. Taking help of physical education teacher
Rest	<ol style="list-style-type: none"> 1. 7-8 hours sleep at night 2. Don't eat too much at night 	<ol style="list-style-type: none"> 1. Arrangement of routine 2. Positive environment
Drugs	Abstain from any intoxicants like alcohol, smoking etc	<ol style="list-style-type: none"> 1. Routine 2. good habits 3. Social works
Regular check up	Medical examination by doctor at regular intervals	<ol style="list-style-type: none"> 1. Doctor 2. Hospital 3. Health centre

IMPROVING OUR INTELLECTUAL WELLNESS:

Table-2

Area	to be done	Resources
Personal Interest	<ol style="list-style-type: none"> 1. Must have regular interest in learning subject to acquire knowledge based skills 2. Read carefully with pleasure 3. Be open minded with friends 4. To increase knowledge in computer 5. To participate in educational seminar conferences 	<ol style="list-style-type: none"> 1. Schools, colleges and universities 2. Library, Computer Centre 3. Playground and Club 4. Educational tour
Education	<ol style="list-style-type: none"> 1. Continued learning 2. acquiring skills in different languages 3. participating in various online courses 	<ol style="list-style-type: none"> 1. School, Colleges and universities 2. Different Educational Organizations 3. Internet
Exercises of brain	<ol style="list-style-type: none"> 1. play different types of brain game like chess 2. Reading current affairs and newspapers 3. Participating in debate 	<ol style="list-style-type: none"> 1. Chess board 2. Newspapers, Internet, Journal 3. Institutions
Discussion	<ol style="list-style-type: none"> 1. Discussion regarding decision making 2. building mutual understanding 	<ol style="list-style-type: none"> 1. Clubs 2. Teachers, friends, Guardians 3. Intellectual persons

IMPROVING FINANCIAL WELLNESS:

Table-3

Area	to be done	Resources
job	<ol style="list-style-type: none"> 1. To do any work with joy to earn for living. 2. Enjoying work by solving any problems or obstacles at work 	<ol style="list-style-type: none"> 1. Govt., Non-Govt Organizations 2. Business
Savings	<ol style="list-style-type: none"> 1. Keeping some of the earnings as savings. 2. Saving for the future whenever possible, even if not regularly. 	<ol style="list-style-type: none"> 1. Govt. or Non-Govt. bank 2. Insurance 3. Post Office
Retirement	<ol style="list-style-type: none"> 1. Keeping balance with your income and expenses to live in harmony. 2. Life style may be changed 3. If possible engage in a favourable activity. 4. Besides, you can join in business and agriculture. 	<ol style="list-style-type: none"> 1. Good habits 2. Business 3. Playground 4. Govt. Or Private organizations

IMPROVING ENVIRONMENTAL WELLNESS:

A healthy environment is a positive factor in bringing about wellness. It includes clean water, air, living environment, work etc. Improving environmental health is a specialized guide to health.

Table-4

Area	to be done	Resources
Utilization of household resources	<ol style="list-style-type: none"> 1. Household waste disposal. 2. Electric and water compatible use. 3. Pollution check of vehicle 4. Do not misuse water and electricity. 	<ol style="list-style-type: none"> 1. Dustbin 2. Good habits 3. Pollution centre
Changing in life style	<ol style="list-style-type: none"> 1. Participate in regular in recreational activities and sports. 2. Adapting oneself to the environment or situation 	<ol style="list-style-type: none"> 1. Playground 2. Recreational organizations
Development of home environment	<ol style="list-style-type: none"> 1. Planting different types of plants at home. 2. Caring for plants in the home garden or on the roof. 3. Keeping the home environment clean. 	Home

IMPROVING SPIRITUAL WELLNESS

Table-5

Area	to be done	Resources
Trust /Values	<ol style="list-style-type: none"> 1. Earning the trust of all through good deeds 2. Respecting honourable persons or elders 3. Giving love to younger ones. 4. Explore your spiritual core 	<ol style="list-style-type: none"> 1. Society 2. Home
Involvement	<ol style="list-style-type: none"> 1. Helping everyone 2. Socializing with the community 3. Participating in community service together 	<ol style="list-style-type: none"> 1. Playground 2. Community 3. Society
Activity	<ol style="list-style-type: none"> 1. Regular practice of yoga. 2. Take time to meditate 	<ol style="list-style-type: none"> 1. Home 2. Yoga centre

IMPROVING SOCIAL WELLNESS

Social wellness is formed through the development of the ability to establish good relations with everyone in the society and fulfil social responsibilities. Cooperation, social aspect, community etc. are elements of this wellness.

Table-6

Area	to be done	Resources
Cooperation/Sociability	<ol style="list-style-type: none"> 1. Extend your hand toward who persons who are in problem. 2. Interest and encourage in social service 3. Developing in social aspect 4. Development of social harmony 	<ol style="list-style-type: none"> 1. Society 2. Home 3. community
Social events:	<ol style="list-style-type: none"> 1. Participation in social service activities. 2. Organization of social events. 3. Participation in cultural events. 4. Active participation in patriotic events. 5. Enjoying happy life with family. 	<ol style="list-style-type: none"> 1.. Community 2. Society 3. Homke

IMPROVING OCCUPATIONAL WELLNESS

Occupational fitness is the ability to perform one's proper duties and derive satisfaction from any occupation or job.

Table-7

Area	to be done	Resources
Workplace	<ol style="list-style-type: none"> 1. Establishing good relations at work: 2. Carrying out appropriate responsibilities at work. 3. Establishing good relations with colleagues. 4. Inventing new ideas. 	Workplace
Balance	<ol style="list-style-type: none"> 1. Appropriate utilization of earned money. 2. Balanced living. 3. Follow the principles of active lifestyle. 	Good habits and daily routine

IMPROVING EMOTIONAL WELLNESS

A positive self-concept, which includes dealing with feelings constructively and developing positive qualities such as optimism, trust, self-confidence, and determination. Emotional well-being can be achieved by controlling anxiety, violence, anger, etc

Table-8

Area	to be done	Resources
Emotion	<ol style="list-style-type: none"> 1. Behaviour modification 2. Personality development. 3. Regular participation in competitive events and recreational activities. 4. Doing sports yoga regularly. 	<ol style="list-style-type: none"> 1. Study of psychology 2. Study of Physical education 3. Playground
Stress	<ol style="list-style-type: none"> 1. Bringing mental toughness. 2. Increasing self-confidence. 3. Don't give up easily. 4. Participating in recreational activities. 5. Making appropriate decisions. 6. Spending a certain time on social media. 	Psychology Recreation centre Social media

DISCUSSION

Wellness is particularly essential as we age because regular exercise and proper nutrition can help prevent a variety of ailments including cardiovascular disease, obesity, and fall risk behaviours. In addition, the need for vitamins and minerals increases after age 50, so it's ever important to have a healthy diet. Wellness is a state in which a person can enjoy his life. It is a changing and dynamic process that guides overall health in a positive direction. In view of the current socio-economic conditions,

people can't pay attention to their health even if they want to after their normal activities. Therefore, an attempt has been made to inform the methods of maintaining or increasing wellness through a general guide. Table-4 to Table-9 show how the various dimensions of well-being can be improved. It is possible to get well if you follow each step correctly.

CONCLUSION

No matter where you are in your journey toward simple living, you desire to have power and focus for your next steps. We all desire to be cantered and healthy as we move toward a life of less busyness, less clutter, less meaningless stuff — and more objective, more clarity, more of what things⁵. The dimensions of wellness are interconnected. They tend to influence and support each other to create a more complete feeling of wellness. There is no timeframe or due so far. But the shortly you become informed of how each dimension of wellness affects your life, the quickly you might take action. You may consciously pick up your path quick-witted that each step you take is an opportunity to raise your wellness.

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