

Wellness is the process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

A balanced lifestyle requires concentration in the **5 dimensions of wellness**:

- 1) **Physical**: Creating and maintaining a healthy body through good nutrition, regular exercise, yearly medical exams, and avoiding unhealthy habits.
- 2) **Intellectual**: Engage your mind in lively interaction with people in your family and outside in the community.
- 3) **Emotional**: Be in touch with your feelings; embrace your strengths while accepting your limitations. Be comfortable with your emotions.
- 4) **Social**: Learn how to relate to others inside and outside of your family. Contribute to the community by supporting a healthy environment.
- 5) **Spiritual**: The sense that life is meaningful and has a purpose. Spiritual wellness is attained through practicing good morals, ethics, and values that guide us and give meaning and direction to life.