

A Well-Balanced Life

The definition of wellness is “being aware of and actively working towards better health.” Knowing this, I’m sure you’ll agree that making the rest of your life the best of your life is something we all want for ourselves and our loved ones. The question that needs to be addressed is “how do I go about making the rest of my life the best of my life?”

While not quite as simple as defining wellness, the answer to this question revolves around five main areas. By striking a true balance between these five dimensions in your everyday life, you will be sure to see a difference in both the quality and quantity of your remaining years.

#1 Physical—the first area is an obvious one. By taking care of yourself physically—whether it be through eating a well-balanced diet, exercising at least 30 minutes on most days of the week, watching your intake of alcohol, and/or treating your medical conditions appropriately—you greatly reduce your risk for premature illness.

#2 Emotional—This second area deals more with your emotional well-being. What are your main causes of stress? What are you doing to actively combat these causes? The idea here is that the more you care for yourself emotionally, the more prepared you will be to handle those major or minor crises that occur on a daily basis.

#3 Social—Do you have a strong bond with your family? Friends? Community? Keeping a close, meaningful relationship with those in your life can greatly impact the quality of your years. While most people do not think in these terms, your social life truly does make for a healthier you.

#4 Intellectual—Exercising your body is an important part of your overall wellness, and exercising your mind is just as important. If you press toward feeding your brain with increased knowledge and take advantage of new learning experiences—whether it be at work or at home—you’ll find your life to be more fulfilling and rewarding. Continuous learning is one of life’s greatest gifts.

#5 Spiritual—While it may sound hokey to some, maintaining a strong spiritual connection is important to leading a “whole” and well life. Included in spirituality are such things as kindness, love, and the general belief that everything is going to work out no matter what the circumstance. Yes, it’s hard to explain, but there is no denying the fact that spirituality can play an enormously helpful role in your life.