

Wellness Categories

<u>1. Social Wellness</u>		<u>2. Intellectual Wellness</u>	
Consumerism	Social Media	Wellness and it's Understanding	1. Self Realization & Recognition (Awareness) – Mental Health
Internet & Technology Effect	Interaction / Socialization / Communications	2. Rationalization / Journaling / Mindfulness (Self Understanding) – Mental Health	3. Personal Relationships / Loneliness (Self Understanding) – Mental Health
Your Human Rights	Your Privacy Rights	4. Anxiety / Depression / Stress (Self Understanding) – Mental Health	5. Narcissism / Sociopathy / Toxicity (Self Understanding) – Mental Health
Your Consumer Rights	Your Legal Rights	6. Self Acceptance, Self-Compassion and Self / Mutual Respect (Self Understanding) – Mental Health	7. Sexual Identification & Gender Theory (Self Understanding) – Mental Health
(Video)Gaming	Debate & Maturity	8. Self Actualization & Action – Mental Health	9. Motivation, Self-Confidence & Self-Discipline
Artificial Intelligence [AI] & The Algorithm	Language & Culture	Others – Mental Health	ADHD / Depression (Mental Illnesses & Disorders of the Mind)
<u>3. Physical Wellness</u>		Addictions; Eating Disorders / Limerence / Rumination (Mental Illnesses & Disorders of the Mind)	Dissociation / Anxiety / Sleep Disorders (Mental Illnesses & Disorders of the Mind)
Our Body and ADL's (Activities of Daily Living)	Hydration	Autism / Bipolar / BPD / APD / DPD (Mental Illnesses & Disorders of the Mind)	OCD / PTSD / Schizophrenia / Delirium (Mental Illnesses & Disorders of the Mind)
Food & Nutrition	Diet & Nutrition	Self-Harm (Suicidality) / Malicious Intent (Mental Illnesses & Disorders of the Mind)	General Knowledge & Skepticism
The Beginners Guide to Exercise – Full Videos	Dynamic / Static Stretching	Philosophical Understanding	Education & Schooling
Exercise / Physical Science	Program Planning / Periodization	Technological Innovation & Advancement	Gambling / Lottery
Sports & Performance	Muscle Physiology - Course	Political / Policy Understanding (CA)	Political / Policy Understanding (USA)
Medically Related Conditions / Diseases	Health Specialties	Political / Policy Understanding (EU / AU / AS / AF)	Recent History (2014-2025)
Viruses / Infectious Diseases	Sexual Health	Canadian Heritage Minutes	General History
Illicit / "Hard" Drugs	Prescription / Recreational / (Non)Medical Drugs	The Big Bang & Earth's Formation	Evolution
The History of Drugs		The Universe	

Wellness Categories

4. Occupational Wellness

Job Health & Fulfillment	Workers Rights / Unions (NA / SA)
Workers Rights / Unions (EU / AF / AS / AU)	Corporate Understanding
Entrepreneurship & Self Employment	Burnout
Professional Industries	The Job Search [& Security]

5. Environmental Wellness

Our Environment / Community (NA / SA)	Our Environment / Community (EU / AF / AS / AU)
Renting / Home Ownership	Roads / Highways / Car Effect
Earth	Nuclear / Clean Energy
Immigration / Migration	Climate Change & Natural Disasters
Homelessness & Van Life	

6. Emotional Wellness

General Emotional Wellness	Love / Happiness / Enjoyment
Anger / Frustration / Bitterness	Sadness / Grief / Jealousy
Fear / Anxiety / Stress	Shame / Disgust / Guilt
Empathy / Sympathy / Understanding	Boredom

7. Financial Wellness

Personal Finance / Wealth / Life Balance	Economic Understanding (Global)
Economic Understanding (CA)	Economic Understanding (USA)
Economic Understanding (EU / AU / AS / AF)	Inflation & Rising Cost of Living
Debt & Poverty	Wealth & Poverty
Narcissism & \$\$\$	

8. Spiritual Wellness

Nature	Spirituality / Religion
Meditation	Meditation HealthyGamerGG
Cult Mentality	