

2. Physical Wellness

Definition: Recognising the need and engaging in physical activity, eating nourishing foods, getting adequate sleep and rest, engaging in activities to release tension and stress, and obtaining needed health care. Awareness of signs of stress while limiting the use of tobacco, drugs, and alcohol consumption. Creating and following a self-defined daily routine of health habits.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

Physical Wellness Checklist

- Exercising regularly
- Eating nourishing food
- Sleeping adequately
- Engaging in activities that release tension (stretching, yoga, relaxation techniques)
- Seeking medical care when appropriate
- Taking prescribed medications responsibly
- Acting responsibly with alcohol, cigarettes, and other substances
- Developing healthy daily routines
- Feeling comfortable with your body
- Making your own choices about physical health
- Understanding how your body works

Reflective questions

- Do I eat a balanced diet and drink enough water each day?
- Do I engage in regular physical activity that supports my health and energy?
- Do I act responsibly with alcohol, medication, or other substances?
- Do I generally feel free from illness or chronic pain?
- Do I engage in activities that help me release tension and relax?