# Well-being, Wellness

**Well-being**: A subjective perception of a good and satisfactory in which the individual has a positive experience of personal abilities, harmony, and vitality.

# Elements of well-being

1. **Career Well-being**: The first element is about how you occupy your time or simply liking what you do every day.
2. **Social Well-being:** The second element is about having strong relationships and love in your life:
3. **Financial Well-being:** The third element is about effectively managing your economic life
4. **Physical Well-being:** The fourth element is about having good health and enough energy to get things done on a daily basis.
5. **Community Well-being:** The fifth element is about the sense of engagement you have with the area where you live.

# Wellness

The condition of good physical, mental and emotional health.

# Components of Wellness

1. **Physical Wellness**: It concentrates on getting in shape, rejuvenate body with healthy eating, restful sleep, active exercise and a new look.

# Requisites of getting physical wellness

* + jogging
  + playing games and sports
  + spending time daily outdoor in breathing fresh air.

1. **Social Wellness**: It focus to improve social and communication skill of an individual.

# Requisites of promoting social wellness

In order to promote social wellness, a person must: -

* + create a positive and lasting first impression
  + get respect
  + speak in public
  + make others feel important
  + visit neighbors and friend and etc.

# Emotional Wellness: Its aims

* + To get more out of every day with laughter and enjoyment,
  + To reduce stress.

# Requisites of promoting emotional wellness

* + avoiding overload
  + watching comedy films
  + distancing oneself from stress and problems
  + seeking the help of therapist (if needed)
  + taking an anger and stress management activities etc.

1. **Spiritual Wellness**: the spiritual renewal and inner peace.
2. **Nutritional Wellness**: It focus to achieve maximum energy levels through healthy eating.

# Requisites of promoting nutritional wellness

* + reduce fat
  + eat more raw fruits and vegetables
  + eat less fried food
  + serve healthy food at home
  + eliminate junk food
  + drink lots of sugar free liquids or juice

1. **Relationship wellness**: It focus on recapture the spark and zeal of personal relationships.

# Requisites of promoting relationship wellness

* + Laugh
  + Love
  + Live
  + give bear hugs
  + go out on a date once a week etc.

1. **Financial Wellness**: It focus on people to establish financial bonds.

# Requisites of fostering financial wellness

* create money management goals
* spend less money
* get out of debt
* set up saving plan
* donate some savings to a charity.

1. **Personal Wellness**: It emphasizes to enrich personal life of an individual through growth and change.

# Requisites of personal wellness

* + see a fashion consultant to keep himself/herself update
  + whiten for teeth
  + weight loses
  + shoes polish
  + get a new piece of jewelry
  + clean bedroom and other living spaces
  + prevent injuries and observe safety.