**Wellness Introduction**

**Understanding of Wellness**

* Wellness is a concept that broadens, extends, and reaches beyond the traditional ideas of fitness and health. It is a way of doing – a way of being, and a way of becoming – a predisposition to adopt and embrace key principles in one’s life that lead to high levels of well-being and life satisfaction.
* Wellness requires a conscious commitment and the appreciation that everything one does, thinks, feels and believes has an impact on personal well-being. This positive and holistic approach to living is the quality of life we enjoy when each dimension of wellness in our lives are in balance – when no dimension is being neglected or overemphasized.

**Ownership in Your Wellness**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– You will demonstrate attitudes, understandings, abilities, and dispositions necessary to learn about wellness and to apply these learnings in various settings. Applying these new understandings within a variety of personal contexts supports your lifelong learning.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– Wellness is a positive approach to living – an approach that emphasizes the balanced and whole being within relationships with others. In striving for this balance, your sense of self, community, and place is strengthened.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Making positive and informed decisions for well-being broadens your understanding of, and responsibility for, stewardship of the natural environment and the well-being of communities.

**Developing Competencies**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– Wellness 10 is inquiry based and recognizes the knowledge and abilities that you already possess, and teaches you to self-reflect and purposely seek, evaluate, and apply historical, contemporary, and evolving information to attain and/or maintain optimal well-being.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– This competency addresses the ability to act autonomously in a interdependent world. It requires the learner to develop an awareness of the natural environment, of social and cultural expectations, and of the possibilities for individual and group well-being. It assumes the possession of a positive self-concept and the ability to live in harmony with others and with the natural and constructed worlds.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – Addresses a variety of ways, including using movement and technology, to interpret the world and express understanding of it. Multiple literacies involve the evolution of interrelated skills, strategies, and knowledge that contribute to the development of an individual’s ability to participate in attaining and maintaining balance in the home, school and community.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– This addresses how people contribute positively to their social, physical, and cultural environments. It requires an awareness of unique gifts and challenges among individuals and communities and the ability to participate with others in resulting wellness opportunities.

**Purpose of Wellness 10**

* The purpose of Wellness 10 is to develop confident and competent students who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a balanced, healthy, and active lifestyle.

**Goals of Wellness 10**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**

* Develop the understanding, skills and confidences necessary to take action to improve health.
* Make informed decisions based on health-related knowledge.
* Apply decisions that will improve personal health and/or the health of others.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– Enjoy and engage in healthy levels of participation in movement activities to support lifelong active living in the context of self, family, and community.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**– Enhance quality of movement by understanding, developing, and transferring movement concepts, skills, tactics, and strategies to a wide variety of movement activities.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – Balance self through safe and respectful personal, social, cultural, and environmental interactions in wide variety of movement activities.

**What are the Dimensions to Wellness?**

There are Five Dimensions to Wellness:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* These five dimensions are interconnected, interdependent, and constantly interacting with each other. Maintaining or improving one’s wellness – one’s quality of life – requires continuous balancing and rebalancing of these five dimensions in response to the events in our lives.

**Physical Dimension**

* Deals with the functional operation of the body. In general, wellness factors related to the physical dimension can be grouped within the following categories:
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**
* Movement concepts, Complex Skills, Game Tactics and Strategies
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**
* Embracing healthy eating
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**
* Seeking appropriate medical care
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**
* Avoiding harmful behaviors

**Psychological Dimension**

* Factors of wellness related to the psychological dimension can be grouped into three categories:
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Psychological Dimension: *Mental*

* The mental category of the psychological dimension includes:
* reacting to difficulties and adversity in an optimistic manner
* viewing difficult situations as challenges and opportunities for growth
* adopting a positive attitude
* accepting our limitations and making the best of a bad situation

Psychological Dimension: *Emotional*

* The emotional category of psychological wellness is the “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” part and includes:
* handling emotions and controlling, or coping with, personal feelings
* laughing and being able to stimulate laughter in others
* being able to express emotions appropriately and comfortably

Psychological Dimension: *Intellectual*

* The intellectual category includes factors related to “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. These include:
* learning and using information effectively
* continuously acquiring knowledge throughout life
* engaging one’s mind in creative and critical thinking, keeping an awareness of current events
* being curious

**Social Dimension**

* The social dimension of wellness is broad in scope because it has to do with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”, including the degree and quality of interactions with others, the community, and the environment.
* The more individuals have a supportive social network (i.e., family, friends, community), the better their health (Miller & Foster, 2010).
* This dimension of wellness may include:
* Resolving conflicts and reaching consensus
* Getting along with others who have differing perspectives
* Feeling connected to a person, group, cause, or even a pet
* Caring for others
* Nurturing relationships

**Spiritual Dimension**

* This is the “\_\_\_\_\_\_\_\_\_\_\_\_\_\_” dimension of life. It refers to the values, beliefs, and commitments at the core of one’s being. The key aspects of spiritual wellness are the creation of personal values and beliefs toward life purpose and oneself in relation to others, the community, the environment and the universe.
* Spiritual well-being is the journey of contemplating and accepting one’s place in the complex and interrelated universe.
* Spiritual well-being means different things to different people. This dimension of wellness might include:
* a sense of belonging to a scheme of existence greater than the merely personal
* a sense of purpose
* an understanding that true happiness involves more than the accumulation of wealth or “stuff”
* a desire to comfort and help others
* the ability to show gratitude and generosity
* a desire to contribute to society
* a sense of wonder and awe related to the beauty, power, and mysteries of nature
* an attempt to reduce conflict and disorder

**Environmental Dimension**

* We may not consider the impact of Environmental Wellness on our overall wellness plan, but our environment can have a huge impact on physical, psychological, social, and spiritual well-being.
* Environmental well-being includes:
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Environmental Dimension: *Cultural*

* Given the growth of technology and globalization, we could argue that all of humanity on the planet makes up our cultural environment. But in terms of the wellness-related decisions that we make, it is factors in our cultural environment of family, friends, and people in our community that influence us the most. These factors consist mainly of our relationships and interactions with other people. They include:
* the ability to get along with people from diverse backgrounds who express differing beliefs, values, and perspectives
* a sense of belonging to a large social unit
* the ability and willingness to invest in meaningful causes beyond ourselves
* traditions – one’s own and those of various cultures
* socio-economic factors (e.g., race, income, education)
* laws and cultural practices within society

Environmental Dimension: *Natural*

* Factors in our Natural Environment that can influence our wellness include:
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: Heat, cold, wind, rain, sun, snow, etc. influence the activities in which we do, the illnesses and injuries we may suffer
and the moods we may experience.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: Lakes, forests, mountains, and rivers influence the activities in which we participate. Some people enjoy the wide, open spaces of the plains but feel trapped and enclosed in the mountains. Similarly, people who like the mountains and wooded areas may view the prairies as stark and empty.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: The quality of the food we eat, of the water we drink, and of the air we breathe is affected by a variety of pollutants (i.e., carbon monoxide in the air due to car exhausts; residues of harmful pesticides in the air, ground, and water supplies). In addition, the earth’s protective ozone layer is being eaten away by human-made chemicals resulting in increasing cases of skin cancer and cataracts, and decreases in human immunities.

Environmental Dimension: *Constructed*

* We, who live in modern societies, spend nearly all of our time amidst the constructed environment that consists of buildings, streets, roads, vehicles, machines, furniture, and other objects fabricated by humans. Not all of these are fashioned out of inert or dead matter. The constructed environment includes the pets we keep, the domesticated animals we rear, and the domesticated crops we grow. It is made up of anything that has come into existence entirely to serve human needs and purposes.

**Wellness Wheel**

* The wellness wheel provides a visual representation of the concept of wellness that demonstrates the need for “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” or “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” lives. To attain and maintain harmony and balance in our lives, we must pay attention to each of the four dimensions of wellness. To neglect or over-emphasize any of the four dimensions will result in an out-of-balance (out-of-round) wellness wheel.
* Imagine the wellness wheel as a tire made up of four separate air chambers – each one representing a dimension of wellness. If one or more of these air chambers is either over-inflated or under-inflated, the wheel will be unbalanced and the road of life will be a bumpy one. We roll along through life more smoothly when our lives are “well-rounded” or balanced. These ideas are represented visually through the three following graphics:

**Rounded Wellness Wheel**

* This Wellness Wheel belongs to a person who takes responsibility for achieving balance in his/her life. As a result, this person is rolling along smoothly through life – for whom everything is going “just right”.

**Out of Balance Wheel #1**

* This wheel could represent a person who is overly concerned with having fun and socializing (social dimension), and neglects the physical dimension (e.g., has a low level of physical fitness, and/or is overweight, and/or does not have a healthy diet, etc.).

**Out of Balance Wheel #2**

* This wellness wheel is that of a person who is obsessed with the physical dimension of wellness. He or she engages in physical activity for so many hours each day that there is no time for attending to elements of wellness in the other dimensions (e.g., meaningful relationships, reading).

**Aboriginal Medicine Wheel**

* The Medicine Wheel is an ancient holistic approach to healing ailments of the mind, body, and spirit that explains illness as springing from an imbalance of being. The Medicine Wheel is a complex network of ideas, symbols, and philosophies depicted within a metaphorical circle. The Wheel is divided into north, south, east, and west doors, each associated with thoughts, feelings, time periods, and sacred elements.
* A holistic approach to life where all things are connected is central to the Aboriginal world view. Illness is explained as an imbalance in life and restoring balance and harmony is achieved by examining the elements of one’s life represented by the Medicine Wheel.

**Illness-Wellness Continuum**

* Wellness is not merely the absence of illness. The Illness-Wellness Continuum illustrates that there are many degrees of wellness, just as there are many degrees of illness. Moving from the centre of the continuum to the left shows a progressively worsening state of health. It depicts a wellness wheel that is becoming less balanced (less round). Moving to the right of the centre of the continuum indicates an increasing level of wellness. It shows a wellness wheel that is becoming more balanced (round).

**Wellness Inventory**

* By completing the inventory and the Wellness Wheel, you should begin to determine the kind of balance you have in your life and be better prepared to design your own Personal Plan for Wellness.
* This inventory will help determine the dimension in your life that requires the most re-balancing. This dimension will be a main focus over the course of the semester. With each outcome that is covered in Wellness 10, students will concentrate on re-balancing their dimension of wellness that is currently lacking.

**Inventory Reflection**

When you have completed your Wellness Wheel, study its shape and balance and discuss the answers to the following questions:

* How smoothly would it roll?
* How do you feel about its shape and size?
* In which areas are you least well?
* What don’t you like about it?
* What do you like about it?
* What improvements would you like to see in your wheel?