

Holistic Wellness

Wellness can be achieved by each of us if only we take care of our whole selves instead of medicating the bits and pieces that are going wrong. From my research, I propose a five part approach for the self plus one piece that includes all others: our environment. By taking care of ourselves in all these realms, we can make ourselves happier and healthier.



Physical Wellness means we are taking care of our physical bodies through proper nutrition, exercise, massage for sore muscles, and regular visits to doctors, dentists, eye doctors, etc. for check-ups.

Mental Wellness means we are taking care of our minds through “feeding” it appropriate news and information to keep us prepared for our jobs, being involved in professional development to sharpen our mental skills, and keeping our memories sharp.

Behavioral Wellness means setting appropriate habits and behaviors to keep ourselves healthy. This can involve ensuring proper ergonomics while on the computer, sitting well at a meal or on the sofa, and developing proper sleep habits.

Emotional Wellness means properly acknowledging and dealing with our emotions including those that come with the vicarious trauma we might experience on the job. It also includes techniques to reduce stress

Spiritual Wellness means caring for ourselves in whatever spiritual way we see fit. Some people might fill this need with organized religion, others may find yoga, meditation, or a walk through the woods will fill this need.

The final part involves our relationship with the world around us. Environmental Wellness includes making our homes safe and comfortable places to live. Working in comfortable and healthy environments, including air quality, temperature, lighting, and number of hours a person works, is also important. It also includes our social relationships - family, friends, coworkers, and even strangers on the road.

By balancing ourselves with the best of each of these parts, we can create our own wellness and even create health where we usually feel illness, fatigue, and pain.