

## Wellness to Well-Being, Part 1

Wellness generally applies to physical health and incorporates things like nutrition, exercise and tobacco cessation. Wellness also includes knowing your biometric numbers such as blood pressure, cholesterol and blood sugar in order to improve your health.

As science continues to study the body and mind, studies show that while focusing on physical health is good, focusing on holistic health is better. This moves us from wellness to well-being. Essentially, well-being is a measure of a person's perception of how his or her life is going. To discover your well-being, some questions to consider are:

- Is your day-to-day life fulfilling or satisfying?
- Do you feel your best every day?
- Are you happy with the direction you're headed?



When you focus on making all parts of your life — finances, relationships, emotions, career, community — healthy, your well-being will thrive. You'll become happier, more engaged and productive, and you'll make healthier choices and have reduced stress.

### The five pillars of wellness

Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected pillars of well-being. These pillars, or essential elements, represent the fundamentals that people across all nationalities, faiths and cultures strive for in life:



### For more information:

- *Well-Being: The Five Essential Elements*
- *Flourish*
- On Being Podcast

