

WELLNESS

Meaning of Wellness

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

"a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

- The World Health Organization

"a conscious, self-directed and evolving process of achieving full potential."

- The National Wellness Institute

Eight Dimensions of Wellness

There are eight dimensions of wellness: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual. Each dimension of wellness is interrelated with another. Each dimension is equally vital in the pursuit of optimum health. One can reach an optimal level of wellness by understanding how to maintain and optimize each of the dimensions of wellness.

Emotional Wellness

Emotional wellness relates to understanding your feelings and coping effectively with stress. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.

Environmental Wellness

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. Everyone can have a strong environmental conscious simply by raising their awareness.

Financial Wellness

Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety and fear for college students.

Intellectual Wellness

Intellectual wellness involves having an open mind when you encounter new ideas and continuing to expand your knowledge. It encourages active participation in scholastic, cultural and community activities.

Occupational Wellness

Occupational wellness is about enjoying your occupational endeavors and appreciating your contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work.

Physical Wellness

Physical wellness relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.

Social Wellness

Social wellness helps you perform social roles effectively and comfortably, and create a support network. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.

Spiritual Wellness

Spiritual wellness allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

Physical Wellness

Physical wellness is the ability to maintain a healthy lifestyle that allows you to get through your daily activities without undue fatigue or physical stress. Adopting healthy behaviours such as engaging in regular physical activity, eating a balanced diet and getting enough sleep contributes to optimal physical wellness. Equally as important is avoiding behaviours that can negatively impact your physical wellness such as misusing tobacco, alcohol and other substances.

Physical Activity

Physical activity and overall health and well-being are positively linked, according to a large body of research. So, the benefits of regular exercise extend far beyond the prevention of diseases associated with the heart, lungs and connective tissue. Among other benefits are improved cognitive function, self-esteem and memory as well as a reduction in symptoms of depression and anxiety – all of which contribute to a healthier mind. You can get moving and active, on and off campus, in numerous ways.

Sleep

Proper rest is important for good health and well-being, yet we often sacrifice sleep when faced with a packed schedule of classes, tests, part-time jobs and socializing. Adults should aim to get between six to nine hours of sleep each night to enhance cognitive, academic and even athletic performance. Getting the recommended amount of sleep also reduces the risk of developing heart disease and contributes to healthy

body weight management. Campus resources can help you to implement healthy sleeping habits by exploring behaviour change strategies.

Food

As the saying goes, “you are what you eat”. Canada’s Food Guide recommends that adults consume seven to 10 servings of vegetables and fruits a day. In 2016, less than five percent of Centennial students reported reaching that target. Choosing healthy food can sometimes be difficult because you may not know what you should be looking for, how to read nutrition labels or have access to healthy food. Use our on-campus resources as guides in the right direction to consuming healthy and nutritious food.

Medical

Did you know that massage therapy has been found to help with anxiety, digestive disorders, fibromyalgia, headaches, stress-related insomnia and more? Meanwhile, acupuncture is an effective treatment for diseases, symptoms and conditions such as allergic rhinitis, hypertension, low back pain, Rheumatoid arthritis and sprains. On-campus services include access to both massage therapy and acupuncture. We also have multiple community partnerships to address your individual health needs.

Smoking

One in four Canadian young adults smokes their first cigarette before the age of 18. It’s common knowledge that smoking increases your risk of developing cancer, lung disease and heart disease. And while you’re more likely to adhere to a tobacco-free lifestyle if you quit before the age of 30, within a year of quitting at any age your added risk of smoking-related heart disease or stroke is cut in half. Check out some of the resources you can take advantage of to help you live a smoke-free life.

Alcohol

If you’re over the age of 19 and choose to consume alcohol, do so responsibly to ensure everyone has a fun and safe experience. The misuse of alcohol, in addition to potentially creating unsafe situations, can have a negative impact on various areas of your health and well-being. So what does excess look like? For men, five or more drinks and for women, four or more drinks on any single occasion is considered binge drinking.

Sexual Health

People often assume that sexual health is simply the absence of a sexually transmitted infection (STI). However, other areas of sexual health include avoiding unwanted pregnancies, consent, and an overall assumption of the responsibility of your body, to your partner’s body, and your decisions about sex and your sexuality.