

Wellness Is –

- ❖ Knowing what your real needs are and how to get them met
- ❖ Experiencing emotions in ways that communicate what you are experiencing to others
- ❖ Acting assertively, and not passively or aggressively
- ❖ Enjoying your body by means of adequate nutrition, exercise and physical awareness
- ❖ Being engaged in projects that are meaningful to you and reflect your most important inner values
- ❖ Knowing how to create and cultivate close relationships
- ❖ Responding to challenges as opportunities to grow in strength and maturity, rather than feeling beset by ‘problems’
- ❖ Creating the life you really want, rather than just reacting to what ‘seems to happen’
- ❖ Relating to troublesome physical symptoms in ways that bring improvement in condition as well as increased knowledge about yourself
- ❖ Enjoying a basic sense of well-being, even through times of adversity
- ❖ Knowing your own inner patterns—emotional and physical—and understanding ‘signals’ your body gives you
- ❖ Trusting that your own personal resources are your greatest strength for living and growing
- ❖ Experiencing yourself as a Wonderful Person

- Author unknown