

A silver key is shown diagonally across the frame. Attached to the key's ring is a green rectangular tag with the word "HEALTH" written in white, bold, capital letters. The background is a light gray gradient with a green banner at the bottom.

HOLISTIC WELLNESS TIPS FOR ADULTS

Brought to you by:



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INTRODUCTION

These days the term “wellness” has become a buzz word. It is being bandied about to include anything from cosmetic surgery to spa experiences. But what does wellness really mean?

In reality, it is much more than one’s physical health. It’s how one lives his or her life with a holistic yet practical philosophy that promotes a lifestyle to uplift the body, mind and spirit.



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The National Institute of Wellness (NIW) defines wellness as “an active process through which people become aware of, and make choices toward, a more successful existence.” This means that it is an active process – which means it takes time and intentionality; it requires awareness – which means paying attention to the different aspects of your life and; it requires choices – which means you have to make well-informed choices.



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Research has shown that adults who embrace wellness as part of their everyday life reap significant health benefits. Wellness is not just about healthy eating and exercise. Many adults are not aware that holistic wellness comprises six dimensions that include *physical, social, spiritual, emotional, intellectual and environmental* wellness.



**PHYSICAL
HEALTH**

**ENVIRONMENTAL
HEALTH**

**SOCIAL
HEALTH**

**6 DIMENSIONS
OF PHYSICAL
WELLNESS**

**INTELLECTUAL
HEALTH**

**SPIRITUAL
HEALTH**

**EMOTIONAL
HEALTH**



PHYSICAL HEALTH

Practising healthy eating habits, being physically active, feeling well, resisting disease, taking care of our bodies, and our ability to heal.

Example: Adding more fruits and vegetables to your diet, reducing intake of processed foods, exercising regularly and getting at least seven hours of sleep daily.



SOCIAL HEALTH

Interactions with friends and family, developing healthy relationships/ friendships, adopting to social situations, social bonds and support.

Example: Keeping in touch with friends, joining a club, participating in a community event or meeting new people.

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SPIRITUAL HEALTH

Feeling inward unity and peace towards life, having good self-esteem, working towards a purpose, striving towards meaning, seeking answers to life's questions.

Example: Meditation and yoga, practising a religion or philosophy, having meaning and purpose in life goals, or being in tune with the body.



EMOTIONAL HEALTH

Ability to express and control emotions appropriately in terms of emotional reactions to life, how you feel about yourself, and the quality of your relationships.

Example: Dealing with the death of a loved one, talking about your feelings, engaging in emotionally healthy relationships, or having high self-efficacy and self-esteem.

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INTELLECTUAL HEALTH

Ability to think clearly and critically, having problem solving abilities, learning abilities, and retaining knowledge learned throughout life.

Example: Reading books, taking classes, learning a new language or skill, or working on a hands-on project.



ENVIRONMENTAL HEALTH

Being more earth friendly, recycling, appreciating nature and the environment, enjoying the outdoors.

Example: Riding your bike to work, walking to places instead of driving, hiking, traveling, enjoying outdoor sports or activities, or being involved in community clean up projects (gotong-royong).

