

Wellness Levels

Wellness

Health becomes a way of life. Integrating body, mind and spirit.
Life is balanced; self-esteem is high. Best possible chance of survival.

Good health

Having a strong will to live. Continually learning and growing.
Managing stress effectively to maintain high level of daily success

Action

Implementing your plan for improving quality of life.
Acting with purpose, direction and vision.

Self-motivation

Taking responsibility for own health. Building support for healthy lifestyle changes.
Identifying goals, creating plan, planning rewards.

Skills

Acquiring information to improve life. Building the tools for change.
Taking classes, seeking new interests, developing self-help skills.

Awareness

Wanting a healthier life. Health becomes a priority.
Reading books, assessing skills, identifying role models; moving toward prevention.

Neutral

No discernible symptoms. Health can go either way.
Low to moderate risk behavior, little investment in health and happiness.

High Risk Behavior

Low self-concept and expectations. Low stress management skills.
Lack of exercise, poor nutrition, substance abuse, reckless habits.

Distress

Break down due to unhealthy habits. Career or family problems likely.
Low quality of life, weak will to live and self-destructive addictions.

Illness & Injury

Chronic disability. Possible heart trouble, cancer, eating disorders; life out of balance.
Premature death possible as a result of lifestyle choices.