

Health VS Wellness

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ABSTRACT

Health and wellness may be of different concepts, but we can't have one without the other if we want to live a healthy and happy life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Wellness is actually defined as "a positive approach to living." In regard to weight loss, it is the mental attitude we take toward our goals when it comes to living a healthier life style and has a direct influence on our overall health which is essential to live a better life. The primary difference between the two is that health is considered as a state of well-being while wellness is more on getting the most perfect balance of all the dimensions namely- physical, intellectual, emotional, social, environmental and spiritual health. Health is a goal one can achieve, where wellness is a dynamic concept that continues for a lifetime and is a lifestyle, not an end to be achieved.



“Health is a state of body. Wellness is a state of being.” ~**J. Stanf**

When people think of health and wellness, they often combine them and use them in conjunction with each other. Even though most people would like to think that these two concepts are the same, they actually have entirely different meanings. Even though they stand for different things, you can't really have one without the other. Here are some reasons why, but first, we will define what they mean.

What is Health?

Health encompasses a broad spectrum. Here is the definition of health, as defined by the World Health Organization:

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

"Health is the condition of being sound in body, mind and spirit, especially freedom from physical disease or pain."

- Webster.

Health is a goal which is easy to achieve if a healthy lifestyle is carried out. Good diet with physical exercise will promote good **physical health**. Stress-free living does promote good **mental health**. Hundreds of new diets or health foods that are introduced every year all will result in good health. It is a condition of body as well as that of mind in which one is free from illness and able to resist it as health is given the top most priority in life.

“To keep the body in good health is a duty... Otherwise we shall not be able to keep our mind strong and clear.” ~**Buddha**

What is Wellness?

Where most people would define wellness as health related, it's more about the attitude you have towards the way you live. Wellness is actually defined as “a positive approach to living.” In regards to weight loss, it is the mental attitude you take toward your goals when it comes to living a healthier lifestyle. Since weight loss is such a difficult process, it is important that you take the time to make sure you are mentally capable of handling such drastic changes to your lifestyle. Here are some ways to do just that:-

- Most people don't consider mental exercises when they are trying to get fit physically, but these types of activities can actually help you achieve your goals more sufficiently. Practicing yoga or some other form of mental/physical activity can actually help to promote a better attitude towards weight loss.

-Even though your healthy eating habits will continue week after week, you don't have to live at the gym. Make sure you take one day out of the week to do something

Wellness is a lifestyle or a way of living. It has seven dimensions, namely physical, mental, social, intellectual, environmental, occupational and spiritual. All these seven dimensions should be in harmony, only then well-being can be achieved. Extra efforts and actions over a period of time will bring wellness and only wellness leads to good health. Wellness has a direct influence on your overall health, which is essential if you are trying to live a better life.

Dimensions of Health

Physical

Mental

Social

Dimensions of Health

Spiritual

Emotional

Vocational

Physical Health

Physical health means perfect functioning of the body in which each organ is working in harmony with the maximum capacity.

Mental Health

Mental health is a state of balance between body and mind. Earlier the body and mind were considered two separate entities.

Social Dimensions:

An individual is socially healthy if he is able to maintain harmonious relationship with other members of society in which he lives.

Spiritual Health

Spirituality means in touch with deeper self and exploration the purpose of life, as people believe in some force that transcend physiology and psychology of human beings.

Emotional Health

Emotional health is closely related to the mental health and is considered as an important element of health.

Vocational Health

The choice of profession, job satisfaction, career ambitions and personal performance are all important components of this dimension.

Some Other Dimensions:

A few other dimensions also suggested such as:

1. Cultural dimensions
2. Socio-economic dimensions
3. Environmental dimensions
4. Educational dimensions
5. Nutritional dimensions
6. Preventive dimensions

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Dimensions of Wellness:-

Seven dimensions of wellness interact with one another and help to improve quality of life.

Physical wellness helps to very well accomplish all our daily activities without facing any physical stress, tiredness or fatigue. It is an ability to **healthy living** and avoid unhealthy habits.

Emotional wellness is also known as mental wellness. It is an ability which helps us to overcome hurdles in life and that too very efficiently as it helps us to understand who we are. It helps us to share all the emotions we develop inside us in a productive manner.

Intellectual wellness is an ability where we open ourselves to creativity. We bend ourselves towards learning something new and acquire new skills.

Social wellness is an ability where we open ourselves towards others. We establish a bond with family, friends, relatives and society and all this contributes to social wellness.

Spiritual wellness is an ability where we learn values and understand that we all are meant to serve similar purpose. This ability helps us to rise in spiritual world and we form peace in ourselves and harmony with others.

Environmental wellness is an ability which we use to create a good effect in the quality of environment in which we live as we feel that it is our responsibility to keep air, water and land surrounding us clean.

Occupational wellness is an ability to maintain stability in life as well as enjoy personal fulfillment from occupation. It allows us to make powerful positive influence and impact in work place as well as in the society.

Relationship of Health and Wellness

“Health is a state of body. Wellness is a state of being.” ~J. Stanford

Health and wellness are yet not synonymous while the terms 'health' and 'wellness' are often used as synonyms that complement each other, health refers to a physical state of being whereas wellness refers to the attitude of a person towards their health. According to the WHO, the primary determinants of health include the social, economic, and physical environments, and the person's individual characteristics and behaviours. The maintenance and improvement of health, accordingly, depends not only on external or environmental factors, but also on the efforts and intelligent lifestyle choices of the person. In fact, it depends on wellness. According to the National Wellness Institute, wellness is considered, "an active process through which people become aware of, and make choices toward, a more successful existence". Health and wellness may be different concepts, but you can't have one without the other if you want to be healthy and happy.

Difference Between Health and Wellness

Health and wellness are terms that are often interchanged, but their origins and meanings are different. Wellness is a condition in which the person is both physically and mentally healthy i.e., free from sickness. Pursuit of health as well as well-being itself is known as wellness. Health includes physical health and mental health. Wellness is more than physical and mental health. A state of being is health whereas a state of living a good healthy lifestyle is wellness. Health is the absence of illness, injury or disease. Wellness is the pursuit of your best possible health and well-being. That well-being is not just physical health, but also includes other areas such as: Emotional Health, Intellectual Health, Nutrition Awareness, Self-responsibility and Self-care, Occupational Well-being, Safety, Stress management, Sexuality & Intimacy, Social Connections, Spirituality, Environmental Sensitivity, Financial Well-being. The primary difference between the two is that health is considered as a state of well-being while wellness is more on getting the most perfect balance of all the dimensions.

Conclusion

Thus the terms 'health' and 'wellness' are often used as synonyms that complement each other. Health refers simply to a physical body but wellness is an overall balance of your physical, social, emotional, spiritual, intellectual, environmental and occupational well-being. Health is a goal wellness is dynamic concept that continues for a life time. Both are important to leave happy & healthy life.

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