

SECTION

8

HEALTH AND
WELLNESS
(PART THREE)



PHYSICAL ACTIVITY AND HEALTH

Health and Wellness

INTRODUCTION

Wellness is a complete approach to health that includes different aspects, each important for improving our overall quality of life. This section explains the eight components, or dimensions, of wellness, aiming to help you understand how these areas are connected and how they affect the well-being of individuals, families, and society.

It encourages lifelong habits that lead to a healthy and fulfilling life. You'll explore themes such as physical, social, intellectual/mental, emotional, spiritual, environmental, occupational/vocational, and financial wellness, along with the lifestyle choices that support each one.

At the end of this section, you will be able to

- Identify the components of wellness and how they influence life (physical, social, intellectual/mental and emotional wellness)
- Identify the components of wellness and how they influence life (spiritual, environmental, occupational and financial wellness)

Key Ideas:

- Wellness is an active process of growth and change to reach your fullest health and well-being.
- Physical wellness: Physical wellness involves your body's functions and your fitness levels.
- Social wellness: The state of your relationship, including your ability to interact with others, communicate effectively as well as build and maintain healthy relationships.
- Intellectual /Mental wellness; The state of the mind our thoughts and how it controls our behaviours.
- Emotional wellness: Emotional wellness is the state of your feelings/emotions and the ability to cope with stress, express your feelings and manage your emotions effectively.
- Spiritual wellness: This aspect of wellness encourages individuals to explore their spirituality, whether through religion, personal philosophy, or connection to nature, leading to greater self-awareness and inner peace.
- Environmental wellness: Refers to the awareness and interaction with one's surroundings and the broader environment.
- Occupational wellness: is the sense of fulfilment and satisfaction derived from one's work or career.
- Financial wellness: Involves the understanding and management of financial resources to achieve a sense of security and stability.

How well are you?

Click on the link below to watch a video on the components of wellness



https://youtu.be/2NR4_5dt7JA?t=75

COMPONENTS OR DIMENSIONS OF WELLNESS

Components of Wellness

The components or dimensions of wellness are connected and work together to improve a person's life. To stay well, all these areas need attention through daily healthy habits. This helps a person not just survive but thrive when everything is in place. The components break down wellness into different parts of daily life, making it easier to live a more fulfilling life. When all the parts are balanced and well-developed, they support an active and thriving lifestyle.

This leads to:

- An active, conscious, self-directed and continuous process of achieving the full potential of individuals.
- A positive and progressive life.



Fig. 8.1: Components/dimensions of Wellness

- Physical Wellness:** This dimension is characterised by physical health and well-being. This includes:

- i. Body size and shape
- ii. Sensory alertness and responsiveness
- iii. Body functioning and its restorative ability
- iv. iv. Physical fitness
- v. Resistance to diseases and disorders
- vi. The ability to perform normal activities of daily living or those tasks that are necessary to a normal existence in society such as getting up of bed or chair, writing or eating.

Many day-to-day choices and habits can support, undermine or harm an individual's physical wellness.



Fig. 8.2: *Physical wellness*

b. Social Wellness: This is the degree of interpersonal relationships and connectedness with friends, family, neighbours or colleagues at school, home, in your neighbourhood, work etc. leading to a satisfying life. It is also your ability to connect and maintain a healthy relationship in a diverse range of networks.



Fig. 8.3: *Social wellness*

Examples include:

- i. Keeping healthy interactions with others, adapting to a variety of social situations and acting appropriately in various settings.
- ii. Communicating clearly and effectively with others.
- iii. Building trust and accepting other persons' differences.
- iv. Willingly asking for support and giving support to others.
- v. Maintaining friendships over time.

Lifestyle choices that lead to good social wellness include:

- i. Interacting with others in a friendly and cordial manner.
- ii. Communicating your thoughts effectively.
- iii. Building and maintaining healthy relationships.
- iv. Getting involved in social activities such as clubs.
- v. Knowing who your best friends are.
- vi. Recognising when you are in an unhealthy relationship and leaving it.
- vii. Balancing your social life with academic and career responsibility.



Fig. 8.4: Positive Social Life Heals



Fig. 8.5: Together is Better and Beautiful

- iv. **Intellectual or Mental Wellness:** This is the ability to think clearly, reason objectively, analyse and use brain power to solve problems; share knowledge with others and meet life's challenges.



Fig. 8.6: Mental wellness

Examples include:

- i. Your ability to think clearly, quickly, creatively and critically to solve problems.
- ii. Being able to reason well and make careful decisions concerning issues.
- iii. Your ability to continually learn from your successes and mistakes.
- iv. Being able to maintain a sense of humour.

Lifestyle choices that lead to good mental health and wellness include:

- i. Managing stress by engaging in positive activities that make you happy.
- ii. Staying positive and thinking about things and happenings.
- iii. Seeking help when feeling down.
- iv. Keeping abreast of current affairs.
- v. Taking studies and work seriously.
- vi. Learning new things.



Fig. 8.6: Studying hard to acquire knowledge is wellness.

- v. Emotional Wellness: This is the ability to control your emotions or feelings and express them appropriately and at the right time.

Examples include:

- i. The ability to manage stress, anxiety and depression effectively.
- ii. The ability to cope with sadness, anger, resentment, bitterness and negativity to develop an appropriate balance of life.

Lifestyle choices that lead to good emotional health and wellness include:

- Being aware of your unique emotions and temperament.
- Managing stress by discovering your personal stress relievers.
- Expressing your feelings in a healthy way.

- Keeping a positive attitude when problems arise.
- Managing your time wisely.
- Finding someone that can be trusted and can openly share feelings with.
- Smiling even when you don't feel like it.



Fig. 8.7: *Expressing your feelings appropriately*

Activity 8.1

Think and write down two positive for each of the four components of wellness.

Component of wellness	Good actions
1. Social	1
	2
2. Physical	1.
	2.
3. Mental	1.
	2.
4. Emotional	1.
	2.

Activity 8.2

A. Use the answers above to help you list three lifestyle choices for each wellness component.

LIFESTYLE CHOICES

Social:
 Physical:
 Mental:
 Emotional:

B. Through a presentation, share your work with the class.

Activity 8.3

Complete the following healthy lifestyle chart for daily activities that will help you to develop and maintain physical, social, mental and emotional wellness.

Time of Day	Physical Wellness	Social Wellness	Mental Wellness	Emotional wellness
Morning	30min exercise (jogging/yoga)			Practice gratitude (write 3 things down)
Mid-Morning		Chat with classmates		Deep breathing exercise
Lunch				
Afternoon				
Evening				
Night			Plan for the next day	

Activity 8.4

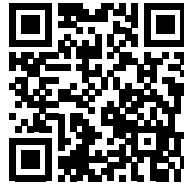
Use the space below to reflect on your own wellness across physical, social, mental and emotional wellness. What would you like to change? Set goals on how you are going to achieve this?

I would like to change:

My goals to achieve these changes are:

Now we've looked at the first four components of wellness, let's now look at the remaining four components. The components we will now focus on are: spiritual, environmental, occupational/vocational and financial wellness.

Click on the link below to watch the components of wellness.



<https://youtu.be/bCcetDpDdkk?t=63>

Share your thoughts on the video below.

COMPONENTS OF WELLNESS

a. Spiritual Wellness

This refers to relating well and being in sound mind and body with one's object of worship. It is connected to believing in a supreme being. It is also a way of life prescribed by a particular religion that makes the believers of that religion assured of peace and wellbeing. This belief gives them a sense of purpose and a meaning in life.



Fig. 8.8: *Spiritual wellness*

Lifestyle choices that lead to good spiritual health include:

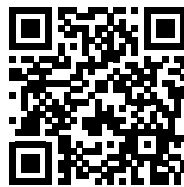
- Living a life of values and principles that agree with your faith.
- Spending quiet time regularly with your object of worship to draw strength in times of trouble.
- Pondering over the meaning of life and what makes it meaningful in accordance with your beliefs.



Fig. 8.9: *Being in Tune and Relating Well with Your Object of Worship is Wellness*

b. Environmental Wellness

Click on the link below to watch on environmental wellness.



<https://youtu.be/0vpisK911bw?t=53>

Environmental wellness is an appreciation of how the surroundings can affect your life and the life of others. It includes an understanding of the role you play in preserving, protecting and improving the environment.

Individuals are environmentally well when they understand how the environment can positively or negatively affect their well-being and their role to protect and preserve it to benefit them now and future generations. The environment includes our immediate surroundings, homes, workplace, leisure grounds and the larger community.



Fig. 8.10: Dirty *Environmental*



Fig. 8.11: Clean *Environment*

Examples include:

- i. Keeping our surroundings clean and tidy.
- ii. Distancing ourselves from environmental hazards and pollutants, e.g. radiation etc.
- iii. Avoiding littering the environment.
- iv. Cleaning our rooms and the facilities in them regularly.
- v. Arranging items in an organised and orderly manner in our homes, school, etc.
- vi. Avoiding indiscriminate cutting of trees.
- vii. Disposing of refuse appropriately.
- viii. Making acceptable level of noise in our neighbourhood.
- ix. Stopping chemical use for fishing in water bodies.
- x. Minimising the use of chemicals in crop production etc.

Lifestyle choices that lead to good environmental health include:

- Maintaining the natural environment by avoiding deforestation, indiscriminate bush burning, illegal mining etc.
- Removing obstacles in spaces for easy passage by persons with disabilities.
- Building infrastructures that are user-friendly to all (school buildings, banking halls, hospitals and all other public places).



Fig. 8.12: Farming the Right Way



Fig. 8.13: Fishing the Right Way



Fig. 8.14: *Keeping Our Surroundings Clean*

c. Occupational/Vocational Wellness

This is a level of happiness and fulfilment in the work or job you do, including harmony with personal goals, appreciation from bosses, co-workers and a safe workplace. This means working in a non-toxic, hazard-free work environment that provides contact with managers and co-workers who value your skills and opinions. Individuals are occupationally or vocationally well when they recognise, access and accept personal satisfaction, happiness and enrichment in the work they do by using their gifts, skills and talents appropriately.

Examples include:

- i. Choosing a career that suits your personality, interests and talents.
- ii. Being open to change and learning new skills.

Lifestyle choices that lead to good occupational health Include:

- Understanding how to balance work with leisure time.
- Engaging in a work that ensures continuous learning or professional development.
- Communicating and collaborating with colleagues and mates for teamwork.
- Feeling inspired and challenged at work.



Fig. 8.15: *Finding Joy in what We Do*

d. Financial Wellness

Financial wellness is the state of your money issues and your ability to manage money, save, invest and make sound monetary decisions. It includes taking steps to live within your financial means. It is also your relationship with money and how it impacts your life. It is not just about how much you earn but how you manage and think about money.



Fig. 8.16: Financial wellness

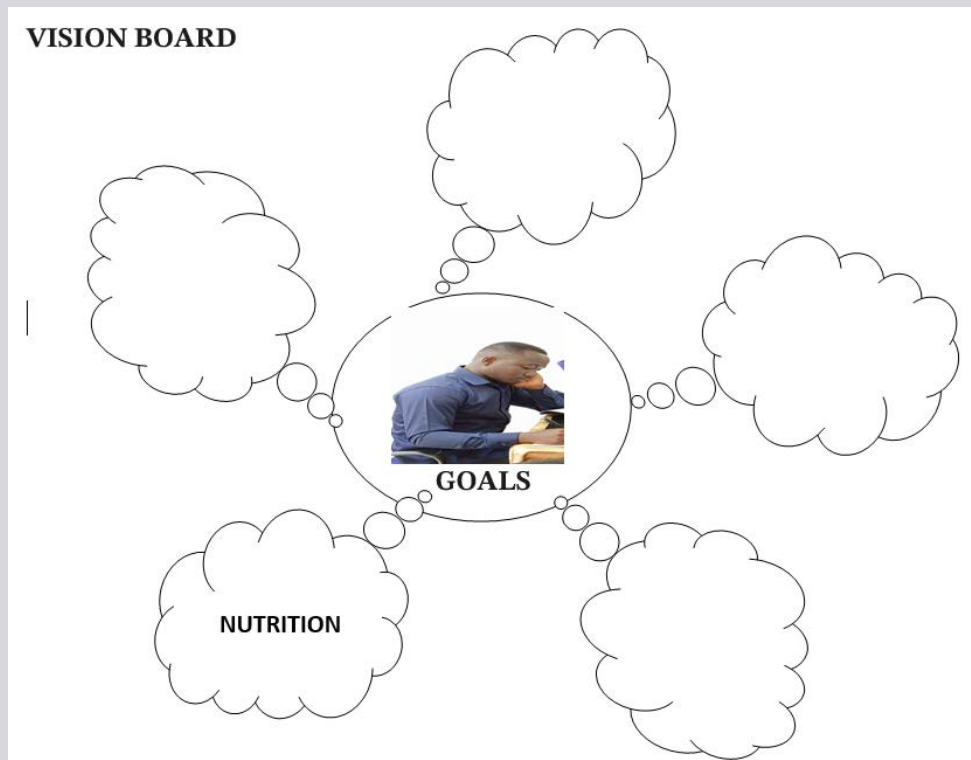
Lifestyle choices that lead to good financial health include:

- Planning spending and preparing a budget.
- Avoiding impulse buying and spending.
- Saving for the future.
- Avoiding scams and easy money-making schemes such as ritual money, gambling, etc.
- Avoiding online fraud and impersonations to make money.
- Avoiding association with people with ill-gotten wealth.
- Engage learners to give more examples.

Activity 8.5

Use the diagram below to do the following activity.

- Write down four personal goals relating it to the components of wellness that can help you achieve a balanced and fulfilling life.
- Include a step-by-step procedure on how you will achieve each of the goals.
- Present your work in class.
- Use the feedback provided by your classmates to make adjustments.



Activity 8.6

- Take a nature walk where you can observe your surroundings.
- After the walk, write a paragraph about what you noticed and how it made you feel.
- Use your observation to design a picture album for presentation in class.
- Through a presentation, share your work with the class.

Activity 8.7

- Write three (3) lifestyle choices of each of the components of health and wellness.
- Choose two of these components and produce a short video of 90 seconds, indicate how these lifestyle choices can affect your health and wellness.
- Write down five (5) actions that can be taken to improve your health and wellness.

Remember, the eight components of wellness are all connected and important for your overall well-being. Keeping a balance between these areas is key to living a healthy and happy life. Focusing on these areas helps you take better care of your health. By understanding and using these wellness components, you can handle the challenges of everyday life, bringing more balance, purpose, and success to both your personal and work life.

Review Questions

Riddles:

1.

- a. I am the dimension of wellness that involves how you connect with friends and family,

I help you build relationships that make you happy and healthy.

What am I?

- b. I am the part of wellness that helps you think clearly and solve tough problems.

I am all about using your brainpower and keeping your mind sharp.

What am I?

- c. I am the part of wellness that helps you manage stress, anger, and sadness, And I teach you how to express your feelings in a healthy way.

What am I?

- d. I keep your body functioning well, and I make sure you're strong and fit.

I help you perform daily tasks, whether they're big or small.

What am I?

2.

- a. Isaiah is a senior high school student who often feels overwhelmed by his academic work. He finds it difficult to concentrate and has frequent arguments with his friends and family. Additionally, Isaiah rarely exercises and prefers staying indoors.

Question: Based on the dimensions of wellness discussed in class, identify the areas of Isaiah's life that need improvement and suggest specific actions he can take to enhance his wellness in these areas.

- b. Leila is a very social person. She has many friends and loves going out for social activities. However, she has recently been neglecting her physical health and feels tired all the time.

Question: Which dimension of wellness is Leila excelling in? Which dimension does she need to work on, and what specific lifestyle choices can help her improve?

- c. Akosua is very good at managing her emotions and finds ways to stay positive even when life gets tough. However, she struggles with keeping up with current affairs and finds it hard to make informed decisions on important issues.

Question: Which dimension of wellness is Akosua doing well in, and which one does she need to improve? Provide suggestions to help her enhance her overall wellness.

3. How can enhancing one's physical wellness positively impact their social wellness?
4. Analyse how poor emotional wellness can affect an individual's physical, social, and intellectual wellness. Provide examples to support your answer.
5. Create a table by aligning the dimension of wellness with its corresponding lifestyle choice that support it.

Dimension of wellness:

Physical wellness

Social wellness

Intellectual/Mental wellness

Emotional wellness

Lifestyle choices supporting wellness:

Regular exercise, balanced diet, adequate sleep

Building relationships, joining clubs, socialising

Reading books, solving puzzles, learning new skills

Managing stress, expressing feelings, seeking support

6. "Discuss how the four components of wellness (physical, social, intellectual/mental, and emotional) are interdependent. Use examples from your daily life to explain how balance in these components can lead to a better quality of life."
7. "Choose two dimensions of wellness and write an essay explaining how lifestyle choices impact these dimensions. Provide specific examples of daily activities that can help improve these areas of wellness."
8. "Reflect on your own wellness journey across the four dimensions (physical, social, mental, and emotional). Which area do you feel most confident in, and which one do you need to improve? Outline a plan for how you can achieve better balance in your wellness."
9.
 - A. What are the key components of wellness, and how do they contribute to overall health?
 - B. Scenario: John often skips breakfast and grabs fast food for lunch. He decides to plan his meals for the week. How can this decision affect his wellness?
 - C. Scenario: Emily feels isolated since moving to a new city. She decides to join a local club. How could this decision enhance her overall wellness?

Answers to Review Questions

1.

- a. Social Wellness.
- b. Intellectual/Mental Wellness.
- c. Emotional Wellness.
- d. Physical Wellness.

2.

- a. Isaiah needs to improve his physical, intellectual, and social wellness:
 - i. Physical wellness: He should engage in regular physical activities, like going for walks or doing simple exercises, to boost his energy and overall health.
 - ii. Intellectual wellness: Isaiah can work on managing his academic workload by setting clear goals, creating a study plan, and seeking help from teachers when needed.
 - iii. Social wellness: He needs to find healthy ways to communicate with friends and family, perhaps by talking openly about his feelings and conflicts, and working on conflict resolution strategies.
- b. Leila is excelling in social wellness but needs to work on her physical wellness:
 - i. Social wellness: She is good at maintaining relationships and enjoys social activities.
 - ii. Physical wellness: Leila should start engaging in regular physical activities, eating balanced meals, and getting enough sleep to improve her energy levels and overall physical health.
- c. Akosua excels in emotional wellness but needs to improve her intellectual wellness:
 - i. Emotional wellness: She has strong emotional resilience and can manage her feelings well.
 - ii. Intellectual wellness: She can improve by staying updated on current affairs, learning new things, and seeking out opportunities to enhance her decision-making skills. Reading, or joining study groups can help.

3.

Physical wellness can positively impact social wellness. For instance, participating in group sports or fitness activities not only improves physical health but also provides opportunities to build social connections, teamwork, and friendships. Improved physical health can increase confidence, which makes social interactions more positive and meaningful.

4.

Poor emotional wellness can negatively impact other areas of wellness. For example:

- i. Physical wellness: When an individual is emotionally distressed, they may neglect their physical health by not eating well or avoiding exercise.
- ii. Social wellness: Emotional struggles like anger or anxiety can lead to conflicts in relationships or withdrawal from social interactions.
- iii. Intellectual wellness: High levels of stress or emotional instability can impair one's ability to think clearly, concentrate, and solve problems effectively.

5.

Dimension of Wellness	Lifestyle Choices Supporting Wellness
Physical Wellness	Regular exercise, balanced diet, adequate sleep
Social Wellness	Building relationships, joining clubs, socialising
Intellectual/Mental Wellness	Reading books, solving puzzles, learning new skills
Emotional Wellness	Managing stress, expressing feelings, seeking support

6.

The four components of wellness (physical, social, mental, and emotional) are interdependent, meaning that they all work together to create a balanced and healthy life. For example, maintaining physical wellness through exercise can boost emotional wellness by reducing stress levels and improving mood. Social wellness, like having supportive relationships, can enhance emotional wellness as well. Mental wellness, such as continuous learning, contributes to problem-solving skills, which helps in managing stress (emotional wellness). In my daily life, I balance physical wellness by exercising regularly, which makes me feel mentally sharp and emotionally stable. When all components of wellness are nurtured, individuals can experience a higher quality of life and be more resilient in the face of challenges.

7.

Lifestyle choices have a profound impact on both physical and social wellness. For physical wellness, activities like regular exercise, eating a balanced diet, and getting adequate sleep are critical for maintaining strength, energy, and overall health. On the other hand, social wellness is built through positive interpersonal relationships. Participating in social activities, being part of a club, and staying in touch with friends all contribute to a fulfilling social life. Daily activities like joining a sports team help both physical and social wellness by providing a healthy outlet for energy and fostering relationships with others.

8.

For example: In my wellness journey, I feel most confident in my physical wellness, as I regularly engage in exercise, eat healthily, and maintain a good sleep schedule. However, I need to improve my social wellness by dedicating more time to building relationships and engaging in social activities. To achieve a better balance, I will join a local club or sports team, which will help me meet new people while staying physically active. Additionally, I will make an effort to communicate more regularly with friends and family to strengthen my social connections. By focusing on these goals, I aim to create a more balanced wellness lifestyle across all dimensions.

9.

- A. The main components of wellness typically include physical, emotional, social, intellectual, spiritual, and occupational wellness. Each component plays a vital role in achieving a balanced and fulfilling life. For instance, physical wellness promotes bodily health through exercise and nutrition, while emotional wellness involves understanding and managing emotions. Together, these components help individuals maintain overall health and resilience against stressors.
- B. By planning his meals, John can ensure he includes nutritious options like fruits, vegetables, and whole grains. This change can lead to better digestion, increased energy levels, and improved concentration. Additionally, eating balanced meals can help maintain a healthy weight and reduce the risk of chronic diseases.
- C. Joining a local club can help Emily meet new people and build a social network. Social connections are vital for mental health, as they can reduce feelings of loneliness and anxiety. Engaging in group activities can also boost her mood and provide a sense of belonging, contributing positively to her emotional well-being.

Extended Reading

Use the links below to access further information on the components of wellness.

1. How to Use a Wellness Wheel to Assess Your Health & Wellness! | College of Agriculture & Natural Resources University of Delaware (<https://www.udel.edu/academics/colleges/canr/news/2021/february/how-to-use-a-wellness-wheel/>)
2. Healthfor Life (https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A2/_content.html)
3. The Self-Care Wheel: Wellness Worksheets, Activities & PDF(<https://positivepsychology.com/self-care-wheel/>)
4. https://www.medicinenet.com/what_is_health_and_wellness/article.htm
5. <https://www.quora.com/What-are-the-different-types-of-health>
6. <https://iawpwellnesscoach.com/wellness-coaching/health-and-wellness/>

References

1. Alamy.com. (2024). <https://www.alamy.com/stock-photo/construction-worker-black.html?sortBy=relevant>
2. Dimensions of wellness (2024). <https://www.grcc.edu/faculty-staff/human-resources/professional-development/employee-wellness/seven-dimensions-wellness>
3. Dimensions of Wellness, (UMD) University of Maryland's (2017). Your guide to living well. Available from: <https://umwellness.wordpress.com/8-dimensions-of-wellness/>
4. Dreamstime.com. (2024). <https://www.dreamstime.com/photos-images/dad-money.html>
5. Dw.com. (2018). <https://www.dw.com/en/ghana-asks-mosques-to-turn-down-the-noise-and-use-whatsapp-for-call-to-prayer/a-43373007>
6. Freepik. (2024). <https://www.freepik.com/photos/black-people-talking>;
7. Gettyimages.(2024).(<https://www.gettyimages.ae/photos/black-person-holding-picture-frame>)
8. Graphic.com. (2023). <https://www.graphic.com.gh/news/general-news/ghana-news-easternregion-farmers-trained-in-organic-cultivation.html>
9. Istockphoto.(2024).<https://www.istockphoto.com/photos/black-female-carpenter>
10. Saadhake. (2020). <http://saadhake.org/wellness/>
11. Shutterstock.(2024).<https://www.shutterstock.com/search/african-american-praying-church>;
12. Stoewen, D., L. (2017). Dimensions of wellness: Change your habits, change your life. (8) 861-862.
13. University of Michigan via urbanbalance.com: <https://www.urban-balance.com/the-8-dimensions-of-well-being-how-to-stay-connected-with-them-at-work/>

GLOSSARY

Appropriately	In a manner that is suitable or proper in the circumstances; fittingly.
Connectedness	The state of being connected or linked with others; a sense of belonging or relationship.
Deforestation	The large-scale removal of forests or trees, often resulting in damage to the quality of the land.
Harmony:	A state of agreement or concord, where different elements coexist peacefully and supportively.
Indiscriminate	Lacking in careful choice or judgment; done at random or without consideration for the consequences.
Interrelated	Mutually related or linked; having an effect on one another.
Thriving:	Flourishing or prospering; growing vigorously or successfully, often in a
Pondering:	The act of thinking about something carefully and deeply, often involving reflection or contemplation.
Responsiveness	The quality of reacting quickly and positively; the ability to respond to changes or needs.
Restorative:	Having the ability to bring back to a former condition; healing or revitalising.
Sensory Alertness	The state of being aware of and responsive to sensory stimuli; heightened awareness of one's surroundings through the senses.

ACKNOWLEDGEMENTS



Ghana Education Service (GES)



List of Contributors

Name	Institution
Evans Asare Yeboah	Adisadel College
Charlotte Hottor	Methodist Girls, Mamfe