

SIX PATHS TO WELLNESS

Wellness is such a broad term and how we think about wellness is affected by our culture and our life experiences. We believe wellness is conscious, self-directed and evolving; holistic and multidimensional; positive and affirming; and inclusive.

Many different factors contribute to how well you feel. Your personal values, current situation, and the choices you make are just a few of the determinants that influence how complete your sense of wellbeing is at any point in time.

All paths to wellness need our attention for us to truly flourish. The goal is to find a personal harmony with the pathways that is most authentic for you. You can't get there passively, it requires active awareness, acceptance and commitment.

Although everyone's needs are unique, the major elements that help us thrive can be broken down into six paths. These paths make up a model that you can use to map out a clearer focus to becoming a healthier, happier version of you.

There are many dimensions of wellness. At the Center for Therapy & Counseling Services, we account for Six Paths to Wellness: Physical, Interpersonal, Emotional, Cognitive, Behavioral and Spiritual.

PHYSICAL WELLNESS

Often, our physical state is the first thing that comes to mind when we think of the word "wellness." We also tend to think of physical wellness as the lack of illness, but it's more than that. Physical wellness is all about caring for your body to stay as healthy and energetic as possible throughout your life. This path of wellness requires that we adopt healthy habits and sustain them in the long run.

Healthful nutrition is essential for our bodies to function and feel well, as is getting regular exercise that's appropriate for your lifestyle and fitness level. Avoid substances like tobacco, alcohol, and drugs and steer clear of risky situations. Listen to your body, keep up with your medical appointments and inoculations, and get plenty of sleep. You only have one body – prioritize taking care of it!

INTERPERSONAL WELLNESS

Interpersonal wellness includes forming positive relationships with others, connecting with your community, and making positive contributions to society. This facet of wellness begins with an awareness of your own preferences and background. For instance, it's

likely that the type, amount, and frequency of socialization you prefer might be different from those of others.

To be interpersonally well, we must also be sensitive and open to others' social and cultural backgrounds and respect diversity. This means that we should anticipate differences and be tolerant of them. Creating and maintaining safe, supportive, inclusive, and positive interpersonal and group relationships is necessary for true interpersonal wellness. Enjoying connecting with others, forming lasting friendships, and having healthy intimate relationships can all contribute to feelings of belonging and social wellbeing.

EMOTIONAL WELLNESS

Emotional wellness involves observing your feelings, behaviors, values, and attitudes and developing an understanding and acceptance of them. It also includes managing your emotions well and acknowledging the feelings of others. Getting in tune with emotions takes practice but building this skill can help us gain control and bounce back when faced with life's difficulties. Consistently practicing self-care, establishing realistic expectations, using beneficial and healthy methods for coping, and nurturing relationships with others can add to our emotional wellness and overall resiliency.

COGNITIVE WELLNESS

Being cognitively well relates to cultivating skills like critical thinking, objective reasoning, problem-solving, and decision-making. Cognitive wellness is marked by having a healthy curiosity, taking an interest in learning, and approaching intellectual challenges constructively.

Those who are cognitively well are lifelong learners. They welcome experiences to expand their knowledge by pursuing educational, professional, and personal advancement. Involving yourself in creative, artistic, or inventive activities and hobbies play an important role in intellectual health. Sharing knowledge via teaching or mentoring others also reinforces this pathway of wellness.

BEHAVIORAL WELLNESS

Behavioral wellness is the ability to form and implement action plans; to be flexible and adaptable in the face of change and to make maximal use of your abilities and resources.

It is reflected in your willingness to try out new strategies and learn from your mistakes and setbacks.

Behaviorally well people establish regular routines, use time management strategies and prioritize. They structure their time constructively and fill their days with health-promoting activities.

SPIRITUAL WELLNESS

Spiritual wellness can be described as seeking inspiration, inquiring into the meaning of life, or living life with purpose and intention. This is a very personal pursuit that rests on an individual's beliefs and values. It may or may not include prayer, religious practice, belief in a higher power, sacred rituals, or cultural traditions. Some find peace through meditation, yoga, or mindfulness.

Others find harmony by connecting with nature. Still others find spiritual wellness through introspection, self-reflection, by expressing gratitude, or by living life with benevolence and compassion. Spiritual wellness guides us in the actions we take and helps us develop a clear sense of right and wrong. Working on the spiritual path of wellness deepens our inner fortitude and helps us approach life with grace.

FROM AWARENESS...

You can expect that certain aspects of your wellness will transform over the course of your life. Change is inevitable! You might notice that some of the things listed above are well within your control, but others may not be as flexible. You might feel like you are at a standstill at times. However, your input and consistent actions still count.

Awareness is a pathway. You have to realize there's an issue (or anticipate that one might come up) before you can really do anything about it. The six paths of wellness can help you figure out which batteries might be running low so you can plug in and recharge...or decide when it's time to replace spent batteries entirely.

Creating balance in our lives is an important part of wellness. Overall, a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled. This includes working (paid or unpaid), having fun, spending time with family and friends, participating in the community, being physically active—including sexually—praying, and relaxing and sleeping. Because we each have individual needs, preferences, and capabilities, what we consider "balance" will also look different. And it's important for us to re-balance from time to time, to adjust to what is going on in our lives

The six paths of wellness are interconnected. They tend to influence and support each other to create a more complete feeling of wellness. None of the paths should be neglected.

There is no timeline or due date. But the sooner you become aware of how each path of wellness impacts your life, the sooner you can take action. You can consciously choose your path knowing that each step you take is an opportunity to elevate your wellness.

...TO ACTION

Reflect on what aspects are most valid to you, create a plan, and begin to work on the areas that you feel need the most attention. You need to commit to doing the work, but you can go at your own pace. It's all about living well and becoming more resilient! It is an ongoing process, but it is worth it.

Consider the information presented here as a spark of awareness – a reminder that it's never too late to work on your wellness. The Center for Therapy & Counseling Services offers professional guidance to improve the specific six paths to wellness affecting your overall well being. We understand that all six paths of wellness are interconnected — and we base our plan on this fact.

Each one of our clients is assessed in these six paths to wellness and a personalized plan is developed. Each individual's path will be a bit different. Meeting you where you are is foundational for our Six Paths to Wellness Plan. We travel with you for your journey toward improved wellness. You choose the meaning and goal of your own paths toward wellbeing.

SIX PATHS TO WELLNESS PLAN

At the Center for Therapy & Counseling Services this is how we have been approaching wellness since 2007. We are focused on building positive experiences for our clients. Six Paths to Wellness plans meet people where they are. They are personalized and client driven, not one size fits all. They are empowering. They celebrate little wins.

Our Six Paths to Wellness Plan is human-centered, recognizing people in all their messy, hesitant, inconsistent, striving glory. We care for our clients as human beings.

The Six Paths to Wellness Plan allows clients to tap into our resources. We provide straightforward access to wellness services, all under "one roof." We believe wellness is about creating a space for individual experiences, goals and paths to wellness. We will help you engage in every path of wellness at a pace that's appropriate for you.

You can start mapping out your wellness journey right away by scheduling an intake appointment and Lifestyle Inventory.

Email us at info@centerfortherapy.net

We look forward to hearing from you!