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A Picture of Health

Wellness looks different for everyone. Maybe you love to get your endorphins pumping by going out for a run in the morning, or perhaps a meditation before sunrise is what prepares you for the day. No two people are alike, which means the practices they choose to boost their well-being will not be alike either. However, there are some practices that have proven to be beneficial—no matter who you are.

Choose a Self-Care Activity

In a busy world that forces people to stay two steps ahead, where do you go to slow down? What helps you decompress and refocus? If you love learning, consider adopting a new skill. To clear your mind and relax, try yoga or aromatherapy.

Self-care activities are valuable because they remind you to take some time for yourself. Re-center your mind, body, and spirit on what matters by identifying the activities that fulfill you and designate specific times for those. If you are too focused on your career, fitness, school, or any other responsibility, you can lose sight of yourself in the process. Adopt holistic practices that will prevent that from happening.

Get Enough Sleep

Poor sleep is linked to higher body weight, lower concentration, worse athletic performance, and depression—among other things.¹ While there are other factors that cause those challenges, ensuring that you relax your mind and your body enough to sleep well is excellent for supplementing your wellness. Consider how your habits and practices—such as staying up late, watching too much television, or eating too much sugar—might be affecting your whole life, rather than just specific parts of your body. If you have too much energy before bed, your sleep schedule is probably suffering.

To prepare your body for sleep, adopt a few relaxation practices before you go to bed, and eliminate the distractions of television, cellphones, and unnecessary snacks. For example, practice mindfulness before you go to sleep to clear your head of the stressors and anxieties that keep your brain spinning. Several supplements and vitamins, such as melatonin and B-complex, can also promote a better sleep cycle. The B-vitamins regulate the production of

tryptophan, which helps produce melatonin, but they are also involved in many other metabolic activities that actually increase energy so these should not be taken late in the day. When you regulate your sleep schedule, you will feel healthier, brighter, and more clear-headed.

Know Your Nutritional Needs

Poor nutrition affects every process in your body—from your body's development to your mood. Take the time to research and understand what your body is lacking and start taking supplements to help fill the gap. When you know which nutrients you need, you can prep your meals at the beginning of each week to ensure a carefully balanced diet.

Most wellness professionals recommend cutting out processed junk foods and adding more whole foods to your diet. What you put in your body affects your most basic functions, so invest in the healthy practices that will keep you feeling your best.

Stay Hydrated

Water is a key building block of whole-person health—especially because up to 60% of the human body is made up of water. It regulates body functions, flushes your system of unhealthy bacteria, and carries nutrients to your cells. Experts recommend that the average healthy adult should drink 30 to 50 ounces of water per day in order to maximize well-being.²

Take a Break

When you're working toward a new goal, whether it's a different diet or workout routine, it is easy to adopt the mantra "No days off." However, one of the most important things you can do for yourself is rest and recharge. Take a break from the gym one morning to do a mindfulness meditation or take a relaxing walk outside. Go out with your friends and indulge a little. Celebrate something exciting with your spouse by taking a date night to a local restaurant.

Remember, the key to wellness is pursuing a lifestyle, not a regimen. You don't want short-term diets or one-off, intense workouts. You want whole-person well-being, and that means taking a break sometimes in order to step back and look at the big picture.

Conclusion

There might not be one universal definition of health, but there are several practices that will set you on the road toward holistic wellness. The specifics of your journey will vary—which is why it is important to be educated on some of the most valuable topics when it comes to your health. Pursuing proper nutrition, activity, and supplemental practices will help you become your best self and equip others to be their best selves, too. [Get certified in practices like nutritional consulting, naturopathy, and holistic fitness by joining one of our programs.](#)

REFERENCES

1. <https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important#2.-Good-sleepers-tend-to-eat-fewer-calories>
2. <https://www.health.harvard.edu/staying-healthy/the-importance-of-staying-hydrated>



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