

Portrait of a Well Person

**** Wellness = maximum well being, achieving potential in all aspects of health**

A. Emotional and Mental Health

- 1) strong sense of self
- 2) open mind
- 3) maintain self-esteem
- 4) life has meaning

B. Spiritual Health

- 1) feeling of purpose and a sense of values in life
- 2) doesn't necessarily mean religion

C. Physical Health

- 1) six factors

D. Social Health

- 1) People and groups are an important part of life
- 2) Supportive friendships
- 3) Resolve conflicts

Making Behavior Choices

A. Motivation = force that moves people to act

- 1) Natural = drive, instincts (Examples -
- 2) Learned = recognition, achievement, possessions
- 3) Factors
 - a) value
 - b) timing (when you get it)
 - c) costs (risks)
 - d) probability (how certain is the reward)

B. Awareness to Action

- 1) Set Goals
 - ** To succeed in big ways, start small**
- 2) Commitment – a long term promise
- 3) Will – intent
- 4) Self- efficacy – a person's belief in his/her ability to succeed at a task.