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TIP SHEET: WELLNESS

11+ Steps to Wellness

What is wellness?

Wellness is a proactive and positive view of mental and physical health. **Wellness is preventive**, meaning it decreases the likelihood that mental health (and physical health) problems occur in the first place. If you have experienced a problem with mental (or physical) health, focus on wellness often helps with recovery and reducing relapse (i.e., the likelihood you will experience the problem again). Wellness increases resilience to stressors and your ability to bounce back from stressors. Wellness promotes balance and an overall sense of well-being. **Wellness is an ongoing process** True psychological wellbeing is an ongoing, ever changing process that is unique for each person. **Wellness focuses on the whole person** Wellness targets the "whole person", including your mental and physical health, but also aspects of your "self"--your identity, social support, spirituality (if applicable) and other aspects of self. This holistic approach is key to providing optimal emotional wellness services at AACCS.

How to target wellness As noted above, wellness is not an "end goal," but rather an ongoing process. All of us can focus on enhancing wellness and benefit. Here are some ideas: Mental health is how individuals think, act and cope with life and the stressors and challenges that are part of the human experience. The state of one's mental health can influence the ways in which they look at themselves, their life and others around them. It also strongly influences an individual's potential for achieving their goals and is an important tool in obtaining and maintaining a feeling of well being.

Meditation and Relaxation Practicing deep breathing techniques, the relaxation response, or progressive muscle relaxation are ways to help reduce stress and induce relaxation.

Time to Yourself It is important to set aside time everyday to allow yourself to relax and escape the stress of life. Give yourself a private, mini vacation from everything going on around you.

Physical Activity Moving around and getting the heart rate up causes the body to release endorphins (the body's feel good hormones). Exercising provides some stress relief.

Reading Escape from reality completely by reading. Reading can help you to de-stress by taking your mind off everyday life.

Friendship Having friends who are willing to listen and support one through good and bad times is essential.

Humor Adding humor to a stressful situation can help to lighten the mood.

Hobbies Having creative outlets such as listening to music, drawing or gardening are great ways to relax and relieve everyday stress.

Spirituality Actively believing in a higher power or divine being can have many health benefits. In recent studies, it has been found that people who pray have better mental health than those who do not.

Pets Taking care of a pet helps distract the mind from stressful thoughts. Studies Show that pets are a calming influence in people's lives.

Sleeping The human body needs a chance to rest and repair itself after a long and stressful day. Sleeping gives the body this chance so that it is ready to perform another day.

Nutrition Eating foods that are good for you not only improve your physical health, but they play a major role in your mental health. When your body gets proper nutrients, it is better able to function in every capacity.

More Tips for Wellness

- Build Confidence and Self Esteem
- Accept Compliments
- Make Time for Family and Friends
- Give and Accept Support
- Create a Meaningful Budget
- Volunteer
- Manage Stress
- Identify and Deal with Feelings
- Learn to Be at Peace with Yourself

For more information

see our other Tip Sheets covering most of the topics listed and visit our website

NOTE: All information on this Tip Sheet is credited to MHWW.org

www.a2consultation.com