

## Wellness

Wellness is more than the absence of illness.

It is a positive approach to living.

It focuses on enhancing the quality of life as a whole.

This means there is a balance between all the dimensions of your well-being.

Wellness is an active and ongoing process of becoming aware of and making choices towards a higher level of well-being.

## The eight dimensions of wellness

**Physical** (Fitness, nutritious diet, engaging in protective behaviours while avoiding risky behaviours)

**Emotional** (Understand, accepting and being aware of your own feelings. Being able to control and express emotions appropriately )

**Career** (The ability to make a career choice based on knowing yourself. Your interests, abilities, personality and values. It refers to satisfaction within your career choice and chosen studies for continued development in your field)

**Intellectual** (A state in which your mind is engaged in lively interaction with the world around you and stimulating mental activities. Knowledge, skills, critical and creative thinking)

**Spiritual** (The sense that life is meaningful, that life has a purpose, and that some power brings all of humanity together. It also involves our personal ethics, values and morals)

**Environmental** (The capability to live in a clean and safe environment. Environmental awareness of ones relationship with the physical environment)

**Social** (The ability to relate well to others, both within and outside the family unit. Establishing and maintaining meaningful relationships)

**Financial** (Living happily within one's means and having awareness and control of money)

Change the World

NELSON MANDELA  
UNIVERSITY

## Enquiries

**Student Counselling, Career and Development  
Centre  
Nelson Mandela University**

<http://counselling.mandela.ac.za>

[counselling@mandela.ac.za](mailto:counselling@mandela.ac.za)



[mandela.ac.za](http://mandela.ac.za)

# Wellness

## Wellness lifestyle

Wellness refers to the conscious and deliberate effort to stay healthy and achieve one's highest potential.

Adopting a wellness lifestyle places one in charge of one's own wellbeing, perhaps with some consultation with various professionals.

The exciting part is that this means that you are responsible for your own journey towards wellness!

Wellness is your right, regardless of your current state of health or illness. One can be pursuing wellness and at the same time have a disability, be in pain, aged or scared to face a challenge.

The important part is the direction in which you are headed.

## Beginning your wellness journey

Anyone can begin a journey towards wellness. You are not required to pass a test to start a wellness lifestyle. Many people assume that they are not eligible for wellness because they might be unwilling to stop an unhealthy habit.

The rules are flexible, and should be adjusted to suit you as a unique individual with different wants and needs. Start where you are, do your best and you will always be ahead of where you were!

★ Write down 2 dimensions of wellness you would like to personally work on:

- 1)
- 2)

★ Write down 1 goal for each dimension:

- 1)
- 2)

★ Write down 1 task you can do often to reach your goals:

- 1)
- 2)

## How does one get started?

Sometimes it is difficult to make the changes towards a healthier lifestyle, whether this means changing negative behaviour or adopting more positive behaviours and habits.

There are various stages of change that one goes through before this change becomes part of one's everyday life.

## Stages of change

**Pre-contemplation:** Involves not considering change/ do not want to change.

**Contemplation:** Although you are not quite ready for change, you are thinking about it, weighing up the pros and cons of changing your behaviour.

**Preparation:** Have decided in principle to change, thinking about how to do it, and planning to take action with the intended behaviour change within the next month.

**Action:** You are actively doing things to change or modify the problem behaviour or to adopt a new health behaviour and habits.

**Maintenance:** You continue with the changed behaviour for longer than 6 months.

**Termination/adoption:** Termination of negative behaviour or adoption of positive / health enhancing behaviour for longer than 1 year. The changed behaviour has become part of your lifestyle and you can now start focusing on new lifestyle goals.

**Relapse:** You revert back to a previous 'stage of change' (For example, from Action back to Contemplation or from Maintenance to Preparation).

★ Try and identify the stages of change you are in regarding the 2 dimensions of wellness you previously wrote down:

- 1)
- 2)

## Steps to follow if you are considering change

1. Think and come up with a way that you can set time aside to focus on each wellness dimension in your life.

2. Picture the best version of yourself. What do you look like? How do you feel? What kind of person are you?

3. Make a list of all your resources and support systems. Try to be as specific as possible.

4. Set goals for yourself that are realistic to start making changes.

5. Support these goals with a few day to day choices.

6. Anticipate any barriers that might prevent you from working towards your goal.

## Tips

Action on your intentions for a wellness lifestyle.

Start off at a moderate pace.

Celebrate early successes and get feedback from your support system.

Arrange your home and work environment to support your goals.

Practice positive self-talk.

Be positive about yourself and where you are heading.

★ Write down one positive thing you can tell yourself on your wellness journey:

## Available Resources (Nelson Mandela University)

South Campus: **041 504 2511**

North Campus: **041 504 3222**

Missionvale Campus: **041 504 1106**

Second Avenue Campus: **041 504 3854**

George Campus: **044 801 5047**

In case of an emergency, please use the following numbers for assistance:

Protection Services: **041 504 2009 or 041 504 3483**

Suicide Emergency Line: **0800 567 567 or SMS 31393 for a call back**

Life Line: **0861 322 322** (Counselling available 24/7)

SA Anxiety Group 24-hour helpline: **0800 12 13 14**

**Note:** Student Counselling services are confidential, free of charge to registered Mandela students and offered by qualified counsellors and psychologists.