



Foundational Components



Mindful Awareness

Mindful awareness is being fully aware and tuned in to what is going on right now, in the present moment. It is all too easy to go through life on autopilot, caught up in reliving past events or planning for the future. Mindful awareness involves returning to the present moment. Mindful awareness of physical, mental, social, and spiritual well-being is the key to a person's whole-person health.



Community

The concept of Community is external to the self. A person's community is built upon shared attributes of the people in it and/or by the strength of the connections among them. Opportunities for engagement within your community helps to better understand your place in the world. Your community is interrelated and interconnected to all of the health and well-being components.

Health Components



A clean and healthy **physical environment** is important for your overall health and well-being. It is important to reflect on how your physical environment can support your health. To maximize your understanding of how your physical environment impacts you, explore options for dealing with concerns such as noise, safety, clutter, and other aspects of your environment.



Nutrition fuels your mind and body. Proper nourishment supports your body's functions and keeps you sustained through life's challenges. **Lifestyle** refers to the choices you make about your health according to your beliefs, values, and attitudes. Nutrition and lifestyle choices can boost your body's natural healing potential.



Your **mental and emotional well-being** helps to support you in adapting to the stress of everyday life, contributes to your communities, and realizes your personal potential. There are many services, resources, and programs that can help you identify, support, and promote your mental and emotional well-being.



A sense of **fulfillment and purpose** gives meaning to your life. It aims to integrate rigorous reflection, insight into your values and strengths, and opportunities for engagement within your communities; this integration leads to a better understanding of your place in the world.



Physical activity refers to the physical movement of your body. **Fitness** is the outcome of being physically active and healthy. Physical activity and fitness play critical roles in your health. Physical activity creates opportunity for fitness, and fitness improves your health. Incorporating movement into your life in a way that meets your individual needs, is enjoyable and sustainable-keeps you strong, flexible, balanced, and happy.



Rest, daily sleep, and restorative relaxation helps to balance your health. Inadequate sleep and sleep disorders can lead to many chronic illnesses. Both the quantity and quality of your sleep is essential for your body and brain to heal, repair, and prepare for the next day.