

Psychology of Adjustment PSY 131

Chapter 4 Your Body and Wellness

Your Body and Wellness

- **HOLISTIC HEALTH versus TRADITIONAL MEDICINE**
 - Traditional medicine focuses on identifying symptoms of illness and curing disease
 - Holistic health focuses on all facets of human functioning
 - The holistic approach assumes the unity of body and mind

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Wellness

- **Wellness consists of all aspects of functioning: physical, psychological, social, intellectual, and spiritual**
 - Wellness involves the integration of body, mind, and spirit
 - Wellness deals with positive health, not the absence of sickness
 - Wellness is a lifestyle choice rather than a one-time decision

Slide 3

REDS — A Formula For Wellness

- Developing sound habits pertaining to sleeping, eating, exercising, and cultivating our spirituality are basic to any wellness program

R = Rest allows our physical body to regenerate itself

E = Exercise can prolong and enhance life

D = Diet is a major factor that affects our long-term health

S = Spirituality is a pathway to developing meaning in life

Slide 4

Suggestions for Getting Better Sleep

- Establish a regular sleep routine
- Don't take your worries with you to bed
- Exercise regularly
- Engage in meditation or relaxation methods prior to retiring
- Avoid eating heavy meals close to bedtime
- Maintain realistic self-talk about sleep

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Some Benefits of Exercise

- Increasing respiratory capacity
- Releasing pent-up emotions
- Increasing feelings of well-being and self-esteem
- Reducing the risk of illness
- Reducing body weight
- Increasing physical strength and endurance
- Providing a source of enjoyment / satisfaction

Slide 6

Dr. Andrew Weil's Thoughts on Eating Well for Optimum Health

- Dr. Weil, who teaches physicians at the University of Arizona's Program in Integrative Medicine, believes that:
 - Eating for health and eating for pleasure are not incompatible
 - What and how we eat is key to how we feel and how we age
 - We can make choices about what to eat and what not to eat

Slide 7

Your Body Image

- A healthy body and a positive body image allows you to do what you want physically
- Your view of your body has much to do with choices in other areas of your life
- Early decisions you have made about your body will likely affect you now
- Weight is related to body image for many people

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