

PHYSICAL WELLNESS

Physical wellness begins with proper care of ourselves to foster a state of ideal health and overall performance. Physical wellness is more than just a single concept, with many elements coming together to contribute to a positive state of health. There must be a balance of physical activity, high-quality nutrition with portion control, avoidance of alcohol/drug abuse, proper rest and sleep as well as mental well-being and stress reduction. Obtaining and then maintaining physical wellness takes a certain level of truly intentional work through a reflective process of identifying what areas we are effective in but also what areas we need to further develop. Making modifications to your behavior is not a simple task, there will be ups and downs, but focusing on even small changes while striving for consistency is the key. This journey will be different for everyone and it is important to remember that there is a wealth of resources available no matter where you are in this process.

AANA Physical Well-being

<https://www.aana.com/practice/health-and-wellness-peer-assistance/about-health-wellness/physical-well-being>

Let's Get Physical

[https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-\(all\)/let's-get-physical.pdf?sfvrsn=3a2c4bb1_2](https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-(all)/let's-get-physical.pdf?sfvrsn=3a2c4bb1_2)

Working Out at Work

<http://www.washingtonpost.com/graphics/health/workout-at-work/>

The Assessment and Measurement of Wellness in the Clinical Medical Setting: A Systematic Review

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6292717/pdf/icns_15_9-10_14.pdf

Physical Wellness Toolkit

<https://www.nih.gov/health-information/physical-wellness-toolkit>

Lessons for the Health-care Practitioner from Buddhism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6330872/>

They were young. They thought they had time. Then they nearly died of liver disease.

<https://www.usatoday.com/story/news/health/2020/02/20/alcoholic-liver-disease-rates-soar-among-millennials/4802917002/>

Sleep Deprivation and Deficiency

<https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

How to Eat Healthy: 25 Easy Ways to Eat Healthier Every Day

<https://www.self.com/story/20-ways-to-eat-healthier>