



AWARENESS

GLOBAL WELLNESS DAY – YOUR REMINDER TO LIVE WELL

What is wellness? Is it the absence of disease? That's obviously a good thing, but is it more than just the absence of something you don't want?

Wellness is “more than being free from illness”, says the Global Wellness Day website. It's “an active process of becoming aware of and making choices towards a healthy and fulfilling life”.

“The purpose of Global Wellness Day [celebrated June 10] is to ask the question, even if for just one day, “How can I live a healthier and better life?”

The National Wellness Institute – a certifying body for wellness practitioners – says, “Wellness encompasses lifestyle, mental and spiritual well-being, and the environment. Wellness is positive, affirming, and contributes to living a long and healthy life.”

Are there special exercises for wellness?

There are so many ways to improve wellness in all these areas. A lot of useful information is available on your **LiveWell** app. So, you can choose the ideas that appeal to you and are a good fit for you - ones you want to make a part of your everyday life.

To help with this, a study in *The Canadian Veterinary Journal* (the Journal) explains that there are two main human behaviours that play a role.

1. Self-regulation: “our ability to direct our behavior and control our impulses so that we ... achieve certain goals”. Self-regulation helps us make good decisions, says the Journal. The drawback is that it takes mental energy, and the brain is always looking for ways to save effort.

But we have a great way around this:

2. Habits: by making desired behaviours routine, we save a lot of mental effort. Habits are powerful and account for 40% of our daily behaviours. “Habits, in fact, are key to wellness”, say the study authors. The **LiveWell** app has many ways to help make health a habit, from daily goals to longer health journeys giving you the time and tools you need to establish new habits.

The Journal reminds us that, “Although it always includes striving for health, [wellness is] more about living life fully”.

Creating good habits makes it easier, but “don't worry about getting it perfect; just get it going and become the best kind of person you can be”, the authors conclude.

Consult your doctor before making changes to your lifestyle.