

*** The Top 10 Top Ten Wonderful Ways to Practice Wellness***

Wellness is about taking responsibility, being accountable and living consciously. Wellness is a choice—a decision to move toward optimum health and a lifestyle you design to achieve your highest potential for well-being.

1. Trust your body and your soul

Every body is unique and wellness prizes those differences. It is essential that each person learn to read and interpret the signals—both internal and external—that your body is giving you all the time about what you need and want for balance, for healing and for greater vitality.

2. Connect and befriend the earth.

The human body needs the touch of nature along with the touch of human skin. Physical contact with soil, natural waters, sunlight and fresh air is key to health and wellness.

3. Avoid illness programming.

Life-affirming messages help heal the body. Thinking and emotions have a direct effect on the immune system. It is within your control to design healing images and practice choosing words that will support a healthier inner and outer environment.

4. Drink more water.

Water is essential for balanced health. The body relies upon it for digestion for cooling, for elimination and for circulation of nutrients of every cell. Experience water with all your senses.

5. Give or get a massage.

As a form of nurturance and rebalancing, and as an aid to healing, massage is hard to beat. It is also non-fattening, very inexpensive, and reciprocal.

6. Lighten up with humor, play and pleasure.

Studies indicate that humor is an effective stress producer and that it may actually increase antibody production, which leads to a stronger immune system. When you give yourself time to play, you give yourself new life.

7. Stretch and move yourself.

One of the simplest ways to release tension and to energize yourself is to take time out for a good stretch. As it breaks up energy blockages in the body, stretching allows for better circulation and improves your range of motion.

8. Keep friendships alive-energize your communication.

One of the healthiest things you can do is cultivate vibrant friendships. Stimulating and supportive relationships with other human beings are blessings to the body, mind and the spirit. Become a genuine listener. Active listening forms the basis of strong interpersonal relationships.

9. Develop nutritional awareness.

Observe with honesty and sensitivity what types, qualities of food and eating environments support your overall wellbeing. Hear what your body is telling you about its relationship to food.

10. Embrace sounds, smells and beautiful sights.

Sounds, smells and sights enhance deep relaxation, supply you with new energy, stimulate creativity and even transport you into other states of consciousness. Each can be a form of nourishment and healing.

About the Submitter

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