



INTENTIONAL WELLBEING

Most days are filled with plenty of responsibility - work, school, family, friends and numerous other commitments. We rarely think of the stress we put our bodies through until we are sick and only truly rest when we take time out from the everyday on holiday.

The World Health Organization defines wellbeing as "Wellness is a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity". In a nutshell, it is a conscious choice towards leading a healthy and fulfilling life. Thinking about your about wellness isn't enough, you have to intentionally practice healthy habits and take responsibility so your body and mind can function at optimum levels.

Intentional wellness is a commitment to yourself to choose healthy practices daily; only you have the power to control these decisions. It could be a better work-life balance, more time with family, eating more fruit and vegetables, turning off your phone earlier so that you get a better night's sleep, giving up smoking, drinking less, going for a walk everyday or taking up meditation. It's easy to get distracted from your goals when you're tired, sick or have a big deadline looming but if you are determined, a better and well-conditioned you will emerge.

It's advisable to start with the biggest win first and adjust your lifestyle and schedule accordingly. Keep track of your progress and how long it took for you to feel

better. The hardest part is likely to be maintaining the changes but remind yourself of why you wanted to make the changes in the first place and the associated benefits.

Intentional wellbeing means making deliberate, purposeful choices to create and maintain healthy habits in your new life. It is a powerful approach to achieve a better version of yourself; if you take care of your body and mind, it will take care of you. Incorporating small and meaningful changes that are tailored to your unique needs and goals will lead to long-lasting improvements. Shut off the autopilot mode you are currently living and commit to being present in the life you truly want and deserve.