



## REFLECTIONS ON HEALTH AND WELLNESS

Your understanding of wellness and the gift of a healthy body during your college education and beyond is a wonderful beginning to a bright future. During this chapter you have been given the opportunity to think about the role the mind, body, and soul have in your overall approach to wellness. You've looked at the importance of personal responsibility regarding your approach to relationships, alcohol, and drugs. College is a time when you have an opportunity to reflect on the great questions in life and

enjoy wonderful relationships, but this can only take place if your body, mind, and soul are healthy.

Our wish for you is that you carefully develop your wellness plan and take personal responsibility for your total health. We urge you to make wise decisions, as some choices have very bad consequences. No matter what you may have done in the past, there is always an opportunity to change, mature, and become more responsible for your own well-being.

## Knowledge in Bloom



## BRINGING WELLNESS INTO YOUR LIFE

Utilizes levels 1–6 of the Taxonomy (See Bloom's Taxonomy at the front of this text)

Throughout this chapter, we have tried to give you information that will be useful to you as you think about your overall wellness. The following activity will ask you to look at your life in more detail. You will be asked to identify one area of

wellness in the mind, soul, or body that you would like to improve.

The area of wellness I want to improve is \_\_\_\_\_

<b>Level 1—Remember</b> Identify what you need or want to change about your wellness and why.	
<b>Level 2—Understand</b> Research your options for making the desired change and seek advice and assistance from a variety of sources.	
<b>Level 3—Apply</b> Demonstrate how these sources would be helpful.	
<b>Level 4—Analyze</b> What conclusions could be drawn about your life if these changes are not made?	
<b>Level 5—Evaluate</b> Predict how your wellness will be enhanced by employing this change in your life.	
<b>Level 6—Create</b> Design a plan to bring about this wellness change in your life. Consider using one of the goal setting charts from Chapter 1.	