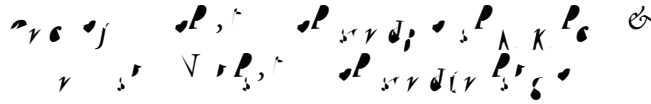


Wellness



Dickerson (2007) stated that wellness is a state of well-being. The World Health Organization (1967) stated that wellness encompasses more than just the absence of disease; it includes a holistic perspective of physical, mental, and social well-being. Within the counseling field, the initial

- Practicing mindfulness, increases purpose in life, life satisfaction, social support, positive mood and decreased depressive symptoms and illness (Fredrickson et al., 2008; Weibel, 2007).
- Center for Mindfulness in Medicine, Health Care and Society: <http://www.umassmed.edu/cfm/home/index.aspx>
<http://www.psychologytools.org/mindfulness.html>
- Web Resource: Association for Spiritual, Ethical, and Religious Values in Counseling: <http://www.aservic.org/>
- Practicing yoga in a 10-week yoga program increased participant's ability to handle induced stressors (Hempel & Ott, 2006). Clients with PTSD who participate in 5 yoga session have reduced anxiety and improved well-being (Williams et al., 2005). Yogic breathing balances an overactive nervous system and enhances well-being (Brown & Gerbarg, 2005).
- Website for the U.S. Department of Health & Human Services, National Institutes of Health; provides health and wellness resources for a variety of populations and specific health topics: <http://www.nih.gov/health/wellness/>
- Healthy People: <http://www.healthypeople.gov/2020/default.aspx>
- National Heart, Lung, and Blood Institute: <http://www.nhlbi.nih.gov/health/index.htm#tools>
- Gratitude is positively associated with positive affect, optimism, happiness, and life satisfaction; gratitude is negatively associated with anxiety and depressive symptoms (Emmons & McCullough, 2003; McCullough, Emmons, & Tsang, 2002)
- Forgiveness increases positive relationship skills, leads to a less stressful marriage, and is associated with greater wellness (Worthington & Scherer, 2004).
- Volunteering results in reduction in depressive symptoms (Musick & Wilson, 2003) and enhanced well-being and happiness (Krueger, Hicks, & McGue, 2001).
- Association for Humanistic Counseling: <http://afhc.camp9.org/>
- National Institute of Mental Health: <http://www.nimh.nih.gov/index.shtml>

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