

Wellness is Everyone's Business: Public-Private Partnerships for Health in Minnesota

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Wellness Prezi

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- Health is the state of being free from illness or injury, and is also the condition of someone's body or mind.
- Wellness is a healthy state of well-being free from disease, the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.



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Benefits of Wellness in Physical Health

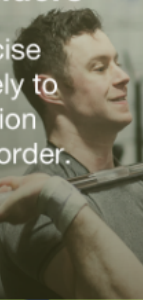
- Your weight is controlled.
- Your chances of living longer will be higher.
- It can reduce your risk for several diseases and health conditions and it can improve your overall quality of life.
- Your bones and muscles will become stronger.

Lift that weight
off your shoulders

Those who exercise
are 25% less likely to
develop depression
or an anxiety disorder.



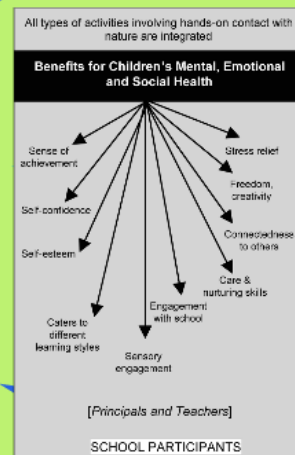
@codyapp



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Benefits of Wellness in Social Health.

- Relieves your pain.
- You have a lower risk for illness.
- Becoming more social will reduce the amount of stress you have.
- It encourages good self-care.



Benefits of Wellness in Mental Health

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- Reduces stress
 - Improves self confidence
- Increases relaxation



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Effects of Inadequate Wellness in Mental Health

- Poor physical health
- High amounts of stress
- Limited or no access to mental health treatment




Effects of Inadequate Wellness in Physical Health

- Weight gain
- Not getting the right amount of nutrients
- Not getting enough sleep

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Effects of Inadequate Wellness in Social Health

- Poor communication skills
- Low self-esteem
- Less involvement in activities



Practices You Should Do To Achieve Wellness

- Change the lens
- Reframing situations
- Practice gratitude
- Practice positive self-talk
- Practice positive social connections
- Practice positive physical activity





***Effects of Inadequate
Wellness in Physical
Health***

- Weight gain
- Not getting the right amount of nutrients
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