Wellness is not simply the absence of illness or dysfunctionality; rather it is the optimal level of perceived performance and resultant functionality.

Each realm's optimal level of wellness and functionality is defined for the population in general as follows:

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| **Realm** | **Optimum Wellness and Functionality** |
| Physical | A body that feels good throughout the day and allows for full functionality in movement, nourishment, cardiovascular and respiratory function, reproduction and the expression of sexuality,excretion, communication and all other realms of life. |
| Psychological | Cognitive, emotional and behavioral ability to experience the full range of human experiences, including thinking, feeling, discerning, expressing, remembering and maintaining emotional balance. |
| Social | The ability to initiate and maintain healthy relationships as well as the ability to avoid and terminate those relationships that do not serve. |
| Spiritual | The ability to discern and integrate a sense of personal mission; a reason for being and a connection to a purpose greater than oneself or one's lifetime. |
| Economic | The ability to attain and wisely use sufficient resources to meet the needs of oneself and other dependents, enough to protect against a time with decreased access to resources or for future needs and that which can be donated to the good of others. “The opposite of poverty is not wealth; it is enough.” |
| Academic | The ability to acquire knowledge, skills and motivation needed to carry out work and to fulfill roles in family, community, national and international life. Also, the ability to learn throughout the lifetime. |
| Professional/Vocational | The ability to carry out responsibilities of work, to generate income and to give back to the development of the profession/vocation |
| Environmental | The ability to be envision, plan, create and maintain spaces for living, working, transportation and recreation that are safe, invigorating and peaceful. |