

# What is WELLNESS?

**Wellness** is the HEALTHY BALANCE of the mind, body, and spirit that result in a higher quality of life and can be thought of as a HOLISTIC approach to health and treatment.

Complementary to other clinical treatments, RECREATION THERAPY (ACTIVITIES) has **extensive research** showing how multiple interventions can improve your “wellness” by potentially **decreasing your stress, pain, and anxiety, and improving your mood and overall well-being.**

Some of the many ways to achieve **wellness** :



- Aromatherapy
  - Assists in decreasing pain, anxiety, sleep problems, depression, improves sleeping patterns, focus, and more.
- Massage/Self-Massage
  - Reduces pain, improves sleep, increases mental focus and stamina, assists in eliminating impurities from the body, and improves mood.
- Progressive Muscle Relaxation
  - Helps reduce in anxiety, muscle tension, fatigue, and improves overall mood.
- Meditation
  - Increased sense of calm and balance, reduces stress, improves sleep patterns, and reduces symptoms of depression.
- Guided Imagery
  - Promotes relaxation, reduces stress, and assists individuals in reaching a variety of goals.
- Breathing Exercises
  - Helps with reducing tension, improves clarity, decreases pain, and improves posture.
- Music
  - Improves motivation level, reduces stress, along with decreasing symptoms of depression.
- Pet Therapy
  - Diminishes pain, lessens depression, lowers anxiety levels, reduces boredom, and much more.
- Positive Distractions
  - Art, Reading, Games, Socializing, Hobbies, Etc.