

# Physical Wellness

UNH Occupational Therapy Department



## What is physical wellness?

Physical Wellness is listening to and taking care of your body for optimal health and functioning. Taking care of your physical body will help you get through the stress that may come with daily life. Physical wellness looks different for everybody. Learn what you can do for your body to stay physically well throughout life.

## What are components of this area?

Physical wellness takes many areas of life into account. These include, but are not limited to nutrition, illness prevention, physical activity, sexual health, sleep, management of acute or chronic conditions, and stress. Understanding how your body works and becoming aware of your physical self is important to physical wellness.



## What can you do?

Small changes in daily routines can support positive physical wellness. Check in on your physical wellness by asking yourself what you do in your life to positively impact the many areas of physical health noted above. This may include: Am I getting enough sleep? Are the foods I eat nourishing my body? Do I allow my body time for healthy movement?

