

WELLNESS VS. WELL-BEING: WHAT'S THE DIFFERENCE?

Wellness and well-being are often used interchangeably. While they both speak to health, there are differences between wellness and well-being that set them apart. For instance, wellness is often used to refer to someone's pursuit of overall health. Well-being is also used in reference to pursuit of overall health but it goes beyond the typical idea of health to include your mental, physical, spiritual, and social health. It is also used in connection with elements of your life that fall outside of health, such as workplace well-being and financial well-being.

Read on to find out more about wellness vs. well-being!

What is the Definition of Wellness?

There are many variations for the definition of wellness but typically, it refers to the [pursuit of activities, choices, and lifestyles that create health](#). While it sounds very similar to well-being, the key difference is that wellness is an *element* of well-being.

What is the Definition of Well-Being?

While there is no single definition for “well-being,” it encompasses living a fulfilling life in which you feel content, that you [have a purpose](#), and can cope with life's challenges. The World Health Organization defines it as “[A positive state experienced by individuals and societies.](#)” It is an important aspect of health that can be applied to various areas of a person's life, such as their mental well-being, physical well-being, spiritual well-being, social well-being, and emotional well-being.

Why is Well-Being Important to Health?

Too often we think of health as only something physical. For many years, health has been qualified as the absence of disease; but it is more than that. It includes the mental, physical, spiritual, and social needs of a person – also known as a person's [Whole Health](#). Pursuing health and well-being in these four areas can lead to a more fulfilling life.

[Researchers have studied the impact of well-being](#) for years and have found that greater well-being decreases your risk for some chronic diseases.

How Can I Improve My Well-Being?



There are many ways that you can improve your Whole Health and well-being. Your path to Whole Health is unique to you and depends on your own reasons for wanting health and well-being. We recommend starting with these three questions:

- **WHY** do you really want health and well-being?
- **WHAT** are the obstacles in your way?
- **HOW** can you overcome them?

Answering these questions can help you discover the power within to start making small changes to improve your sense of well-being.

Need some inspiration? Check out [TakeCare's inspirational short films](#), which feature stories of how other people just like you have begun their Whole Health journeys. We invite you to visit TakeCare.org and click "Start Your Journey."

It only takes one small step to begin your journey to improved health and well-being!