



# Foothold

## WELLBEING ARTICLE 02

### ENGINEERED WELLBEING: PART 2 – PHYSICAL WELLNESS

#### INTRODUCTION

In this article, we're taking a closer look at Wellbeing Component 1; Physical Wellness. If you happened to read Article 1, you'll know 'wellbeing' can be considered a state of feeling satisfied and content with one's life and health. Additionally, you'll understand that wellbeing's supported by three main components;

**Component 1: Physical Wellness**

**Component 2: Psychological Wellness**

**Component 3: Purpose & Meaning**

Don't forget, wellness is a subjective measure of experience, in relation to a specific aspect of your life. In the context of this article, it's about how you feel about your mind or body in the current moment. The third component, Purpose & Meaning, helps bind Components 1 & 2 together and cements the basic structure that supports wellbeing.

Ultimately, wellbeing is constructed from your sense of physical and psychological wellness, that's bound together by purpose and meaning.



## PHYSICAL WELLNESS:

There are a variety of factors that contribute to achieving or maintaining good levels of physical wellness. This article concentrates upon the areas you have control or influence with, and the areas you can choose to support, improve or make a difference within. This article will not address disease, dysfunction or limiting characteristics, but acknowledges many challenges are alleviated and sometimes resolved by actively improving physical wellness;

The illustration below shows the seven main factors that contribute to good physical wellness;



Figure 1.2 – Factors of Physical Wellness

If we examine any of the above factors, we're able to identify specific elements that support physical wellness. For example, if we look at Activity & Exercise a little closer, we find it's composed of elements such as cardiovascular fitness, mobility/flexibility, muscular strength & endurance.



Identifying these elements helps us recognise where we might be lacking in relation to physical wellness and wellbeing. It allows us to set targets we can hit, and therefore makes change and improvement easier and more practical.

Compared to Psychological Wellness or Purpose & Meaning (wellbeing components 2 & 3 respectively) physical wellness is easier to understand and shift. Whilst we aren't machines, it can be helpful to think of our body as a mechanical system when considering our physical health & wellness. For example, if we were to stoke/feed a combustion engine with the wrong type of fuel, its efficiency would reduce or the engine would be brought to a standstill. The same is true with our body. If we eat junk food on a regular occurrence, then we're likely to become nutritionally deficient and begin storing unhelpful levels of salt, fat and toxins in our body. Eventually, we slow down and our energy levels drop to the point where we become more sedentary. Similarly, if a machine isn't worked regularly it can begin to deteriorate prematurely and seize. Again, the same is true with our body. If we aren't physically active, the efficiency of our heart and lungs (cardiovascular system) begins to reduce and we lose natural flexibility. When we fail to look after our physical health and wellness, our bodies become a source of limitation and resistance. Longevity may decrease and our overall sense of wellness or wellbeing will diminish.

In reality, our mind and body are inseparable but the splitting of physical and psychological wellness can aid understanding and make change easier. However, never forget that your physical and psychological wellness support and affect each other on a continuous basis. There are countless scientific studies that demonstrate long-term psychological stress negatively effects physical health, whilst moments of joy and positive emotions support physical health. On the flipside, digestive problems and poor cardiovascular health affect our ability to concentrate, stay awake and focused for extended periods.

#### SUMMARY:

- Physical wellness forms part of the structure that supports wellbeing
- Purpose & meaning binds physical and psychological wellness together
- Physical wellness is formed from a variety of contributing factors & elements
- Awareness of underpinning elements helps us make change and take action
- Neglecting our physical health & wellness can add limitation & resistance
- Physical and psychological wellness support each other,

In my next article, we'll be taking a look at psychological wellness (wellbeing component 2) and highlighting a range of regular experiences that supports such wellness. In the meantime, if you've found this article interesting and would like to discuss it further, please contact us on [hello@myfoothold.org](mailto:hello@myfoothold.org) or call on +44 (0)20 7344 5498