



## IELTS READING LESSON 8/28/2019

## Section One Vocabulary

Match the correct word in column A with the definition in column B, then use in a sample sentence.

Column A	Column B
VOCABULARY	DEFINITION
1. Holistic (Adj)	A. in a way that prevents success or development; harmfully or unfavorably.
2. Strive (Verb)	B. a hope or ambition of achieving something. Syn, desire, wish
3. Stewardship (noun)	C. the fact or condition of being prevalent; commonness.
4. Adversely (adv)	D. Make great efforts to achieve or obtain something. / struggle or fight vigorously.
5. Encompasses (verb)	E. think about (something) carefully, especially before making a decision or reaching a conclusion. Syn: review, consider.
6. Aspirations (noun)	F. dealing with or treating the whole of something or someone and not just a part.
7. To ponder (Verb)	G. include comprehensively. Syn: cover, include
8. Prevalence (Noun)	H. the job of supervising or taking care of something, such as an organization or property.

## Section Two Reading

## ARTICLE A Seven Dimensions of Wellness

Source

- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of change and growth. "...A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization. "A conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute
- People often think about wellness in terms of physical health — nutrition, exercise, weight management, etc., but it is so much more. Wellness is a **holistic** integration of physical, mental, and spiritual well-being, fuelling the body, engaging the mind, and nurturing the spirit. Although it always includes **striving** for health, it's more about living life fully, and is "a lifestyle and a personalized approach to living life in a way that... allows you to become the best kind of person that your potentials, circumstances, and fate will allow".
- Wellness necessitates good self-**stewardship**, for ourselves and for those we care about and who care about us. For those in the helping professions, such as ourselves in veterinary medicine, wellness is a professional as well as personal responsibility. In order to ensure high-quality patient and client services, we have an ethical obligation to attend to our own health and well-being. Sufficient self-care prevents us from harming those we serve, and according to Green Cross Standards of Self Care Guidelines, no situation or person can justify neglecting it.
- Wellness encompasses 8 mutually interdependent dimensions: physical, intellectual, emotional, social, spiritual, career, financial, and environmental. Attention must be given to all the dimensions, as neglect of any one over time will **adversely** affect the others, and ultimately one's health, well-being, and quality of life. They do not, however, have to be equally balanced. We should aim, instead, to strive for a "personal harmony" that feels most authentic to us. We naturally have our own priorities, approaches, and aspirations, including our own views of what it means to live life fully.

## 1. Spiritual

The spiritual dimension recognizes one's search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Spiritual wellness is the ability to establish peace and harmony in our lives. It encompasses a high level of faith, hope, and commitment to our individual beliefs that provide a sense of meaning and purpose in human existence. It is better to **ponder** the meaning of life for ourselves and to



be tolerant of the beliefs of others than to close our minds and become intolerant. Becoming spiritually well means striving for consistency with our values and beliefs.

Tips and suggestions for optimal spiritual wellness:

1. Explore your spiritual core.
2. Spend time alone/meditate regularly.
3. Be inquisitive and curious.
4. Be fully present in everything you do.
5. Listen with your heart and live by your principles.
6. Allow yourself and those around you the freedom to be who they are.
7. See opportunities for growth in the challenges life brings you.
8. Volunteer!

## 2. Physical

The physical dimension recognizes the need for regular physical activity. Physical development promotes learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption. It is better to consume foods and beverages that enhance good health rather than those which impair it. Physical wellness is the ability to maintain a healthy quality of life that allows one to get through daily activities without undue fatigue or physical stress. Optimal physical wellness is met through a combination of good exercise and eating habits. Improving physical wellness consists of building physical strength, flexibility and endurance while taking safety precautions including medical self-care and appropriate use of a medical system as well as protecting oneself from injuries and harm. The physical dimension of wellness involves personal responsibility, disease prevention, and care for minor illnesses and also knowing when professional medical attention is needed. Being physically fit and feeling physically well often leads to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Tips and suggestions for optimal physical wellness:

1. Exercise daily.
2. Get adequate sleep.
3. Prevent injuries by using seat belts, wearing helmets, and other protective equipment.
4. Learn to recognize early signs of illness and prevent diseases.
5. Practice safe sex, if sexually active.
6. Eat a variety of healthy foods and control meal portions.
7. Use alcohol in moderation if at all.
8. Quit smoking or continue to refrain from smoking and protect from second-hand smoke.

## 3. Emotional

The emotional dimension recognizes awareness and acceptance and healthy expression of one's feelings such as happiness, hope, love, joy, sadness, anger, fear, and/or stress. Emotional wellness **encompasses** optimism, self-esteem, and self-acceptance. It includes the capacity to manage feelings and related behaviors including the realistic assessment of limitations, development of autonomy, and ability to cope effectively with stress. Emotional wellness also includes intimacy, independence, and interdependence. Awareness of and accepting a wide range of feelings in oneself and others is essential to wellness. It is important to take on challenges, take risks, and recognize conflict as being potentially healthy. Managing life in personally rewarding ways, and taking responsibility for one's actions, will help to see life as an exciting, hopeful adventure. It is better to be aware of and accept these feelings than to deny them, and it is better to be optimistic in an approach to life than pessimistic.

Tips for optimal emotional wellness:

1. Tune-in to your thoughts and feelings.
2. Cultivate an optimistic attitude.
3. Seek and provide support.
4. Learn time management skills.
5. Practice stress management techniques.





6. Discover your specific stress relievers.
7. Generalized anxiety resources
8. Accept and forgive yourself.

#### 4. Career

The career dimension recognizes personal satisfaction and enrichment in life through work. It is the ability to get personal fulfillment from jobs or chosen career fields while still maintaining balance in life. Occupational development is related to attitudes about work. The desire to contribute to a career to make a positive impact on the organizations which one works in and to society as a whole leads to career wellness. It is essential to contribute the unique gifts, skills, and talents to work that is both personally meaningful and rewarding in order to gain purpose, happiness, and enrichment in life. Achieving optimal career wellness allows one to maintain a positive attitude and experience satisfaction and pleasure in employment.

Tips and suggestions for optimal occupational wellness include:

1. Explore a variety of career options.
2. Create a vision for your future.
3. Choose a career that suits your personality, interests and talents.
4. Be open to change and learn new skills.

#### 5. Social

Social wellness is the ability to relate to and connect with other people in the world. The ability to establish and maintain positive relationships with family, friends and co-workers contributes to social wellness. Friends can serve as a source of encouragement and reinforcement for practicing healthy habits. The social dimension encourages one to become aware of his or her importance in society. It is vital to stay connected to people, form new relationships and participate in various social activities. Social wellness encourages one to take an active part in improving the world by encouraging healthier living and initiating better communication with others. Social wellness encourages one to discover the power to make willful choices to enhance personal relationships and important friendships, and build a better living space and community. Social wellness also includes showing respect for others, oneself and other cultures.

Tips and suggestions for optimal social wellness:

1. Cultivate healthy relationships.
2. Resources for social anxiety
3. Strengthen current friendships, contact an old friend, or discover new friendships.
4. Get involved.
5. Contribute to your community.
6. Share your talents and skills.
7. Communicate your thoughts, feelings, and ideas.

#### 6. Intellectual

The intellectual dimension encourages creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing one's gifts with others. The mind should be continually exercised just as the body. To become intellectually well, it is important to explore issues related to problem solving, critical thinking, and adaptation to change. Intellectual wellness involves spending more time pursuing personal interests and reading books, magazines, and newspapers, while staying aware of current events and issues. It is the ability to open one's mind to new concepts and experiences that can be applied to personal decisions, group interaction and community enhancement, improve skills, and seek challenges in pursuit of lifelong learning.

Tips and suggestions for optimal intellectual wellness:

1. Take a course or workshop.
2. Learn or perfect a foreign language.
3. Seek out people who challenge you intellectually.
4. Read.
5. Attend museums, exhibits and theater.



6. Learn to appreciate art.

## 7. Environmental

The environmental dimension is the extent to which one cares for the earth by protecting its resources. It is the ability to recognize personal responsibility for the quality of the air, water and land. The ability to make a positive impact on the quality of homes, communities, and the planet while understanding the negative effect of personal choices contributes to environmental wellness. Environmental wellness is recognizing the unstable state of the earth and the effects of daily habits on the physical environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment.

Tips and suggestions for optimal environmental wellness:

1. Stop junk mail.
2. Conserve water and other resources.
3. Minimize chemical use.
4. Renew a relationship with the earth.
5. Reduce, Reuse, Recycle: reduce the amount of pollution we generate; reuse containers, bags and batteries; recycle paper, glass, aluminum, and plastic.

## 8. Financial

Financial wellness is a feeling of satisfaction about your financial situation. Finances are a common stressor for people, so being able to minimize worry about this aspect of your life can enhance your overall wellness. Options for managing financial wellness include having a household budget, starting a savings account and adding to it every month even if it is just a small amount, saving some of your income in an emergency account, cutting back or limiting unnecessary expenses, avoiding credit card debt, donating to a meaningful charity, shopping at thrift stores, utilizing the library for free books and DVDs, and cooking your own meals instead of dining out. Try tracking your spending for a month to see where your money is going and set goals based on what you find.

## ARTICLE B Why Is Wellness So Important

Source

### What is the difference between health and wellness?

1. Health focuses on the physical and mental body being free from illness, injury, or disease. Health is a goal you work to achieve. For example, managing chronic conditions such as lowering your blood pressure or controlling diabetes are goals to be reached, as are losing weight or strengthening your heart through cardiovascular exercise. Many chronic diseases, like hypertension and type 2 diabetes, are on the rise. The most frightening statistic is that they are becoming more commonplace in young children. Often these diseases are a result of unhealthy eating habits and increased weight gain.
2. Dietary habits established in childhood often carry into adulthood. Today, about one in three American kids and teens are overweight or obese and the [prevalence](#) of obesity in children has more than tripled from 1971 to 2011. Teaching children how to eat healthy at a young age will help them stay healthy throughout their life. Wellness is more than being free from illness, it is the spirited process of change and growth that lasts for a lifetime. Wellness addresses the broader spectrum of your body encompassing the overall balance of your physical, mental, and spiritual well-being. It speaks to the way you live your everyday life. It is not an end to be achieved, rather it is a lifestyle that you adopt.
3. Maintaining an optimal level of wellness is absolutely crucial to living a higher of quality life. As a parent it is imperative to cultivate a culture of wellness as a family. Wellness matters! Why does it matter? It matters because your well-being not only effects your emotions, it also effects the emotions of your children. As a parent, it is important that you set a positive example. Your children's attitudes and actions will model your behavior; it's an ongoing circle. The psychological effects to obese children can be devastating; they are more prone to low self-esteem, negative body image, and depression.



### What you can do to improve overall health and wellness



4. Your body is a direct reflection of what's going on in your mind. In order to be successful improving the quality of your life you must change your mindset. You can't wait until everything is just right because it never will be. There will always be hurdles to leap and challenges to be faced. Stop wearing your 'busy-ness' like a badge of honor. Stop feeling obligated to be reachable 24/7 by people that have a warped sense of urgency. Stop being hijacked by the needs and desires of others. Knock it off with all the talk of 'The Terrible Too's'; too busy, too tired, too hard, too early etc. You have the ability to control your destiny. Your future is wide open and you can create it by what you chose to do.

### Quiet your mind

5. Love yourself—It's about time you recognize and acknowledge how amazing and unique you are. While it's human nature to want the approval and acceptance of others, don't allow their opinions define and limit you. Appreciate yourself for who you are and what you have to offer the world. Love yourself from the inside out and everything else will fall into place. Be true to yourself—Most often people have no idea where you've been, where you're headed, or where you are in your journey. Focus on the things that make you your happiest, healthiest self. Continue to explore your passions, reach for your goals, and achieve your wildest dreams.
6. Stop comparing yourself—Positive self-talk is empowering; know that what you focus on will become your reality. Imagine all the things you could bring to fruition if you channeled your time and energy into positive **aspirations**. If you realized how powerful your thoughts were you would never want to think a negative thought again.

### Build your body

7. Get fit—Getting fit is a slow and steady process, being fit is not a destination, it is a way of life. Adhering to regularly scheduled workouts will take commitment, determination, and discipline; doing what needs to be done, when it needs to be done, when you don't want to do it.
8. Eat well—Every living cell in your body is made from what you eat and drink. If you consistently eat and drink junk food, you will have a junk body. Food is not just calories, it is information; it talks to your DNA and tells it what to do. Food can be your medicine or your poison, choose wisely.
9. Sleep soundly--It's important to make sure that you get the rest your body needs. When your body is fully rested and you are getting the deep sleep you require, your hormones will work together and support your overall health and wellness goals.

### Nurture your spirit

10. Pay it forward—When you're kind, you demonstrate to others that they mean something to you. Even if the person is a stranger to you, you are recognizing that their life matters. When you give of yourself openly and freely, your physical and mental health improves exponentially. The smallest gesture or kind word can brighten your day and brings you closer to others.
11. Maintain a social network—Socializing has been proven to have a positive impact both physically and mentally and can be the key to a lifetime of wellness. If you're looking to live a long and healthy life, start surrounding yourself with good friends. A study from Brigham Young University found that people with social relationships live 50 percent longer than people who are more socially isolated.
12. Live a yogic lifestyle—It's easy to get caught up in the whirlwind of daily life and spend much of your day battling the challenges laid before you. Adopting a yogic lifestyle means committing to living a meaningful life and interacting with the world around you more mindfully. Embrace yoga's spiritual journey and finding harmony on and off the mat.

### Maximize your level of health and wellness

13. By quieting your mind, building your body, and nurturing your spirit you will be well on your way to achieving your health and wellness goals. Work toward a state of well-being and you will see your lifestyle begin to improve. Care for your mind, body and spirit and begin to lessen the occurrences of disease and illness. An enhanced quality of physical and mental fitness is the answer to your question 'Why is health and wellness so important?'