

Throughout the course of the semester, we have focused on building up oneself to become complete and healthy in all areas of health and wellness. In essay format, share with me some main ideas and key concepts that you were able to adapt and apply for yourself throughout the semester as well as any things you can apply in the future.

In your essay be sure to include (but not limited to) the following

- Identify the eight (8) areas of health and wellness
- Identify the benefits of being aware of one's personal standing in the areas of health and wellness
- Explanation of how Maslow's hierarchy of needs coincides with achieving total wellness
- Importance of identifying positive and negative relationships
- Benefits of effective communication
- Benefits of personal mindfulness & its effect on the relationships you build
- Difference between physical mental health
- Relationship between physical and mental health
- Importance of identifying addictions & how to break them
- Explain the importance of being able to prevent catching and spreading infectious diseases

Feel free to use and reference any assignments that you have completed through the semester to assist you with this essay. **Be sure to include a proper heading, title, you name and date, as well as cite your sources (This assignment will be ran through safeassign).** There is no minimum or maximum word count for this final assignment, however your grade will match the quality of work that you decide to turn in.