

MODERN WELLNESS

Article by Acharya V Venkat

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The world is changing rapidly, and so is our approach to wellness. In recent years, there has been a growing focus on wellness and well-being as the essential components of a healthy lifestyle. The concept of wellness has evolved to encompass not just physical health, but also, mental, emotional, and spiritual health. The approach to wellness has become more holistic and personalized owing to the advancements in technology and a better understanding of the human body. This article will discuss the need for modern wellness in 2023 and how it can positively impact our lives.

What is modern wellness?

Modern wellness refers to an approach to well-being that incorporates the latest scientific research and technology to achieve optimal health. It recognizes that well-being is not merely the absence of illness but also the presence of positive emotions, relationships, and experiences. The modern wellness approach takes into account about the interconnectedness of physical, emotional, and spiritual health and provides a personalized approach to achieve the most essential wellness.

The need for modern wellness:

The COVID-19 pandemic has resurfaced the importance of wellness into high-priority focus. The frequent pandemics have highlighted the need for a holistic approach to good health that defines beyond just physical health. As we observe the current lifestyle conditions, we realize that pandemic has immensely affected our Physical, mental health, emotional health, and social connections. Ultimately, the need for modern wellness has become more important than ever before.

Moreover, the pandemic has emphasized the importance of research and technology in healthcare sector. The use of telemedicine and virtual healthcare has become more widespread, that makes healthcare easily and timely accessible to people worldwide. Modern wellness incorporates technology into healthcare to provide personalized and accessible wellness solutions.

The rise of chronic diseases is another reason to establish the fact that modern wellness is essential. Chronic diseases, such as diabetes and heart disease, are on the rise globally, and traditional healthcare systems are struggling to keep up with the demand. Modern wellness provides a proactive approach to healthcare that focuses on preventing chronic diseases by promoting healthy lifestyle habits.



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Benefits of modern wellness

Modern wellness presents with several benefits that promote it as need of the hour in 2023. These benefits include:

Personalized wellness solutions: Modern wellness recognizes that everyone is unique and provides personalized solutions to achieve optimal wellness. This approach considers individual differences in genetics, lifestyle habits, and environmental factors to provide customized solutions that work for each person.

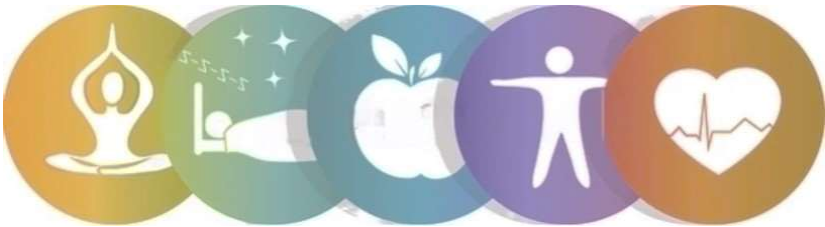
Holistic approach: Modern wellness recognizes the interconnectedness of physical, emotional, and spiritual health and provides a holistic approach to wellness. This approach focuses on improving complete well-being, rather than just treating symptoms.

Technology-enabled: Modern wellness incorporates technology into healthcare to provide personalized and accessible wellness solutions. Technology-enabled wellness solutions, such as telemedicine, wearable devices, and health apps, make wellness more accessible to people worldwide.

Prevention-focused: Modern wellness focuses on preventing chronic diseases by promoting healthy lifestyle habits. This approach helps reduce healthcare costs and improves overall well-being of community.

Improved mental health: Modern wellness recognizes the importance of mental health and provides solutions to improve it. This approach helps reduce stress, anxiety, and depression, and improves balanced quality of life.

Applications of modern wellness solutions:
There are several applications of modern wellness solutions that are currently available. These technology-based solutions include:



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Telemedicine: Telemedicine enables people to consult with healthcare professionals in a remote and virtual manner via internet and telephonic contacts. This enables more timely, accessible, and convenient healthcare provision.

Wearable devices: Wearable devices, such as fitness trackers, smartwatches, and health monitors, provide real-time data on physical health. The regular and accurate record of various health parameters is useful to track progress and make adjustments to lifestyle habits.

Health apps: Health apps provide personalized wellness solutions, such as customized exercise routines, healthy eating plans, and stress-reduction techniques. These apps make it convenient and practical for users to balance their healthcare requirements and improve overall health.

Holistic approach to modern wellness: It is important to understand personal requirements and aim for suitable strategies to obtain satisfactory benefits with respect to balanced lifestyle. The major techniques and strategies that are to be practiced by every individual to accomplish all-round wellness are further discussed as follows:

Meditation: Meditation is a form of converting our concentration power to enhanced deep focus. This intense attention to our-selves increases self-awareness, decreases emotional negativity, and promotes stress management.

Mindfulness: Mindfulness is to cultivate sensitive and perceptive awareness to experience their surroundings and situations in an expansive, inclusive, and nonjudgmental pattern. This improves patience and tolerance capacity, builds imagination and creativity, and encourages to live in ‘present.’

Mindfulness and meditation practices help reduce stress, anxiety, and depression, and improve overall mental health. Recent times demand at most nurturing to mental and spiritual wellness at par with physical wellness to develop a balanced and ethical society.

Integrative medicine:

Integrative medicine combines conventional and alternative medicine to provide a holistic approach to modern healthcare. This method improves solidarity, accurateness, and personalization of diagnosis and treatment to cater needs of each patient in a proper manner to avoid generalization and overmedication.

Food: Frequent consumption of outside food, particularly oily food, can have both short-term and long-term effects on health, Digestive Issues , Increased Caloric Intake, Blood Sugar Imbalances: Foods high in unhealthy fats and oils, such as fried foods, can cause rapid spikes in blood sugar levels. This can lead to short-term energy crashes, mood swings, and increased hunger shortly after consuming such meals.

Sleeping Patterns: Sleeping patterns refer to the regularity, duration, and quality of an individual's sleep. Healthy sleeping patterns are essential for overall well-being and play a crucial role in maintaining physical health, cognitive function, and emotional balance. However, various factors can affect sleeping patterns, including lifestyle choices, stress levels. Modern food deficiencies and challenges have emerged due to various factors, including changes in dietary patterns, industrialized food production, and environmental factors.

Nutrient Deficiencies: Despite having access to a wide variety of food, many people suffer from nutrient deficiencies. These deficiencies can arise due to poor dietary choices, limited food diversity, and consumption of processed and nutrient-poor foods. Common deficiencies include iron, vitamin D, vitamin B12, iodine, and omega-3 fatty acids.

Increased Obesity and Diet-Related Diseases: The prevalence of obesity and diet-related diseases, such as diabetes, cardiovascular diseases, and certain types of cancer, has significantly increased in recent years. This is primarily attributed to the consumption of energy-dense, nutrient-poor foods, excessive sugar and saturated fat intake, and sedentary lifestyles.

Dimensions of Individual Wellness

Every individual is distinct and exhibit specific association with various components of wellness. The integrity and comprehensive manner of complete wellbeing can be achieved when all the aspects are practiced in a balanced proportion without neglecting or over-attending some of the dimensions. The dimensions of individual wellness are:

Physical wellness:

Modern wellness emphasizes physical health through various means such as:

- Fitness programs and exercises tailored to meet individual needs and goals.
- Nutritional guidance and personalized diet plans.
- Sleep tracking and optimization for better rest and recovery.
- Prevention and management of chronic diseases through lifestyle modifications.

Mental wellness: Modern wellness recognizes the importance and offers strategies to maintain and improve mental health through:

- Mindfulness and meditation practices to cultivate mental clarity, reduce stress, and enhance focus.
- Cognitive-behavioral techniques to address negative thought patterns and promote positive thinking.
- Mental health apps that provide tools for relaxation, stress management, and mood tracking.
- Access to mental health professionals through teletherapy and online counseling services.
- Visiting the wellness centre or profesionales for one to one sessions.

Emotional wellness:

Modern wellness acknowledges the significance of emotional well-being and provides resources for emotional support and growth, such as:

- Emotional intelligence training to enhance self-awareness and emotional regulation.
- Techniques for managing and expressing emotions effectively, including journaling or artistic outlets.
- Support networks and online communities that foster emotional connection and provide a safe space for sharing experiences.

In conclusion, it is crucial for everyone to be aware and well-informed regarding modern wellness and its recent advancements. It is the responsibility of every individual to keep track and update themselves about various techniques and technologies that assist in securing their overall wellbeing. The next article elaborates about the modules of modern wellness at individual and social levels.

★ Continued in Modern Wellness Article 2.

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