

7 Habits of Highly Well People

What is wellness? The World Health Organization defines wellness as “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

The following are 7 Habits of Highly Well People along with strategies to help incorporate these habits into your life.



1. Eat breakfast daily

Rationale: Those who skip breakfast consume 40% more sweets, 55% more soft drinks and 45% fewer vegetables. Eating breakfast improves mental performance and lowers anxiety.

Strategy: Keep portable nutritious foods on hand for a quick breakfast e.g. hard-boiled eggs, fruit, pre-made muesli, smoothie ingredients.

2. Connect

Rationale: Social connections strengthen the immune system, lower rates of anxiety and depression and improve self-esteem.

Strategy: Join a club, volunteer, regularly get together with friends and family.

3. Sleep

Rationale: One sleepless night is equivalent to a blood alcohol level of 0.08%. And sleep deprived individuals overeat by 549 calories per day!

Strategy: To get the recommended 7-9 hours of sleep each night, create a bedtime routine, designate the bedroom as a tech-free zone and avoid caffeine and alcohol.

4. Manage stress well

Rationale: Statistics show that 27% of working adults are ‘quite a bit’ or ‘extremely’ stressed.

Strategy: Find 10 minutes every day to spend with just YOU. Meditate, exercise, read, listen to music, take a lunch break away from your desk.

5. Exercise daily

Rationale: Canadian adults are sedentary 75% of the time and half the decline in functional ability is due to inactivity, not aging. Ten minutes of daily activity improves health and boosts mood.

Strategy: Get up every hour, walk around the block, stretch, engage in family activities.

6. Eat fruits & vegetables

Rationale: Studies show that people who eat a diet rich in fruits and vegetables have a significantly lower risk for cancer, heart disease, obesity, hypertension and diabetes.

Strategy: To get your 7-10 servings, fill half your plate with vegetables (mainly) and fruits at each meal, and consume as snacks.

7. Practice gratitude

Rationale: Those who practice gratitude are happier, have reduced stress, and are more motivated and optimistic.

Strategy: Keep a daily gratitude journal. Write down 3 things that you are grateful for each day.