**Philosophy of Wellness**

Rationale

From youth to old age, **we experience, as individuals and as community, now one aspect and now another of Christ’s paschal mystery, of his life, death, and resurrection**. We move toward greater fullness of life, identifying more deeply with Christ so that the very pattern of his life becomes ours.

Philosophy:

Wellness is a way of life and not necessarily the absence of disease. Health is an ever-changing state involving the integration of body, mind, spirit and environment. The process is constant, for there is no endpoint in our developing awareness that all we do, think, feel, and believe has an impact on our state of health.

Wellness is a choice we make to live the best we can each day with the gifts God has given us. It is achieved through healthful choices regarding our lifestyle, attitudes, the way we spend our time, the way we relate to others and the environment, the food we eat, and the way we care for our bodies.

Wellness is a practice of self-responsibility involving a willingness to examine, identify, and choose those things in life which add to our optimal state of well-being. It also means seeking wellness in the midst of diminishment and illness as people of faith and hope.

We promote this philosophy of wellness through:

1. A growing identification with the suffering and risen Christ.
2. A balanced relationship between contemplation, ministry, and leisure.
3. Focus on prevention and maintenance rather than illness.
4. Positive sense of self and healthy expression of feelings and emotions.
5. Good nutrition and the appropriate physical and mental exercise.
6. Responsible choices for self-care.
7. Promoting holistic living within both provincial and local community.
8. Understanding and appreciating our sexuality and our need to enter into healthy relationships with others.
9. Ongoing education in areas of holistic living.
10. Stress management.
11. Choosing semi-retirement or retirement at appropriate times.
12. Care of our physical environment.
13. Recognizing diminishment and illness as part of the life process.