

# Importance of maintaining balance to achieve wellness and academic success

[Linguistics](#), [English](#)



Teacher's The Importance of Wellness In my opinion, wellness is an active undertaking that requires constant effort and determination to sustain a constructive and fulfilling lifestyle. It means being healthy in all aspects of life, including not just physical, but also mental and emotional health. Since every part of our being is connected to each other and have a direct impact with each other, having a balanced perspective about wellness is very important because if only one or a few aspects are being taken care of and improved, than the other aspects are left ignored or neglected, which in turn, will affect a person's overall health.

Striving to achieve balance between physical health, mental health, emotional health, and even spiritual health is key to be at an optimum level, so that one may also be able to achieve maximum success in different areas, such as in academics. Wellness is greatly related to achieving academic success because doing well in school requires one to be well physically, mentally and emotionally. For example, a student will not be able to concentrate and study well if his or her mental wellness is not being given proper care and concern. The brain is a powerful yet delicate organ, which requires tending and caring. Students must get enough of sleep in order to be able to focus on the lessons in school the next day, and to be able to retain the information that is being taught as well. We see that it is very common for many high school and college students who dont get enough sleep and rest, they have a hard time staying awake and alert for class the next day. It is also harder for them to stay focused and to remember what they have just learned.

For another example, it is also important to maintain physical health,

because these aspects also greatly focus a person's ability and potential to keep learning and improving in school. It is key for a student to eat the right kind and amount of food, and to also regularly exercise in order to be physically fit and well. Without this, students may get sick, which will prevent them from being able to go to school and be able to do all the required work that is assigned to them. This then will prevent them from achieving academic success.

Of course, at every stage in a person's lifetime, the needs of wellbeing are different. Kids, for example, need more rest and more fat as they are at the stage of maximum activity and continuous growing. Their body needs all the energy and nutrition that it needs for the cells to continue to grow healthily and properly. As we all grow older, these needs become less and less. For example, while kids need at least 8-10 hours of sleep a day, teenagers and young adults require a little less rest of about 6-8 hours, and need to eat different kinds of food with less fat.

There are many things we can do to maintain a healthy lifestyle and improve our wellbeing. Aside from increasing our knowledge and awareness about health, we must also change our attitudes about it and make it one of our top priorities to maintain a healthy lifestyle as this is sometimes what is most neglected. We must be able to make time and effort to eat healthily and to exercise regularly. Lastly, we also need to remember to keep our social wellbeing healthy by surrounding ourselves with positive energy and good thoughts. All of these aspects, when are in good condition, will definitely result not only in academic success, but will also affect positively in all of a person's areas of life.