

## ULTRA ACCESS

### The Wellbeing Triangle

How one can be content in mind, body and spirit

The wellbeing triangle, is a model that represents the three key aspects of overall wellbeing: Physical Health, Mental Health, and Social (and Spiritual) Health.

All three areas are interconnected with each other, and a healthy balanced lifestyle between each is essential for ones overall wellness.

Neglecting (or even favouring) any one side of the triangle over the others can have a negative impact.

It's an act of balancing purposeful life choices and moderation in each.

And each - in turn, when balanced correctly can also have a positive impact on each other part of the triangle, also.

#### Physical Health:

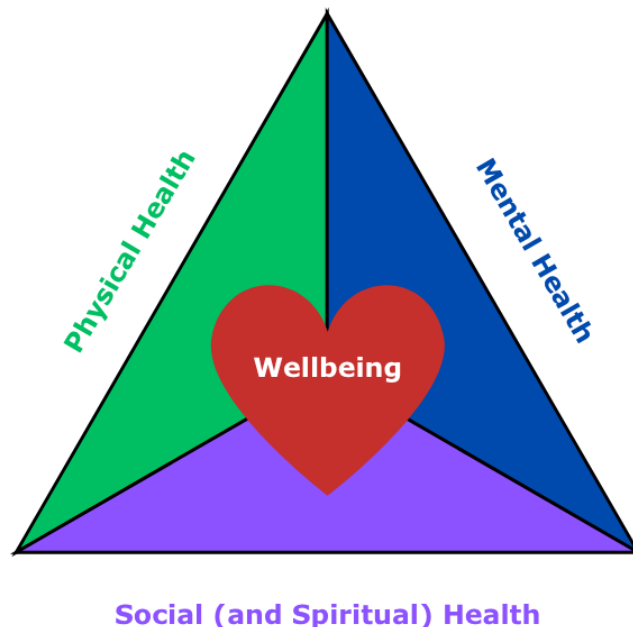
Keeping fit, strong and in good shape, can improve ones mood (mental health) and confidence around others (social health), as well as increasing ones energy.

#### Mental Health:

Actively working on ones mental status, can give people the drive and willingness to not only take better care of themselves (physical health) but also helps when interacting with others (social health).

#### Social (and Spiritual) Health:

Humans are social beings, and we need good positive interaction with others to affirm our place in society (mental health), whilst spirituality helps both the mind and body (physical health).



Differences between other models, and Ultra Access's in the inclusion of "spirituality" in with the Social Health part of the triangle.

Now, this doesnt just mean one should become all "wishy-washy", but having a clear purpose and direction in ones life, does indeed play its part in a persons overall wellbeing.

This could be (albeit not exclusive to) in the form of religious faith, or even as such as a clear directive in your own personal development, ie; training, courses and qualifications obtained to further your working career.

Or, even something as a daily act of kindness towards another gives one a feeling of spiritual contentment.

Everyone struggles with improving at least one aspect of the **Wellbeing Triangle**, but we can only try and strive to make our own lives and general wellbeing better, if only even by a bit, day by day.