

What is WELLNESS?

The Merriam-Webster dictionary defines wellness as: “the quality or state of being in good health especially as an actively sought goal” Synonyms include fitness, healthiness, heartiness, robustness, wholeness, and so on. From this one can speculate that “wellness” or to “be well” doesn’t mean just how you “feel” in your physical health, but your WHOLE being.

Being that we are not one dimensional but, rather, multi-dimensional beings to truly be “well” one must address each “dimension” as it were. We all know about our Physical body and our Mental body, but what about our Emotional body and our Spiritual body?

We can improve the condition or state of our physical body through exercise and eating right, as well as, taking medications, that may be prescribed for any chronic conditions, correctly and working with our doctors and medical teams. Additionally, taking a “preemptive strike” approach to any hereditary, preventable/controllable, infectious or chronic illnesses by taking all preventive measures possible such as immunizations, tobacco cessation, losing weight, etc

We can help our Mental state through proper stress management, healthy thinking, addressing any mental health related concerns with the proper Behavioral Health professional and taking any prescribed medications correctly as well. Additionally, decreasing stress and worry over external factors such as family, finances, education, and such which can also negatively affect our state of “well-being”.

What about Emotional and Spiritual Wellness? Emotional wellness is a combination of factors including having a healthy self-esteem (we could all use that), enjoying healthy, satisfying relationships and a good support network, and maintaining a positive attitude and being “happy”.

Happiness comes in many forms, but it is fed through our choices and thoughts. Happiness is not static, but changes. Things that make us happy and lift our spirits include religious faith, family, strong ties to friends and being committed to spending time with each of those. Happiness feeds the emotions and the Spirit, which helps the forth factor in Wellness, which is Spiritual Wellness.

How do I decrease my worry about family, or money? You ask...I’m glad you asked that. Following this article are some of the resources available on Ft Sam and at SAMMC (BAMC) that will help you find the balance and restore or build a state of wellness in you and in your family. Each of the listed agencies offers classes, services or information to improve your state of well-being in a given area.

AGENCY INFO	MENTAL WELLNESS	PHYSICAL WELLNESS	EMOTIONAL WELLNESS	SPIRITUAL WELLNESS
Behavioral Health Clinic 3100 Schofield/FSH 210-808-2534 Warrior Clinic 4178 Petroleum Dr 210-539-9567	Counseling Services Classes for AD at Warrior Clinic		Counseling Services	
Army Community Services Bldg. 2797 Stanley Rd 210-221-4871 Ft Sam MWR	Military Family Life Consultants			
SAMMC/BAMC Staff: Staff Resiliency Program (check Hyperlink for info) Rm 310-25 Bed Tower 210-916-4049 Staff Resiliency Program	Yoga Classes Resilience Topics at Lunchtime Monthly	Zumba Classes	Energy Healing	Drumming Circle (also Energy Healing)
Ft Sam MWR 210-221-0349/2418	Men's & Women's Self- improvement/ Self Confidence Classes Stress Management	Multiple Fitness Classes (see their calendar for details)	Relationship Classes Anger Management Infant Massage Marriage Enrichment Communication Skills	
Army Preventive Medicine Health Promotions Health and Wellness	* Stress Management * Healthy Thinking * Relaxation Classes	**Weight Loss: Group Life Balance Class **Tobacco Cessation	* Healthy Thinking	
Ft Sam Religious Support Office 210-221-5007 Spiritual Support programs			Marital & Premarital Counseling Pre and Post deployment Assistance	Religious Services (Multiple Denominations)
See below for more program information				

Additional Wellness Impacting Services:

AGENCY INFORMATION	FAMILY IMPACTING	OTHER WELLNESS INFLUENCING FACTORS
<p>Child, Youth and School Services Bldg. 2797 Stanley Rd 210-221-4871</p> <p>Ft Sam MWR</p>	<p>Kids on Site *** Full Day Care *** PreK “Strong Beginnings” Pgm *** Hourly Care *** Family Child Care*** Before and After School Care *** Seasonal Camps *** Middle School and Teen Pgms *** Homework & Tutoring Assistance *** SKIES/EDGE: Youth Sports *** Smart Start Sports</p> <p>PLUS: Army Child Care in Neighborhoods and Headstart</p>	
<p>Army Community Services Bldg. 2797 Stanley Rd 210-221-4871</p> <p>Ft Sam MWR</p>	<p>Family Life Programs *** Financial Readiness *** Army Volunteer Corps Pgm *** Relocation Readiness Mobilization and Deployment *** Computer classes *** Army Family Team Building</p>	
<p>BAMC 210-916-5388</p>	<p>BAMC Youth Pgm (Volunteer positions at BAMC)</p>	
<p>Army Education Center Bldg 2248 210-221-1738</p> <p>Ft Sam MWR</p>		<p>Education Opportunities and Counseling Services, Scholarship Info, Tuition Assistance, GI/Post 9/11 Bill</p>
<p>Ft Sam MWR</p>	<p>Parenting Class Info *** Teen programs</p>	<p>Budgeting classes *** English as a second language *** Spanish *** Army Emergency Relief</p>
<p>HOOAH 4 Health</p>	<p>TONS of information for you, your family and friends</p>	