Wellness to me is maintaining physical and mental health. I have to happy and confident in the skin I am in, have a good social life with the ability to make friends, and be able to have time to myself to relax and reenergize through getting enough quality sleep.

For myself, no matter what weight I am, I want to be able to look in the mirror and say that I am beautiful inside and out. Somedays it is a struggle to be confident, but then I think about all the ways my life could be worse. I try to always be conscious of what I am eating, but to be honest, if I want to eat something bad I am going to eat it. I believe it is all about moderation. Maybe I can have a piece of cake, but not half of the cake. I enjoy going to the gym to relieve stress, but sometimes I feel like people are watching me.

In order to have great wellness, I must have the ability to socialize with other people. I cannot stay indoors more than two days at a time unless I am sick. Going without human communication for an extended amount of time drives me insane and leaves me pondering in my own thoughts. I need to stay busy in order for me to be happy. In college, by constantly staying busy, I can keep my mind off of home and what is happening there.

I believe it is extremely important to have enough sleep and alone time. If I do not get enough sleep, I am not productive and all I think about is when I am going to sleep again. Being an only child, I am not used to being around someone else in one tiny room for 12 or more hours a day. It is stressful for me not to be alone for at least a few hours a day. When I need a break from people, I get on my laptop with my earphones and watch television or listen to music.

To maintain my wellness during studying, I need to improve the snacks that I eat when I am studying. Sometimes when studying, I do not pick the healthiest snacks. Instead of a brownie, I should eat a granola bar or a piece of fruit. Another step I need to take to improve my wellness while studying is to take breaks after studying for long periods of time. When I study, most of the time I study for long periods of time without breaks, which leads to absorbing less of the material that I need to learn for class. While studying I need to pace myself and stop for breaks or a snack every once in a while. Lastly, I need to make sleep the most essential part of my routine. Sleep maintains my wellness while studying by allowing me to focus on the tasks at hand.