Figure 5. Wellness Re-conceptualized: Young Adulthood ©

Developmental tasks and roles, role-specific behaviors, resources, role fulfillment and a sense of well-being
Figure 6. Wellness Re-conceptualized: Middle Adulthood ©

Developmental tasks and roles, role-specific behaviors, resources, role fulfillment and a sense of well-being
Developmental tasks and roles, role-specific behaviors, resources, role fulfillment and a sense of well-being
The achievement of wellness (sense of well-being) results from the consistent application of resource (physical, emotional, social, intellectual and spiritual) to the activities that sustain role fulfillment — thus meeting the aspirations of the collective society and self. Over time, an individual’s wellness contributes to a more functional society, a personal sense of integrity, and a feeling of life satisfaction.