

Definition of Intellectual Wellness

Maintaining an optimal cognition to process learning, solve problems, and making decisions to manage daily life.

- Intellectual wellness is the ability to be open to new ideas, critical thinking, and learning new skills to create potential for sharing with others and use it for betterment of community.
- Intellectual wellness promotes creative mental stimulation as well as learning new and exciting things.
- It is having curiosity and desire to learn while valuing your life experiences
- Discovering and exploring your world, learning more about you, expanding your mind and potential, and solving a problem. Simply sharing and receiving knowledge with others fosters intellectual health and wellness.
- Intellectual wellness does not mean performing well in class, but it means collecting knowledge from class and applying it to welfare of others.

Benefits of Intellectual Wellness

- Invigorating mind through knowledge and apprehension of world brings richness to one's life and other people.
- One's knowledge can save the world and many people lives. For example, knowledge of medicine by Hippocrates and knowledge of x-ray by Marie curie save the lives of many in this world.
- Make one curious to get more knowledge and can lead to surprising discoveries. For example, Newton found the law of gravity as he was curious to know why the apple fell on the ground.
- Enhance the memory power, recall and concentration of a person. It improves remembrance power of previously happened things and increase concentration in present things.
- Improve critical thinking skills to develop a good problem solving and coping skills which are necessary to keep one more intelligent and productive. It can happen by practicing quizzes, jumble games, and by improving general knowledge⁴.
- Improve the sense of self-worth as one can recognize his/her productive work and success.
- Dignity, belonging, self-determination, tolerance, acceptance improves in an intellectually well person.
- Respect for others and try to help others. It does not mean one feels arrogant that he/she is more productive and has more knowledge. This is the knowledge and education which teaches us manners like respecting each and every human even if his/her ideas are same or clash with you.
- Realize one's potential, understand and feel good about yourself and make positive attitude towards life.

- It helps to keep mind alert and intellectually sound.
- It helps to improve expressiveness of your thoughts and your creativity by challenging yourself and developing problem solving skills.
- Keeps mind fresh and alert help one to stay healthy and aware.
- It also improves openness of mind and free thinking because sad and tense people cannot be as productive and as knowledgeable as intellectually healthy person.
- Learning new skills with curiosity to do great things. For instance, you will be able to develop great interest in the world around you.
- Committed to lifelong learning through formal education and informal life experiences.
- Continuous sense of humor, creativity, curiosity by reaching your own decisions, making up your mind, in your own interest when there is a choice or a problem, which is a daily event.

Intellectual Wellness Lifestyle Guidelines

- Involvement in activities that increases intellectual power such as critical thinking and mentoring.
- Explore things or subjects which motivate you.
- Do regular intellectual stimulation activities like organizing games, puzzles, chess, writing for pleasure etc. Researchers concluded that doing such activities reduce the risk of diseases like dementia, Alzheimer by 67%. Read books, newsletter and get knowledge from internet sources to find things related to your interest area will definitely increase your knowledge and improve intellectual health. It will help you become more aware of present and past events. Learning extra knowledge than college books through internet and other sources to get in-depth knowledge of field for life applicable learning. Try to learn something new every day , keep your eyes and mind open to new ideas and focus on learning something new each day.
- Challenge yourself to see more than one side of the issue and get involved in debates and discussions.
- Learn different languages by watching movies and interacting with different people. It is well known fact that people learn from those around them.
- Sign up for electronic newsletters, watch educational channels like National Geographic, History or Discovery to enhance your knowledge.
- Attend sessions regarding health education and wellness which teach about how to lead a healthy life.
- According to researchers 20 minute walk through natural settings lead to improved concentration.
- Do meditation daily, which improves concentration power and intellectual health.

- Do yoga daily for 20 minutes improved blood circulation and focusing the mind on the breath combine to soothe the nervous system. Long term benefits reduce stress, anxiety, fatigue, better concentration and energy levels and increase the feeling of calm and well-being.
- Do regular exercise, eat balanced diet, restful sleep, and avoid smoking to reduce the factor, which can interfere with clear thinking.