
Envisioning the Future Discussion

Student's Name

Course Code and Name

Department, University

Instructor

Date

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Based on the analysis through the four lenses, the definitions of wellness have transitioned from vital aspects that focus on an individual's growth and development to integrate elements that foster improving self-awareness conditions that guarantee better livelihoods (Kirkland, 2014).

This transition is based on the pursuit of an integrated approach that follows an individual's routine incorporation of personal responsibility towards minimizing their susceptibility to situational stressors within their environment. Moreover, it involves changes based on the identification of the factors that improve an individual's emotional, physical, social, and spiritual health situations (Kirkland, 2014).

The four lenses approach the study of wellness concerning the individual by focusing on their past experiences to understand the progression to their present situation. It further focuses on exemplifying the complexities associated with situational stressors that impede the attainment of emotional, physical, social, psychological, and spiritual well-being. Regarding society, the four lenses approach the study of wellness by focusing on social, environmental, financial, and biological issues that inform people's behavior and response towards specific events and outcomes (Haybron, 2013).

Most fundamentally, the four lenses represent a way of seeing wellness by portraying social issues and society's response that facilitates understanding and appreciating differences in culture, values, opinions, and perspectives. It further portrays the various ways in which people in the society can alleviate situational stressors through interactions that boost the afflicted individuals or groups' well-being (Haybron, 2013). However, the implications of wellness in the future include promoting communities to come together to address the various challenges facing their people, a significant improvement in eventualities such as mental illness cases, and better livelihoods for all individuals and groups in society (SNHU Ally Remediated Videos, 2018).

Implementing the various lessons learned in this course into my life and profession will involve endeavoring to understand other people's values, cultural beliefs, and perspectives to formulate cohesive existence that leads to collaborative efforts. Subsequently, I would prioritize determining the causes of a specific social issue, use the various channels available to gather the relevant information, and bring onboard professionals from different professions to formulate a suitable course of action (SNHU Ally Remediated Videos, 2018).

References

- Haybron, D. M. (2013). 6. Beyond happiness: Well-being. *Happiness*, 77-90. <https://doi.org/10.1093/actrade/9780199590605.003.0006>.
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