**World Health Organization definitions:**

**Health:** Health is a complete state of physical, mental, and social well-being and not merely the absence of disease of infirmity (disorder or frailty)

**Wellness:** Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. ... Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

**Mental Health:** Mental health is a state of well-being in which the individual realizes his or her (their) own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her (their) community.