“DYNAMIC WELLNESS – A Model of Wellness in the context of life transitions

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ABSTRACT

In medicine, pregnancy is categorized as an illness, as it is a system constantly being pushed away from its initial state of equilibrium. At the same time, pregnancy is a constant state of wellness with the body moving through changes in a dynamic process creating equilibrium across its course, thereby actually NOT being an illness but rather a state of dynamic wellness. This concept was used in order to develop a new model of wellness: “Dynamic Wellness”. Traditional models of wellness rely on creating stability in life, identifying healthy behaviors, doing them consistently, and promoting wellness by developing constancy in life. In pregnancy, postpartum and across most women’s lives, “constancy” is not the norm. Change is the norm. Therefore, traditional models of wellness do not adequately apply and ,thus, do not adequately provide guidance for understanding, assessing, and optimizing wellness in most women’s lives. This new model of “Dynamic Wellness” will be presented as a model that will enable women and providers to share a systematic way of approaching and understanding wellness in states of transition with terms needed to communicate about it. The model offers specific guidelines to assess patient wellness when in the state of transition, has a clinical tool for assessment, and provides specific guidelines for optimizing wellness in the context of life transitions.