

DECEMBER 2020 ISSUE

# 8 Dimensions Of Health And Wellness

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# Physical Wellness

GET ACTIVE!!!

WALK AROUND THE PARK WITH A  
FRIEND.

JOIN A GYM.

CHOOSE A HEALTHY DIET.

CHALLENGE YOURSELF!!

SET GOALS!!



# Emotional Wellness

FORGIVE YOURSELF.

GIVE YOURSELF CREDIT FOR THE  
PROGRESS YOU MAKE.

YOU ARE WORTH FAR MORE THAN  
YOU THINK



# Interpersonal Wellness

JOIN A GROUP CLASS OR FITNESS  
BLOG IN KYZIEN.

MAKE NEW FRIENDS WITH  
SIMILAR WELLNESS GOALS



# Intellectual Wellness

KNOWLEDGE IS POWER!!!

GET INFORMED AND BUILD A  
MENTAL FOUNDATION FOR YOUR  
GROWTH .

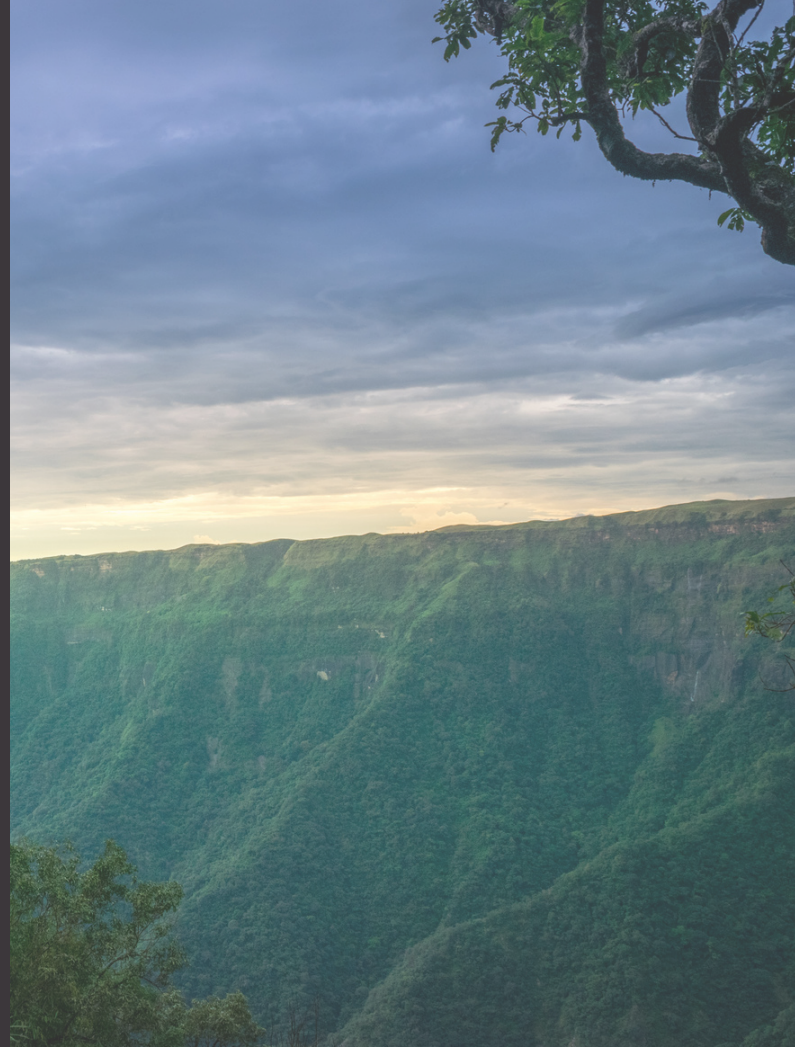
# Environmental Wellness

IT IS ALWAYS GOOD TO CHANGE SCENERY.

ENJOY A SUNSET OR THE BEACH.

CONSIDER TAKING A VACATION.

REMOVE YOURSELF FROM ENVIRONMENTAL STRESSORS



# Spiritual Wellness

WORK TOWARDS MAINTAINING YOUR INNER PEACE.

TAKE A BREATHE OR MEDITATE GO ON A HIKE OR SOMETHING TO RELAX THE MIND AND BODY





# Occupational Wellness

MAKE AN EFFORT TO HAVE A  
HAPPY WORK ENVIRONMENT.

ENJOY WHAT YOU DO EVERYDAY,  
OR AT LEAST TRY



# Financial Wellness

LIVE WITHIN YOUR MEANS TO  
AVOID THE STRESS THAT COMES  
WITH UNMANAGEABLE DEBT.

IT IS OK THAT YOU HAVE DEBT  
DOWN, BUT LET'S START WORKING  
TOWARDS IMPROVING OUR  
FINANCIAL FREEDOM TO ENJOY  
THE BEAUTY OF THE EARTH

