

# Total Body Wellness

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Practices that Help the Body Work Efficiently

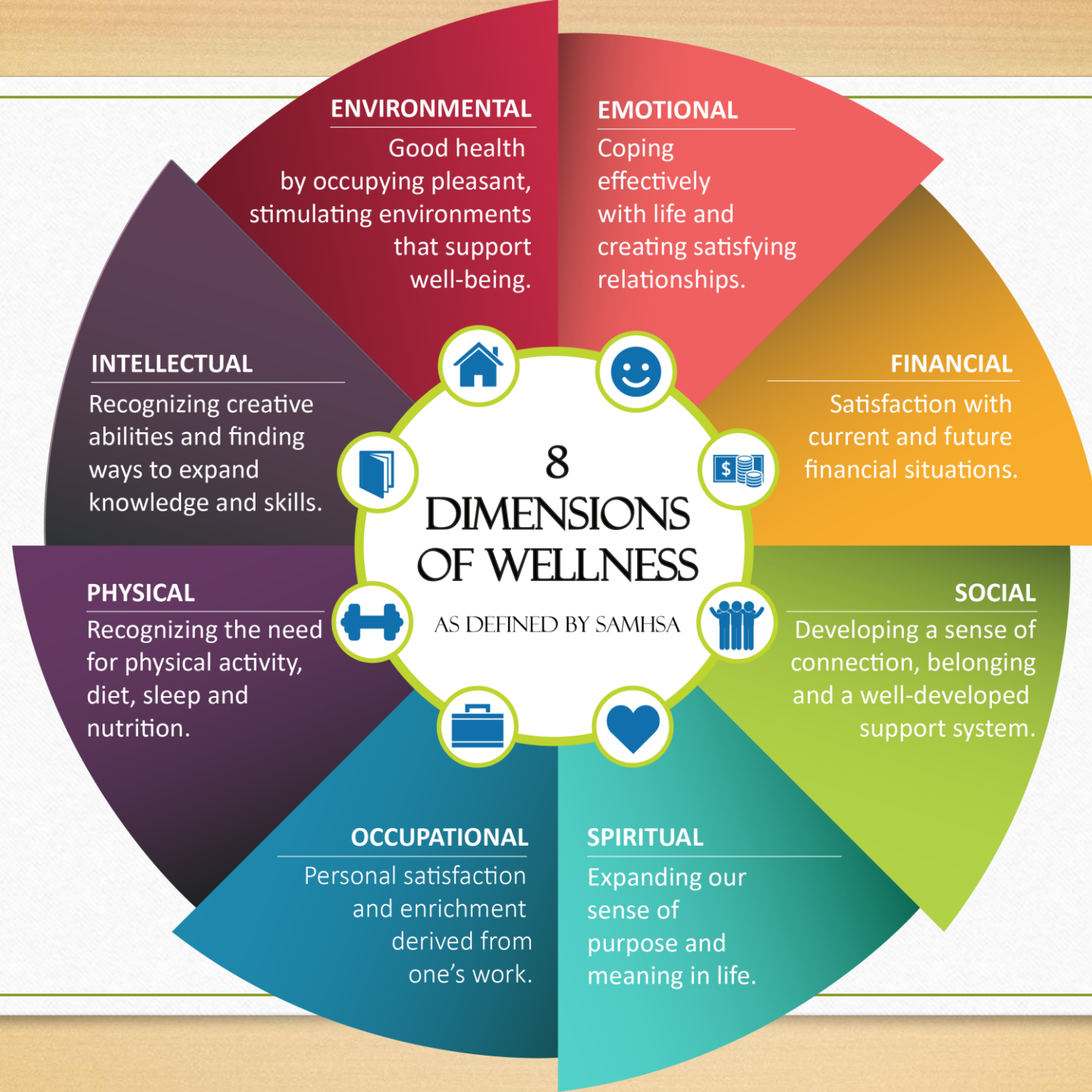
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- Be mindful that your health is more than just physical





# Tips for Improving Overall Wellness

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## **Identify Problem Areas**

Choose an area from the wellness wheel that you feel you could improve upon



## **Set a Goal**

Create a measurable goal where you will be able to see the results



# Ideas to Get Started



- **Sit Less**- stand while working with a standing desk, pace during conference calls and walk at lunchtime
- **Be Thoughtful**- write down three things you love about yourself or others and post it in your office or home as daily encouragement
- **Learn Continuously**- find a new topic of interest and set a goal to read a book this year



# Ideas to Get Started

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HEALTH IS A  
STATE OF MIND  
WELLNESS IS A  
STATE OF BEING

- **Practice Meditation-** Think introspectively and reflect on yourself for five minutes a day to help create mind/body awareness
- **Join a Social Group-** Whether it's a favorite sport, book club, group exercise, or just friends hanging out, invest yourself in a community where you can be your best self and enjoy the presence of others

# References

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- <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
- <https://nccih.nih.gov/health/wellness>