

Wellness In Action

Physical

exercise, sleep, track steps, stay hydrated, stretch breaks, try a new form of movement

Environmental

eat/shop local, tote reusables (bags/water and tea bottles, forks, cloth napkins), skip the plastic, compost, garden

Nutritional

track what you eat and notice how you feel, eat color, stock up with healthy options, limit added sugar, pack nutritious snacks for on-the-go

Emotional

polish coping skills, incorporate relaxation techniques, nurture your senses, identify your feelings

Medical

annual physical, alternative therapies, therapy, dentist, prescription, vaccines

Occupational

work with your strengths, build connections, create an inspiring work environment, build skills, professional development

Spiritual

meditate, spend time in nature, volunteer, performing arts, gratitude, do what brings meaning, digest inspiring books/music/podcasts

Financial

track spending, budget, shop secondhand, side hustle, savings account, donate to causes you love, try buying only consumables and experiences for a month

Social

build and sustain healthy relationships, practice the golden rule, join like-hearted communities, practice clear/compassionate communication

Behavioral

be a lifelong learner, expand your horizons, seek out challenges, trim caffeine/alcohol, track habits, try something new