

THREE PILLARS OF WELLNESS: MENTAL, PHYSICAL AND FINANCIAL



Wellness is a broad scope but can be broken into three key areas: mind, body and money.

Below are tips to help bring these pillars into balance.

MENTAL WELLNESS



- ◇ Keep your brain and emotional health in top shape
- ◇ Read
- ◇ Play games and puzzles – they're good for your brain muscles, plus they're fun
- ◇ Find humor in life
- ◇ In colder seasons, include light therapy (phototherapy)

PHYSICAL WELLNESS



- ◇ Maintain a proper diet and exercise regularly
- ◇ Enjoy the seasonal sports available in your area
- ◇ Develop an indoor and/or outdoor exercise routine
- ◇ Stretch at work to relieve stress and change your posture at least for a few minutes
- ◇ Walk – even if it's no further than the water faucet or coffee machine
- ◇ Get a good night's sleep

FINANCIAL WELLNESS



- ◇ Organize your finances
- ◇ Create a budget and stick to it
- ◇ Lower your debt
- ◇ Save for the unexpected and beyond
- ◇ Enroll in a financial wellness program if offered by your company

While we can't claim to be experts in the mental and physical wellness, we can help on the financial side!



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