# **PHYSICAL**

- Take the stairs
- Get regular check-ups
- Choose healthy snacks
- · Turn off cell phone
- Get massages

## **PSYCHOLOGICAL**

- Self-reflection
- Join a support group
- Ask for and receive help
- Self-awareness
- Aromatherapy

## **PROFESSIONAL**

- · Take time for lunch
- · Leave work at work
- · Set personal goals
- Communicate needs
- · Take personal days

# WELLNESS WHEEL



for life balance

#### **EMOTIONAL**

- Affirmations
- Laugh...and cry
- Self-love
- Practice gratitude
- Social engagement

# **PERSONAL**

- Learn who you are
- Set boundaries
- Learn new skills
- Go on dates
- Relax with your family

## **SPIRITUAL**

- Meditate
- Find inspiration
- Pray
- Volunteer
- Journal