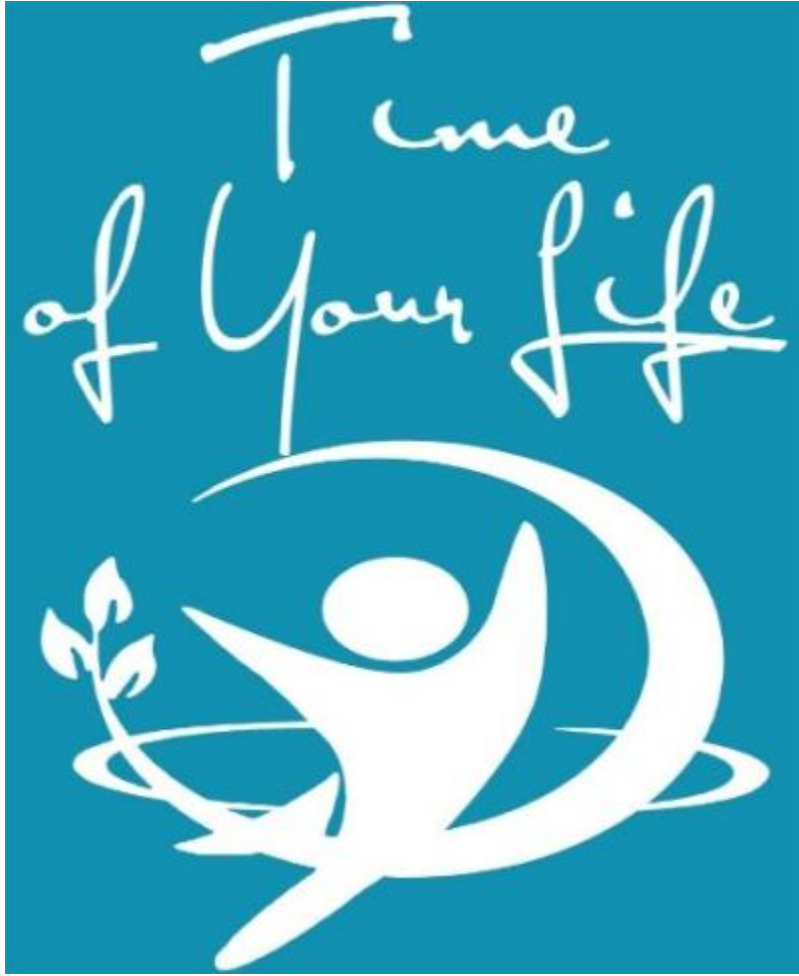


Employee Wellness



TAKE YOUR LIFE BACK!

8 DIMENSIONS OF WELL-BEING

Social: Good communication skills, developing the capacity for intimacy, and cultivating a support network of caring

friends and family.

Spiritual: Possessing a set of guiding beliefs, principles, and values that give meaning and purpose to life.

Occupational: Gaining personal fulfillment from employment, maintaining a sense of balance, and utilizing talents.

Financial: Adopting smart fiscal management practices and being prepared for all possible expenses: short-term, long-term, and emergency.

Environmental: Advocating for sustainable change, contributing to the health of the planet, and living a “green” lifestyle.

Physical: Eating well, exercising, avoiding harmful habits, recognizing the signs of disease, getting regular physical exams, and taking steps to prevent injury.

Intellectual: Openness to new ideas, a capacity to question and think critically, and the motivation to master new skills.

Emotional: Optimism, trust, self-esteem, self-acceptance, self-control, self-confidence, satisfying relationships, and an ability to share feelings.