

# BE WELL

FIND BALANCE FOR A WELL-ROUNDED LIFE

## Did you know?

- Living well is more than physical health, it encompasses emotional, environmental, intellectual, spiritual, financial, and social dimensions.
- Each area of wellness impacts other areas, and an imbalance in one or more areas can affect your overall health.
- Creating positive habits in all areas of well-being can help prevent future health problems.



## WHEEL OF WELLNESS: ARE YOU BALANCED?



### ARE YOU BALANCED?

Take a moment to consider the Wheel of Wellness on the left. What areas of wellness are you in balance? What areas are you spending too much energy? What areas are you avoiding?

### HOW CAN YOU IMPROVE?

Now that you know which areas you are out of balance, choose one thing you will do this week to achieve balance in one area of wellness.

BALANCE GOAL: \_\_\_\_\_