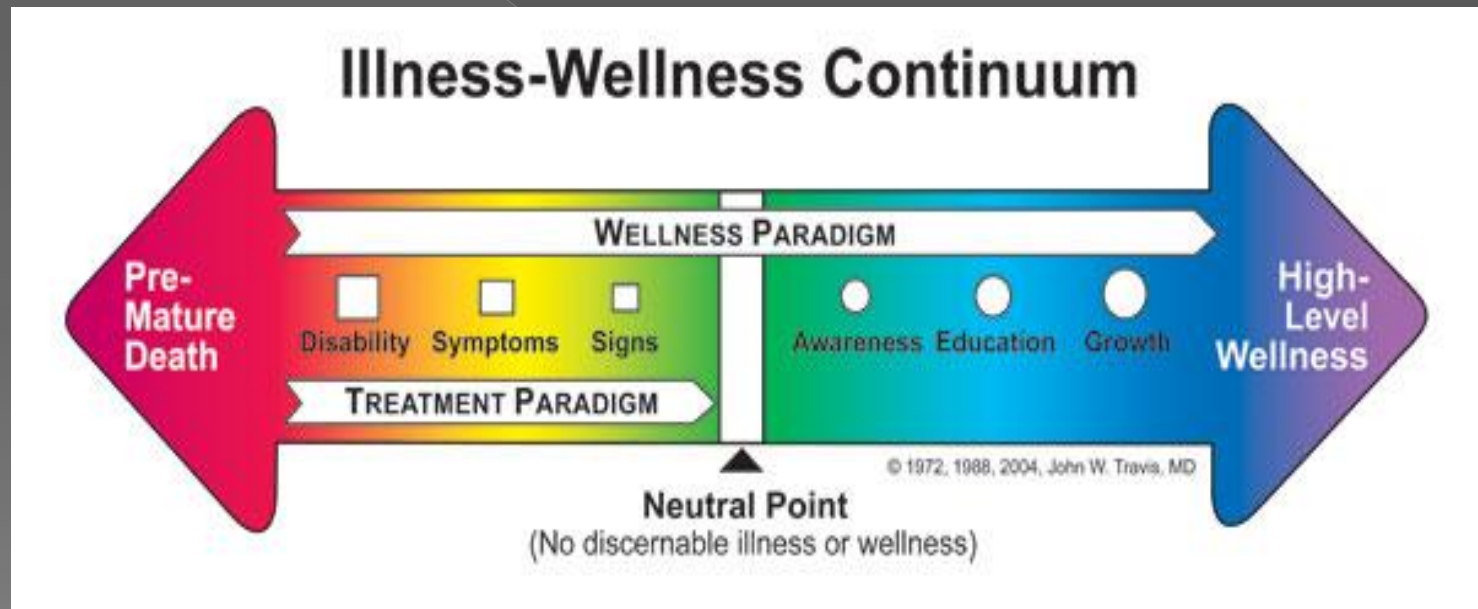


Wellness

the pursuit of a healthy and balanced
lifestyle

It involves finding a balance of the
mind, body and spirit which results in an
overall feeling of well-being.

Wellness Continuum



8 Dimensions of Wellness

- What do you think they are?

8 Dimensions of Wellness

Physical

Career

Financial

Social

Emotional

Spiritual

Intellectual

Environmental

Partners

- Explain what your dimension of wellness is...

- Share

30 Day Challenge

 Video

Your 30 Day Challenge!!!

- Take a few minutes to think about something you would like to decrease, subtract or add to your life for the next 30 days....
- Think about the 8 dimensions of wellness...

SMART GOALS

- Specific
- Measurable
- Attainable
- Realistic
- Timely

Goal/30 Day Challenge Reflection #2

Write goal/30 day challenge in Reflection Journal.

● I will _____

○ Anyone like to share their challenge?

Assignments

- ◉ 1. Artifact
- ◉ 2. Article
- ◉ Both are due tomorrow in class!!