



Physical Wellness

Physical wellness involves the maintenance of a healthy body through good nutrition, regular exercise and avoidance of harmful activities. Taking steps to form healthy habits can support overall wellness. Wellness in this area focuses on nutrition, exercise, and sleep.

Suggestions and Tips:

- Eat a well-balanced diet and maintain a healthy weight. Ensure you are filling your plate with fruit, veggies, whole grains and lean protein. [Myplate.gov](https://www.myplate.gov) has resources for eating a well-balanced diet.
- Try out new [healthy recipes](#) to incorporate nutrient rich foods.
- Participate in moderate physical activity at least two to three times each week.
- Loosen your neck and shoulders as most people carry stress in the muscles in those areas.
- Get adequate sleep each night. Research indicates that our bodies need 7–9 hours of sleep each night to function properly.
- Take a warm soak. A warm bath or shower helps your body relax and releases tension.
- Check in with a health care provider regularly and take prescribed medications as directed. Discount services for prescriptions may be available, such as Virtual Me.*

Resources

- [Virtual Me - Pharmacy Discount Card](#)





Intellectual Wellness

Intellectual wellness includes the openness to new concepts and ideas. Wellness in this area involves learning, fresh and hopeful thinking and creativity. Think of this as wellness of the mind. Keeping your mind active over your lifetime can also help to reduce the risk of cognitive impairment later in life.

Suggestions and Tips

- Never stop learning. Continuous learning is being open to new ideas and skills.
- Try creative activities such as writing, photography or other arts.
- Participate in hobbies and areas of interest, especially reading. Visit your local Library to explore a wide variety of books and magazines.
- Stay hydrated. The brain is made up of 75% water and so when you are dehydrated you can experience brain fog. Water gives you good thinking energy.
- Take advantage of optional free resources, such as those provided by the Women's Brain Health Initiative.*

Resources

- [Women's Brain Health Initiative](#)
- [BrainFitApp](#)
- [6 Pillars of Brain Health](#)





Financial Wellness

Financial wellness involves learning how to manage expenses. Wellness in this area also means considering spending and saving habits.

Suggestions and Tips

- Perform a financial health check to track your spending and maintain a budget.
- Take charge of your financial well-being by learning more about personal finance and budgeting.
- Continue to make strides to become debt free.
- Ensure you have an emergency fund and a plan for the future.
- Take advantage of optional free resources, such as those provided by Coach Connections, LLC.*

Resources

- [Free Money Jumpstart E-Learning Course by Coach Connections, LLC](#)



Emotional Wellness

Emotional wellness involves the awareness and acceptance of feelings and emotions. Wellness in this area includes considering how having hobbies and interests can continue to stimulate our passions and encourage activities that increase our curiosity.

Suggestions and Tips

- Visualize calm. When you feel tense or stressed, imagine yourself in a calm, relaxing situation. Think about all the details...how it looks, sounds and smells.
- Come up with a mantra. When you tell yourself something positive, it helps cope with whatever is happening. Examples: I feel calm and I can handle this. Or I am good at this and I will succeed. Or one thing at a time.
- Focus on being proactive and work to improve your situation. You will feel less like a victim and more in control.
- Put it down on paper. This helps get the thoughts and feelings out of your head and gives you a better perspective on the things that are bothering you.
- Talk nicely to yourself. This will help reduce anxiety and help you stay positive.
- Search the app store on your smartphone to download a meditation or mindfulness app.
- Engage with furry friends. Pets and animals can help to reduce stress. Playing with your dog, cuddling up with your cat or volunteering at a local animal shelter or zoo can provide benefits.
- Take advantage of the free Care Pro Assistance Program to talk with a mental health professional.

Resources

Care Pro Assistant Program: 1.800.531.0200 • inquiries@charlesnechtem.com



Social Wellness

Social wellness involves creating and sustaining healthy, supportive relationships. Consider how to connect with others and engage in your community, which can foster a sense of belonging.

Suggestions and Tips

- Surround yourself with good people and a support network.
- Make time for your friends and family in fun activities that you all enjoy.
- Meet new people. Try a hobby organization or group fitness classes. Attend neighborhood events and events outside of work and home.
- Check your community calendar or newspaper for upcoming social events and opportunities to engage with others.
- Immerse yourself in music. Music is an excellent way to relieve stress and boost your mood.



Spiritual Wellness

Spiritual wellness involves a sense of purpose and meaning in life.

Wellness in this area may involve religious or faith traditions, meditation and mindfulness or could involve getting out in nature.

Suggestions and Tips

- Breathe deep breaths to increase the amount of oxygen in your blood, which helps you relax instantly.
- Try meditation and mindfulness. When you are mindful, you aren't thinking about the past or the future, you are present in the here and now.
- Stay grateful and positive. Being positive doesn't mean ignoring negative feelings, but by practicing gratitude you are noticing the positive things in your life too.
- If a faith practice is important to you, consider connecting with a faith community. Many places of worship have in-person and online services and resources.
- Try yoga or tai chi classes to connect the mind and body.
- Get out for a walk in nature. Find spaces that are calm and tranquil. Maybe it's a nearby park or your own backyard. Look for your little slice of comfort.

SOURCES

- <https://www.homecare.com/family-resources/health-tips-for-caregivers>
- <https://www.homecare.com/caregiver-resources/caregiver-burnout>
- <https://www.homecare.com/family-resources/caregiver-stress>
- <https://dailycaring.com/14-practical-ways-to-relieve-caregiver-stress/>
- <https://www.brainhq.com/news/12-proven-ways-to-increase-your-intellectual-wellness/>

* Virtual Me, The Women's Brain Health Initiative and Coach Connections, LLC, are optional services with their own terms of service and privacy policies, that are not affiliated with or guaranteed by our company, and we receive no payment for your use of their services.



Ways to take a break



Sit in NATURE

