



Plan Your Way to Wellness

Presented By

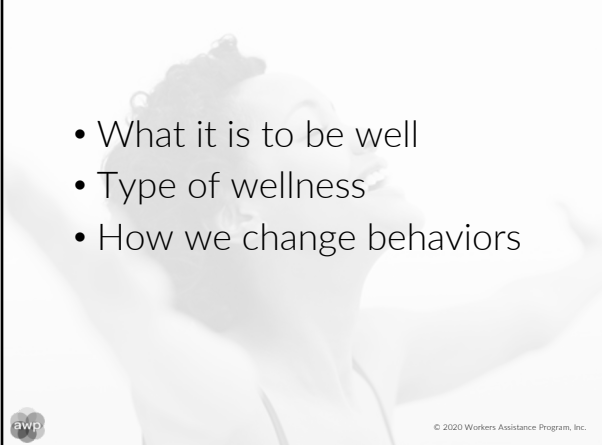
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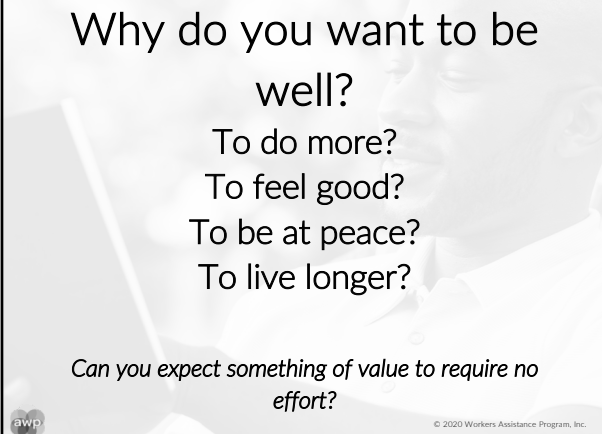
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- What it is to be well
- Type of wellness
- How we change behaviors

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Why do you want to be well?

To do more?
To feel good?
To be at peace?
To live longer?

Can you expect something of value to require no effort?

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What is wellness?

- Social
- Mental
- Physical
- Spiritual
- Occupational
- Financial

"The doctor of the future will give no medicine, but will instruct his patients in care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison



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Financial wellness

How can you expect to eat well, be active, be social, or have time for self-care without financial wellness?



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Occupational wellness

- What are the benefits of your job?
- Connect with your purpose
- Acquiring new skills
- Build a strong team

"You don't have to make yourself miserable to be successful."
 Andrew Wilkinson, founder of MetaLab



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Mental wellness

- Have a goal for each day
- Be realistic
- Seek diversity
- Be curious
- Assume positive intent



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Physical wellness

- What is physical wellness to you?
- Can you have physical wellness without considering your activity and what you consume?



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But I don't have time!



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Improve your physical wellbeing

- Whole, colorful foods
- Mostly plant based
- Incorporate activity

Which plant does your food come from?



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Social wellness

We are the average of the five people we spend the most time with. Jim Rohn

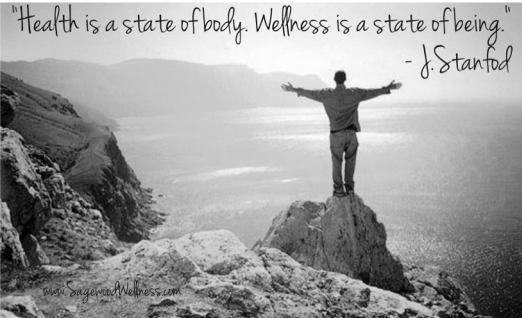


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Spiritual wellness

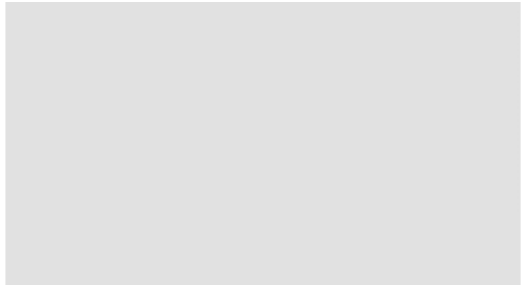
"Health is a state of body. Wellness is a state of being."
- J. Stanford



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How do I break a bad habit?



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Changing habits

- Cue
- Behavior
- Reward



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Journeys are a series of steps

- Easiest step first
- Internal messages
- Set up support
- Explain your actions



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Next steps

- What makes sense to you?
 - Social
 - Financial
 - Occupational
 - Mental
 - Physical
 - Spiritual

Step	1	2	3	4	5
Step 1	1	2	3	4	5
Step 2	1	2	3	4	5
Step 3	1	2	3	4	5
Step 4	1	2	3	4	5
Step 5	1	2	3	4	5



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How are you sleeping?

“A good laugh and a long sleep
are the best cures in the
doctor’s book.”
Irish proverb



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Thank You!



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