

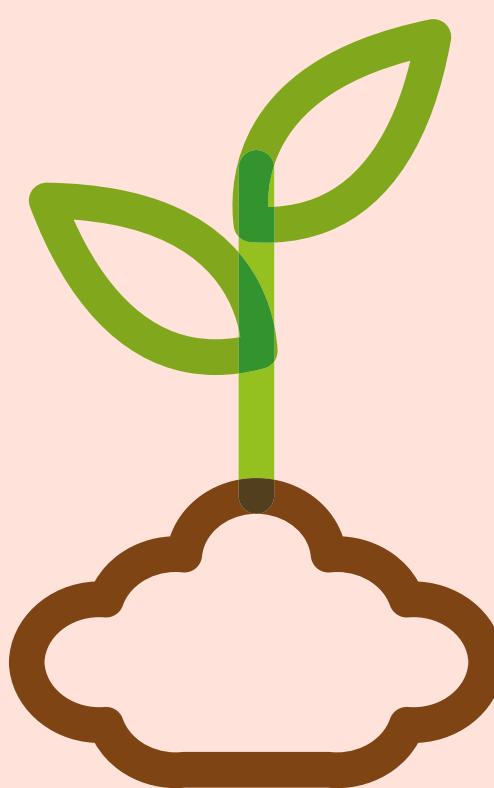
# WELLNESS WEDNESDAY

## What is wellness?

Let's talk about it.

To practice wellness means that you are taking part in habits that are conducive to a healthy lifestyle, including physical and mental health.

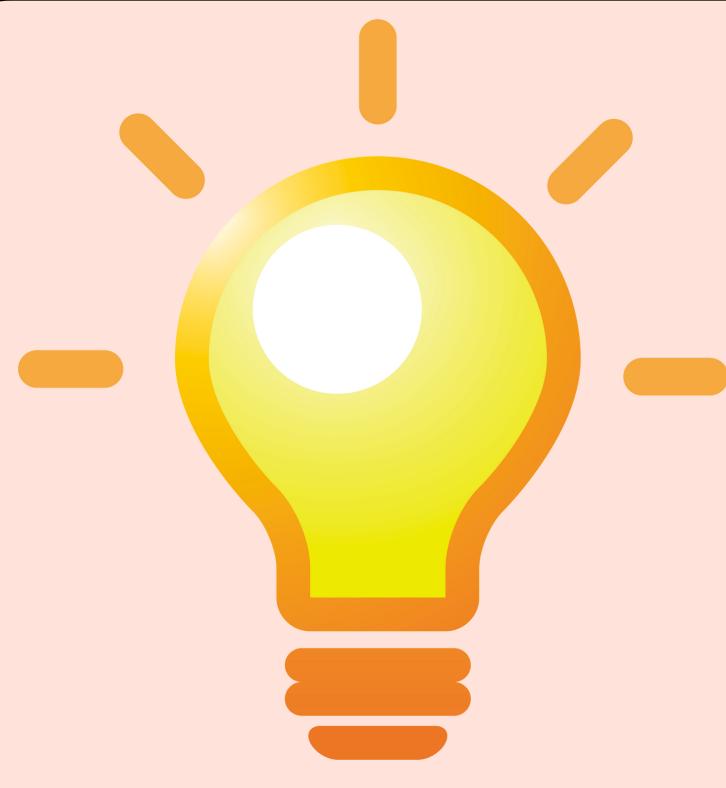
Wellness includes different pillars such as:



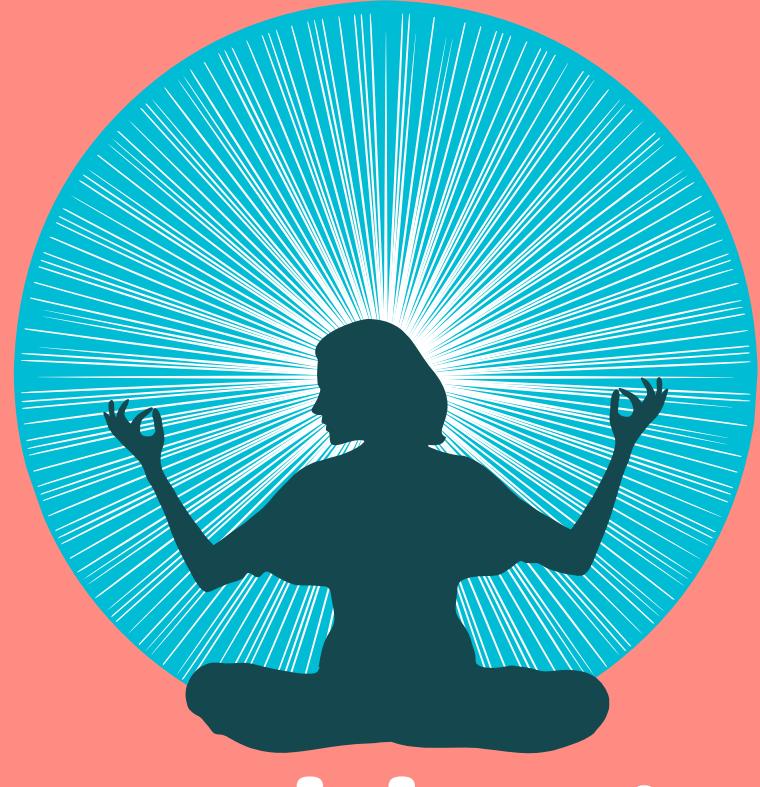
**Environmental**



**Emotional**



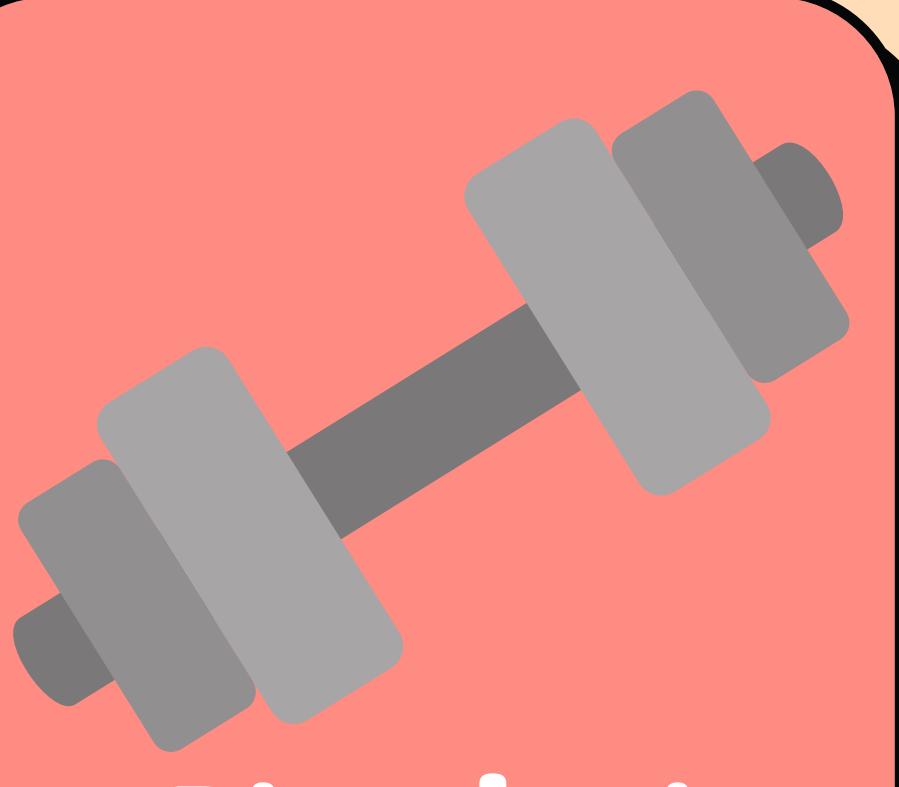
**Intellectual**



**Spiritual**



**Social**



**Physical**

# WEEKLY WELLNESS



Recycle and compost  
Enjoy the outdoors  
Declutter personal space  
Walk or carpool



Be optimistic  
Achieve self confidence  
Take responsibility  
Be nonjudgmental



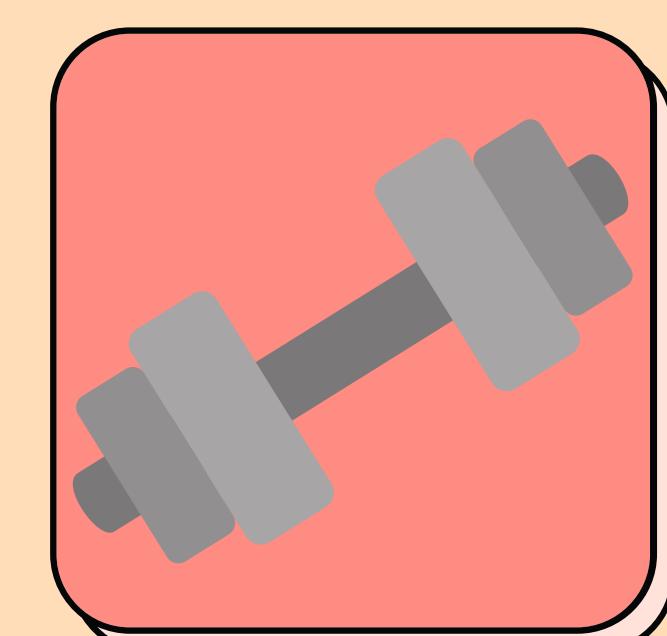
Continue to learn  
Be open-minded  
Listen to other's opinions  
Manage your time



Be compassionate  
Know your values  
Be forgiving  
Volunteer your time



Get involved in community  
Develop conflict strategies  
Seek support from friends  
Expand personal skills



Work on self-esteem  
Be physically active  
Focus on healthy eating  
Perform good hygiene