

Wellness Plan

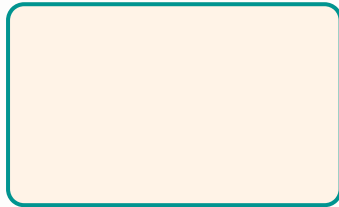
Why Wellness Matters:



Caring For My Body:



Caring For My Brain:



My Strengths:



Caring For My Emotions:



Support (Connections):



COMPASSION STARTS WITH US!

PURPOSE fuels passion, which generates energy. With energy, we can support ourselves and others. Showing up doesn't always mean doing more; it can mean intentionally doing less. Purpose empowers us to live by our core values, connect to something larger, and maintain a positive mindset.

GRATITUDE doesn't always come naturally; humans are wired for survival and threat detection. We can nurture resilience by training our brains to recognize strengths and appreciate the positives. Practicing gratitude yields remarkable effects, including physical and psychological health benefits, enhanced empathy, reduced aggression, improved sleep, and boosted self-esteem.

CONNECTION with others are as vital to physical and mental health as exercise and healthy eating. Research indicates that social connections' psychological and physical health benefits can outweigh the adverse effects of other risk factors. According to the CDC, Connections have even been shown to increase life expectancy.

Self-compassion is self-care.