

A decorative graphic on the left side of the slide consisting of white and light blue lines that resemble a circuit board or a stylized tree. The lines are vertical and horizontal, with small circles at the ends, creating a complex, branching pattern.

DIMENSIONS OF WELLNESS

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SOCIAL WELLNESS

- How a person contributes to their environment and community, and how to build better living spaces and social networks.



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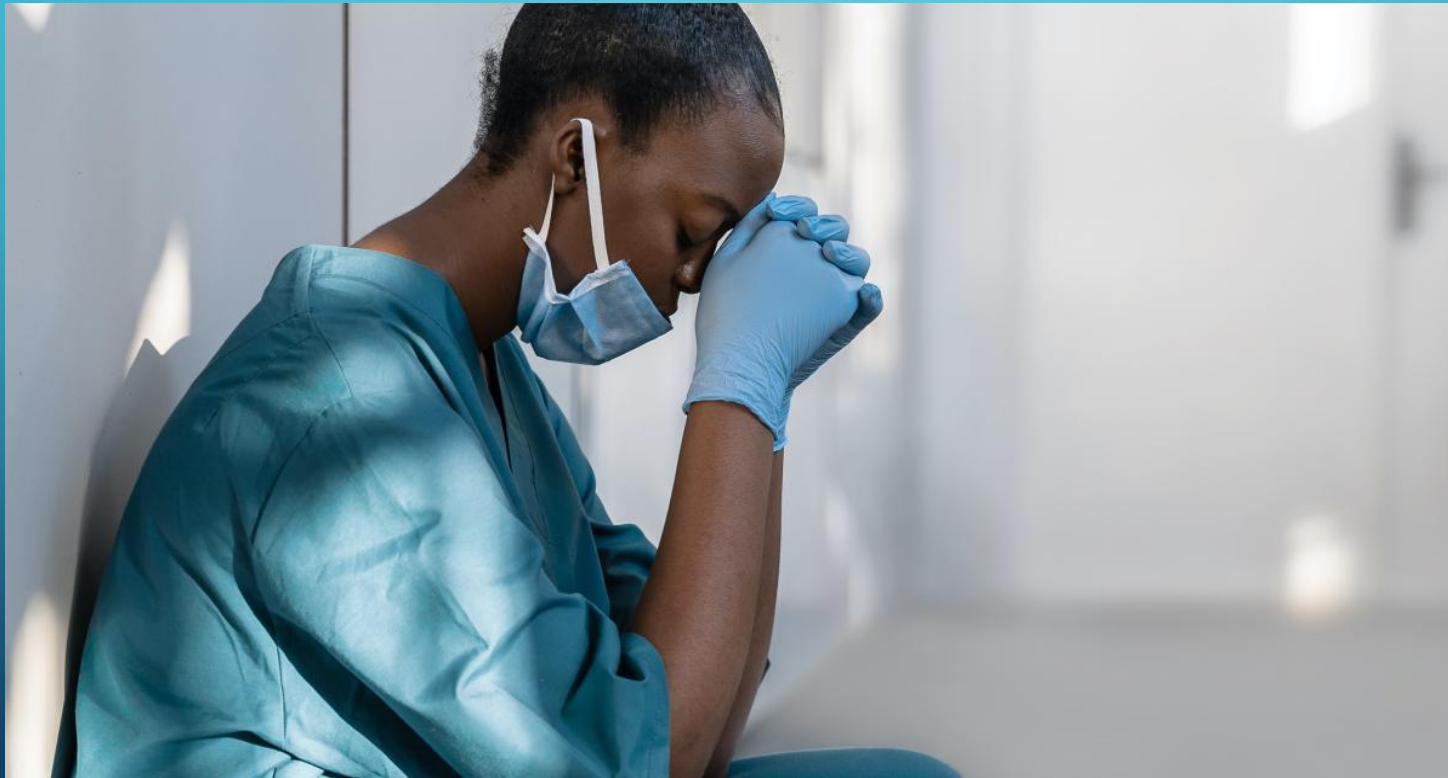
INTELLECTUAL WELLNESS

- Creative and stimulating mental activities, and sharing gifts with others.



SPIRITUAL WELLNESS

- The development of belief systems, values, and creating a world view.



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EMOTIONAL WELLNESS

- Self-esteem, self-control, and determination as a sense of direction. Coping.



OCCUPATIONAL WELLNESS

- The enrichment of life through work, and its interconnectedness to living and playing.



PHYSICAL WELLNESS

- The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and when to seek medical attention



WHY WELLNESS ?

- **Healthier- no blood pressure, cholesterol, weight loss meds**
- **Happier**
- **Miss less work**
- **Lower healthcare costs**
- **Increased morale and engagement- increased energy levels**
- **More productive,improved performance= more profitability, ROI**



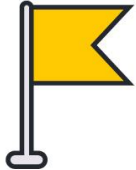
Strategies



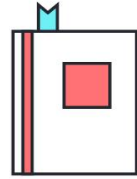
GOALS and PRIORITIES



Time



Resources



Why is wellbeing important for leaders?

Good health and well-being is usually associated with high performance and effective productivity.

Your role as a manager / leader is to bring out the best in others, and yourself, in order to deliver the results, you need as an organization.



WALK THE WALK



- Walking the walk may include:
- Setting boundaries around work hours and being clear about expectations for response times during weekends and vacations.
- Take time off to disconnect, rest and recuperate.
- Learn how to share your own struggles with stress and anxiety, which can go a long way toward building trust when others see that they are not alone.

THE ROAD TO TOTAL WELLNESS

**Take
responsibility
for your
health**

Set Goals

**Change
Habits**

FINDING THE BALANCE

- Realize the Interconnection of all Dimensions.
- Identify strengths and weaknesses.
- Make choices toward a more successful existence.




ME TOO

- Shoulder rolls
- Heel and Toe lifts
- Walking forward and back – Add arms
 - Jump rope
 - Single jacks
 - Knee lifts
 - Opposite Hand to Toe
 - Opposite elbow to knee
 - Side bends
- Knees up to Opposite elbow to knee

CAN'T HELP FALLING IN LOVE

Chair Yoga
Positions



The background is a blue gradient with faint, abstract circuit-like lines in the corners. These lines are white and light blue, forming a network of nodes and connections. The text is centered in a bold, white, sans-serif font.

BOX BREATHING

The background is a blue gradient with decorative white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a stylized electronic circuit.

FINGER TRACING