



Wellness

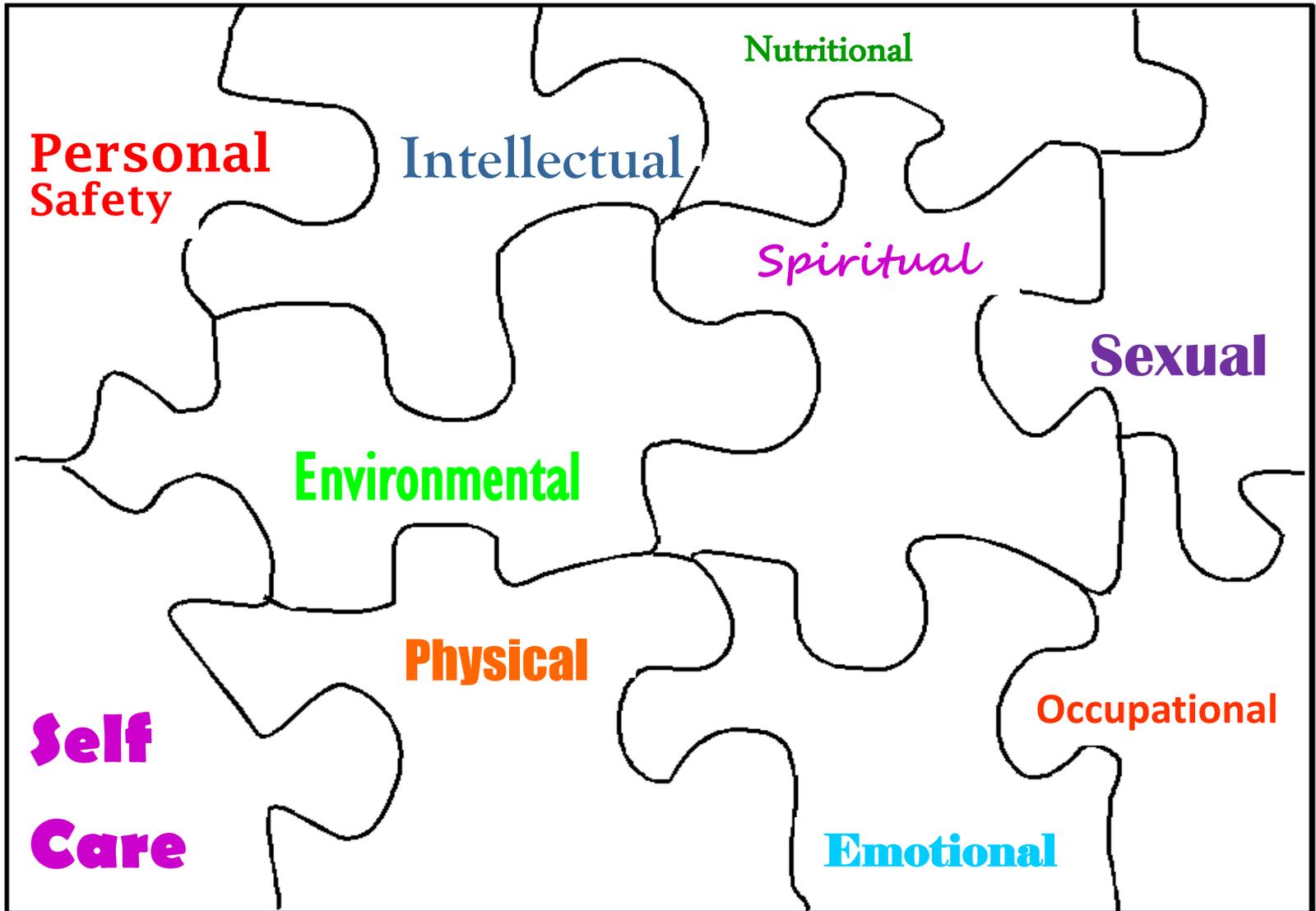
Take the Challenge

November 1, 2013

What is Wellness?

Wellness is multidimensional. It is an integration of physical, mental, and spiritual well-being. TestWell looks even deeper at wellness to include:

- Environmental
- Occupational
- Self Care
- Personal Safety
- Nutritional
- Intellectual

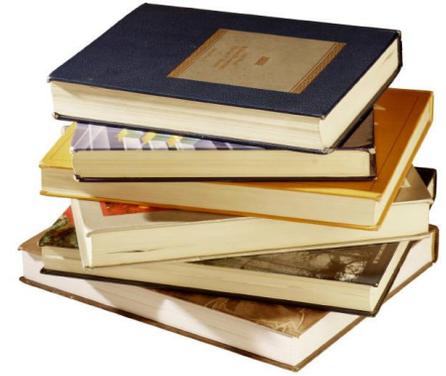


Personal Safety



Personal safety refers to the freedom from physical harm or threat of physical harm, aggression, harassment, and hostility.

Intellectual Wellness



- Is the ability to keep our minds open to new ideas and concepts.
- Continuing to strive to improve skills and seek challenges in the pursuit of lifelong learning.

Nutritional Wellness



Nutritional wellness is the science that looks at the relationship between our diet and our health



Environmental Wellness

Is the ability to recognize our responsibility in making a positive impact on the quality of our air, water, and land.

Spiritual Wellness

- The ability to establish peace and harmony utilizing meditation and reflection.
- Creating of our personal mission statement based on our core values and life purpose



Sexual Wellness

- WHO defines sexual

health as: a state of physical, emotional, and social well-being related to sexuality. It is a positive and respectful approach to sexuality and sexual relationships, free of coercion, discrimination and violence



Self Care

Is an active choice to engage in activities to gain or maintain an optimal level of overall health.



Physical Wellness



Developing healthy behaviors and habits that will positively impact our level of wellness

Emotional Wellness

- Understanding ourselves
- Developing the ability to cope with life's challenges
- Acknowledging, and sharing feelings in a productive manner



Occupational Health

- Finding personal fulfillment from our jobs or chosen career
- A desire to make a positive impact on the organization where we work and society, as a whole.



Financial Wellness

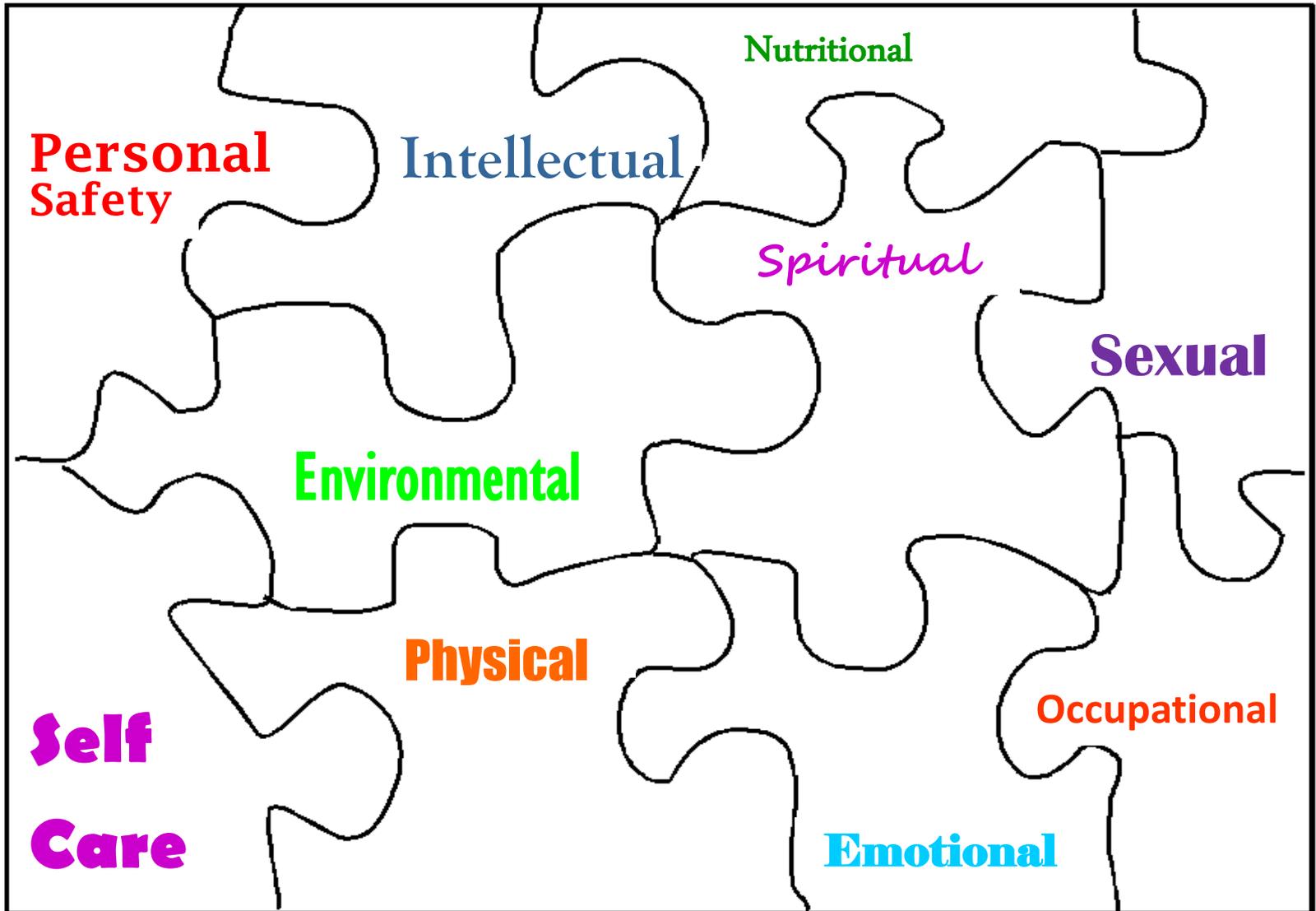
- Learning to balance the money you have with the money you owe
- Understand:
 - Your level of debt,
 - What you can afford,
 - How you use your credit cards,
 - Loan information



Social Wellness

- The ability to relate to and connect with others
- To establish and maintain positive relationships with family, friends, and co-workers





Balance

- Life is a constant balancing act, and one little thing – like a bad night's sleep – can throw everything off.
- Healthy lifestyle activities like exercise and meditation are great for reducing stress and finding balance in your hectic schedule

