

THREE PILLARS OF WELLNESS: MENTAL, PHYSICAL AND FINANCIAL

Wellness is a broad scope but can be broken into three key areas: **mind, body and money**. Below are tips to help bring these pillars into balance.

MENTAL WELLNESS



- Keep your brain and emotional health in top shape
- Read
- Play games and puzzles—they're good for your brain muscles, plus they're fun
- Find humor in life
- In colder seasons, include light therapy (phototherapy)

PHYSICAL WELLNESS



- Maintain a proper diet and exercise regularly
- Enjoy the seasonal sports available in your area
- Develop an indoor and/or outdoor exercise routine
- Stretch at work to relieve stress and change your posture at least for a few minutes
- Walk—even if it's no further than the water faucet or coffee machine
- Get a good night's sleep

FINANCIAL WELLNESS



- Organize your finances
- Create a budget and stick to it
- Lower your debt
- Save for the unexpected and beyond
- Enroll in a financial wellness program if offered by your company

While we can't claim to be experts in the mental and physical wellness, we can help on the financial side!