

"TALK TO

YOURSELF

LIKE YOU

WOULD TO

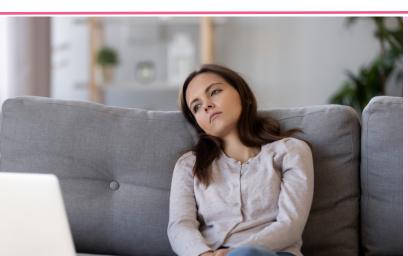
## 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 2

## **WORKSITE WELLNESS**



HAVING A POSITIVE OUTLOOK **ALLOWS US** TO OPEN UP TO NEW IDEAS SO WE CAN GROW.

**POSITIVITY** HELPS US LEARN. BEING **OPTIMISTIC** HELPS US BUILD UPON OUR SKILL SETS AND ALLOWS US TO BETTER UTILIZE OUR RESOURCES.

## **FEELINGS AND EMOTIONS**

- DO YOU ALLOW YOURSELF TO AKNOWLEDGE AND EXPRESS YOUR FEELINGS WITHOUT JUDEGMENT?
- DO YOU HAVE SAFE RELATIONSHIPS WHERE YOU CAN FREELY EXPRESS YOUR THOUGHTS AND FEELINGS?
- DO YOU SEE CHALLENGES AS **GROWTH OPPORTUNITIES?**

SOURCE: HTTPS://STORE.SAMHSA.GOV/SITES/DEFAULT/ FILES/D7/PRIV/SMA16-4958.PDF

SOMEONE YOU LOVE." -BRENE BROWN



FOR TIPS ON HOW TO **DEVELOP A** MORE **POSITIVE** MINDSET, CLICK HERE.

Presented by: The Partnership for a Healthier Carroll County

















EMOTIONAL SPIRITUAL

INTELLECTUAL PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL