



8 Dimensions of Wellness

# EMOTIONAL



WEEK 1 - DAY 3

## WORKSITE WELLNESS

**SLEEP IS  
VITAL TO OUR  
OVERALL  
WELL-BEING.  
GOOD SLEEP  
HELPS US  
FOCUS BETTER  
AND THINK  
CLEARER!**



**CLICK [HERE](#) FOR  
TIPS ON HOW  
YOU CAN GET  
QUALITY SLEEP  
EVERY NIGHT!**



**"TAKING  
CARE OF  
YOURSELF  
IS THE  
MOST  
POWERFUL  
WAY TO  
BEGIN TO  
TAKE CARE  
OF  
OTHERS."**

**-BRYANT  
MCGILL**

### SELF-CARE

- \* **MAKE TIME FOR YOURSELF  
REGULARLY**
- \* **PRACTICE POSITIVE SELF  
AFFIRMATIONS**
- \* **DO WHAT YOU LIKE BEST,  
OFTEN**
- \* **STAY PHYSICALLY ACTIVE AND  
EAT HEALTHY**
- \* **GET GOOD QUALITY SLEEP**



Presented by:

**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL