



## HELPFUL RESOURCES:

(CLICK TITLES TO  
OPEN LINKS)

- [MENTAL  
HEALTH  
AMERICA](#)
- [HELP GUIDE](#)
- [CARROLL  
COUNTY BE-  
HAVIORAL  
HEALTH RE-  
SOURCE &  
SERVICES  
DIRECTORY](#)
- [CDC](#)
- [AMERICAN  
COUNSELING  
ASSOCIATION](#)

## 8 Dimensions of Wellness

# EMOTIONAL



WEEK 1 - DAY 5

## WORKSITE WELLNESS



### COPING WITH LOSS

LOSING SOMEONE YOU LOVE  
HAS THE ABILITY TO CHANGE  
YOUR WHOLE WORLD.

IT IS IMPORTANT TO REMEMBER  
THAT GRIEF LOOKS DIFFERENT  
FOR EVERYONE, AND THERE ARE  
WAYS WE CAN COPE.

[COPING WITH LOSS](#)



"MAY LOVE  
BE WHAT  
YOU  
REMEMBER  
MOST."

-DARCIE  
SIMS



[TECHNIQUES TO  
HELP RELIEVE  
PAIN](#)



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL