



8 Dimensions of Wellness ENVIRONMENTAL



WEEK 5 - DAY 2

WORKSITE WELLNESS

Environmental wellness does not require your participation in a movement or organization, but it encourages you to adopt practices that promote a safe and healthy environment.



How does your desk look? Is it a mess, is it organized? Does it bring you a sense of accomplishment or does it cause you stress?

What did you do today to help your personal environment?

Surround yourself by supportive family, friends, and resources. These will help you develop and grow, flourishing your environmental wellness!



[Click here](#) for 7 practical tips that will help you increase productivity by staying organized!

HERE ARE 5 REASONS TO KEEP A CLEAN DESK

- A Clean Desk Communicates Professionalism.
- Less Clutter Reduces Stress.
- An Organized Desk Helps You Remember Important Tasks.
- Clean Desks Facilitate Creativity.
- A Tidy Workspace Saves You Time.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL