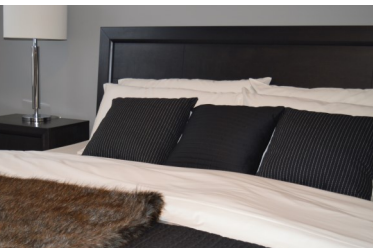




Keeping a clean and organized home can help reduce stress and give you more free time. Having a well-planned out schedule and clutter-free work space allows you to have the time to do the things that you want, ultimately increasing your happiness.



8 Dimensions of Wellness

ENVIRONMENTAL



WEEK 5 - DAY 3

WORKSITE WELLNESS



Organizing something at home. It can be overwhelming when you start to think about beginning to organize your home. Start small, think junk drawer (we've all got one!) Take the drawer out of the cabinet and place all contents on your table. The dollar store is a great place to purchase drawer organizers. Place your organizers in the drawer however you'd like. Go through the contents on the table only putting back the things that you actually want in that drawer, put those tools in a toolbox, throw out that old gum, check your pens to see if they still write. Having this drawer organized will give you a great sense of accomplishment!

LIVE AN ECO-FRIENDLY LIFESTYLE ON A DAILY BASIS:

- Use transit and leave your car at home when you can
- Recycle plastic, paper and glass containers
- Print less, try reading online or sharing reading materials



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL