



# 8 Dimensions of Wellness

## ENVIRONMENTAL



### Just some FYI:

- The first email ever sent was in 1971.
- Almost 2.8 million emails are sent every second.
- People check their email about 15 times a day.
- Only 14% of the emails a person receives every day are considered important.
- As of September 2019, almost 60% of the world's email is spam.

WEEK 5 - DAY 5

## WORKSITE WELLNESS



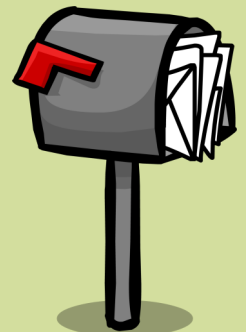
### Organizing email:

Most people have a love/hate relationship with their email. Are you the person that has 0 emails in your inbox, or the other person with 27,581 emails? Staying on top of your email can be overwhelming, time-consuming, and tedious. It's not hard to rack up a large number of unread emails. Here's a few tips how to organize your email:

- Get rid of the old emails you don't need.
- Unsubscribe.
- Combine multiple email accounts.

### Tip

Send a "snail mail" card or letter to someone you haven't talked to in a while. People still like to receive letters and cards in the mail.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL