

BENEFITS OF LEARNING NEW SKILLS

- Your brain chemistry changes to help you learn better.
- Learning a new skill helps you to learn things faster over time.
- You make connections between the new information and build on existing knowledge making it easier to learn the new skill.
- You become a more interesting and well-rounded person , better able to relate to others.
- Learning new things keeps your interest level high so you don't get bored as easily.
- You adapt better to change.
- People who learn a new skill are less likely to develop dementia.

8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 3

WORKSITE WELLNESS



LEARN A NEW SKILL OR IMPROVE AN EXISTING ONE

Maybe one of these:

1. Something related to work.
2. Take up a new sport.
3. Crocheting, knitting or needlecraft
4. Woodworking
5. Dancing
6. Writing
7. Gardening
8. Learn a new language

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you."

Neil deGrasse Tyson



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL