



8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 4

WORKSITE WELLNESS

I am interested in a lot of things - not just show business and my passion for animals. I try to keep current in what's going on in the world. I do mental exercises. I don't have any trouble memorizing lines because of the crossword puzzles I do every day to keep my mind a little limber. I don't sit and vegetate.

Betty White



Games and Puzzles

Board games, cards and puzzles are popularly known as leisure activities. These activities can also help with your intellectual wellness. It makes no difference if you are playing a board game with friends and family or working a crossword puzzle alone, as long as your mind is thinking, improvements are being made. Your ability to work through these activities can maintain and build your intellectual wellness.

GAMES AND PUZZLES AREN'T JUST CHILD'S PLAY, THEY ARE A WORKOUT FOR YOUR BRAIN!



You Tube

Click [Here](#) for a video on Games and Puzzles

Presented by:

The Partnership
 for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL