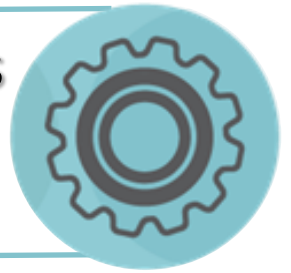


8 Dimensions of Wellness

OCCUPATIONAL



WEEK 7 - DAY 3

WORKSITE WELLNESS

*"Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries."
~Mark Halperin*



When you become comfortable with your pace, it means you are no longer growing. Stagnant work will become boring after some time. Challenge yourself from time to time and learn new skills to always be on a healthy pace.



It is scientifically proven that the company of good friends reduces stress in life.

MAINTAINING AN OPTIMAL LEVEL OF OCCUPATIONAL WELLNESS ALLOWS YOU TO DEVELOP UNIQUE SKILLS AND TALENTS THAT ARE BOTH PERSONALLY AND PROFESSIONALLY REWARDING.



Presented by:
The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL