



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 2

WORKSITE WELLNESS

**"SOMETIMES THE
GREATEST
ADVENTURE IS
SIMPLY A
CONVERSATION."**

**-AMADEUS
WOLFE**



CLICK [HERE](#) FOR
A VIDEO ON
HOW TO FEEL
CONFIDENT
WHILE
MEETING
NEW PEOPLE.



THINGS TO THINK ABOUT!

- **ARE YOU MAKING TIME FOR
YOUR FAMILY AND FRIENDS?**
- **HAVE YOU TRIED BRANCHING
OUT AND VISITING NEW
PLACES?
MEETING NEW PEOPLE?**


Tip

**VOLUNTEERING
IS A GREAT
WAY TO
MEET
NEW PEOPLE!**

**KEEP AN
OPEN MIND!**



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL