



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 5

WORKSITE WELLNESS

Tip

SET A TIME
LIMIT ON
SOCIAL MEDIA
APPS SO YOU
AREN'T
SPENDING TOO
MUCH TIME
SCROLLING!

THIS WILL
INCREASE YOUR
TIME AND
PRODUCTIVITY,
AS WELL AS
IMPROVE YOUR
ABILITY TO
FOCUS.



SOCIAL MEDIA...

HAS THE ABILITY TO HELP US
COMMUNICATE, STAY UP TO
DATE, FIND NEW FRIENDS,
PROMOTE CAUSES AND SEEK
EMOTIONAL SUPPORT.

IT IS IMPORTANT THAT WE
REMEMBER THIS VIRTUAL
CONNECTION CAN NEVER BE A
REPLACEMENT FOR HUMAN
CONNECTION IN-PERSON!

"IN A WORLD
OF
ALGORITHMS,
HASHTAGS
AND
FOLLOWERS,
KNOW THE
TRUE
IMPORTANCE
OF HUMAN
CONNECTION."

-SIMI FROMEN

You Tube

How to Start
using Screen
Time limits for
iPhone, iPad
and iPod touch.



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL