



8 Dimensions of Wellness

ENVIRONMENTAL



WEEK 5 - DAY 1

WORKSITE WELLNESS

"If you don't like the way the world is, change it, one step at a time."
-Marian Wright Edelman



Click [here](#) for a video on Environmental Wellness.



Environmental Wellness is...

Environmental wellness promotes physical and emotional safety in all of your surroundings. This includes the environment in which you live, work and learn to ensure these areas are pleasant and support your well-being.



Are you recycling?
Try recycling for one week. Notice how much recycling is thrown away versus being recycled. Does your company recycle? Why not mention getting a recycling bin if they don't.



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL



Environmental wellness does not require your participation in a movement or organization, but it encourages you to adopt practices that promote a safe and healthy environment.



[Click here](#) for 7 practical tips that will help you increase productivity by staying organized!

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WEEK 5 - DAY 2

WORKSITE WELLNESS



How does your desk look? Is it a mess, is it organized? Does it bring you a sense of accomplishment or does it cause you stress?

HERE ARE 5 REASONS TO KEEP A CLEAN DESK

- A Clean Desk Communicates Professionalism.
- Less Clutter Reduces Stress.
- An Organized Desk Helps You Remember Important Tasks.
- Clean Desks Facilitate Creativity.
- A Tidy Workspace Saves You Time.

What did you do today to help your personal environment?

Surround yourself by supportive family, friends, and resources. These will help you develop and grow, flourishing your environmental wellness!



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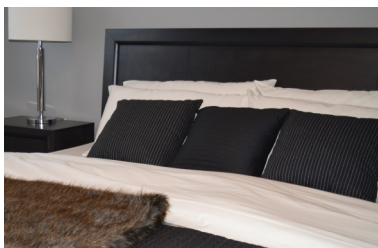
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Keeping a clean and organized home can help reduce stress and give you more free time. Having a well-planned out schedule and clutter-free work space allows you to have the time to do the things that you want, ultimately increasing your happiness.



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WEEK 5 - DAY 3

WORKSITE WELLNESS



Organizing something at home. It can be overwhelming when you start to think about beginning to organize your home. Start small, think junk drawer (we've all got one!) Take the drawer out of the cabinet and place all contents on your table. The dollar store is a great place to purchase drawer organizers. Place your organizers in the drawer however you'd like. Go through the contents on the table only putting back the things that you actually want in that drawer, put those tools in a toolbox, throw out that old gum, check your pens to see if they still write. Having this drawer organized will give you a great sense of accomplishment!

LIVE AN ECO-FRIENDLY LIFESTYLE ON A DAILY BASIS:

- Use transit and leave your car at home when you can
- Recycle plastic, paper and glass containers
- Print less, try reading online or sharing reading materials



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FACT

A study showed that Snapchat, Facebook, Twitter and Instagram all led to increased feelings of depression, anxiety, poor body image and loneliness.



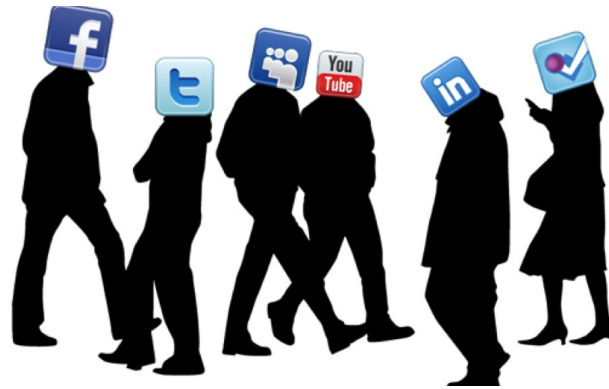
[Click here](#) for a video on Social Media and it's effects

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WEEK 5 - DAY 4

WORKSITE WELLNESS



Organizing Social Media:

In a world where we live on social media, whichever platform you use, it can cause stress and anxiety. News is hand delivered within seconds of something happening, we can watch things live and unroll directly in front of us. So today focus on your social media accounts, do your “friends” bring you a sense of peace and happiness when you see their posts, or is it something that bothers you and you know “the real story”? Unfollow those types of “friends” so their feeds aren’t directly affecting your mood.

“It's fine to have social media that connects us with old friends, but we need tools that help us discover new people as well.”

Ethan Zuckerman



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Just some FYI:

- The first email ever sent was in 1971.
- Almost 2.8 million emails are sent every second.
- People check their email about 15 times a day.
- Only 14% of the emails a person receives every day are considered important.
- As of September 2019, almost 60% of the world's email is spam.

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WEEK 5 - DAY 5

WORKSITE WELLNESS



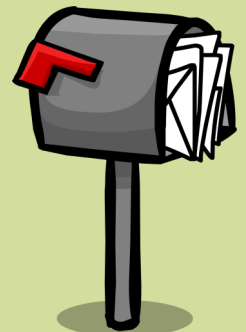
Organizing email:

Most people have a love/hate relationship with their email. Are you the person that has 0 emails in your inbox, or the other person with 27,581 emails? Staying on top of your email can be overwhelming, time-consuming, and tedious. It's not hard to rack up a large number of unread emails. Here's a few tips how to organize your email:

- Get rid of the old emails you don't need.
- Unsubscribe.
- Combine multiple email accounts.

Tip

Send a "snail mail" card or letter to someone you haven't talked to in a while. People still like to receive letters and cards in the mail.



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