



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



[Set Up Screen Time Limits - iPhone](#)



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL