

Wellness

Wellness is a healthy combination of body, mind, and spirit.

Here are some tips on healthy living and wellness:



WELLNESS



PHYSICAL HEALTH

- Eat a variety of healthful foods
- Drink water
- Exercise your body
- Get enough rest
- Don't smoke



MENTAL HEALTH

- Reduce stress
- Keep your mind active
- Learn new things
- Think positive thoughts
- Surround yourself with encouraging people



SPIRITUAL HEALTH

- Allow yourself to experience the joy of living
- Pursue meaning in your life
- Allow yourself to relax and find peace
- Find others who share your beliefs
- Celebrate life and healthy living