

BREANNE MOORE, LMFT WITH HE IS FOR ME, LLC

ENCOMPASSING WELLNESS

7 STEPS TO WELLNESS

1

EMOTIONAL

A healthy emotional life includes managing stress, staying on top of tasks, asking for help, consistent sleep routine, and exploring emotional needs with a therapist.

2

INTELLECTUAL

Staying curious and engaged in learning is one way to maintain intellectual wellness. This may be engaging in creative outlets, learning something new, joining a book club, or getting involved in issues that are important to you.

3

PHSYCIAL

Physical wellness includes moving your body, eating nutritious meals, managing a consistent sleep routine, staying on top of preventative medical care, and monitoring your physical health with lifestyle changes.

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4

SOCIAL

Social wellness includes a strong social community for support and guidance. Healthy relationships can help you manage stresses and provide a healthy place to unwind.

5

ENVIRONMENTAL

Environmental wellness might look like maintaining a healthy living environment free of clutter and trash. You might also consider volunteering your time to include your community and neighborhoods as your environment.

6

FINANCIAL

Living within you means and planning for the future is a healthy step in maintaining your overall wellness. Connecting with a trusted financial advisor, creating a strong budget, and healthy consumer tips.

7

SPIRITUAL

Understanding your beliefs, values, and morals that help guide your life and make decisions. Spending time developing this area might look like attending church, seeking out a disciple or mentor, reading through your Bible. Exploring and asking questions in your spiritual life is a healthy way to balance overall wellness .