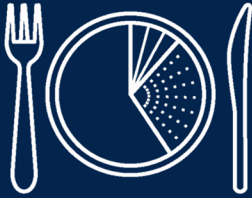


EXPLORE THE DIMENSION OF WELLBEING

Dimension 1: Physical



EAT A WELL
BALANCED
DIET



CONSULT WITH A
DOCTOR FOR
CHECKUPS OR
WHEN YOU FEEL SICK



MOVE
YOUR
BODY



REST
YOUR
BODY

Improving and sustaining wellbeing is a dynamic process that integrates physical, emotional, intellectual, vocational, social, environmental, spiritual, and financial dimensions. Tending to and creating balance among these dimensions looks different for each person and may change over time. The important thing is to keep engaging in the process and finding the balance that works for you. We'll focus each week on one dimension of wellbeing. This week let's look at physical.

Physical wellbeing means caring for your body. Ways to care for your body:

- 🐾 Eat a diet containing protein, carbohydrates, and fat.
- 🐾 Go to the doctor for checkups and when you feel sick.
- 🐾 Move your body.
- 🐾 Rest your body.
- 🐾 Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>