


SPIRITUAL WELLNESS

*Finding Purpose,
Meaning, and
Inner Peace* 



BENEFITS

- ✓ Increased sense of purpose
- ✓ Greater peace and contentment
- ✓ Improved resilience
- ✓ Stronger personal values
- ✓ Enhanced gratitude
- ✓ Increased hope and optimism

STRATEGIES

-  Spend time in nature
-  Practice gratitude daily
-  Reflect on your personal values
-  Pray, meditate, or engage in quiet reflection
-  Serve others
-  Connect with your cultural traditions
-  Make time for activities that bring meaning and joy



DAILY WELLNESS CHALLENGE

Spend five minutes in quiet reflection focusing on what matters most to you.



REFLECTION QUESTION

What gives your life meaning, purpose, and fulfillment?



THRIVING TOGETHER: WELLNESS CHAMPION INITIATIVE

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Small daily actions create lifelong wellness.

SOCIAL WELLNESS

*Building Connections
That Help Us
Thrive* 



BENEFITS

- ✓ Stronger relationships
- ✓ Increased happiness and life satisfaction
- ✓ Reduced stress and loneliness
- ✓ Greater sense of belonging
- ✓ Improved communication skills
- ✓ Increased teamwork and collaboration

STRATEGIES

-  Practice active listening
-  Express appreciation and gratitude
-  Spend quality time with family and friends
-  Participate in community activities
-  Build positive workplace relationships
-  Celebrate successes together
-  Ask for support when needed



DAILY WELLNESS CHALLENGE

Reach out to someone today and let them know they matter.




REFLECTION QUESTION

Who are the people that support and encourage you, and how can you strengthen those relationships?



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EMOTIONAL WELLNESS








Understanding and Managing Our Feelings 



BENEFITS

- ✓ Reduced stress and anxiety
- ✓ Improved self-awareness
- ✓ Better decision-making
- ✓ Greater resilience
- ✓ Increased confidence
- ✓ Healthier relationships

STRATEGIES

-  Practice mindfulness
-  Focus on gratitude
-  Use positive self-talk
-  Set healthy boundaries
-  Journal your thoughts and feelings
-  Seek support when needed
-  Take breaks to recharge



DAILY WELLNESS CHALLENGE

Write down three things you are grateful for today.



REFLECTION QUESTION

How do you care for your emotional well-being when life becomes stressful?



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PHYSICAL WELLNESS

*Taking Care of the Body
That Takes Care of You* 



BENEFITS

- ✓ Increased energy
- ✓ Improved sleep
- ✓ Stronger immune system
- ✓ Better focus and concentration
- ✓ Reduced risk of illness
- ✓ Improved mood

STRATEGIES

-  Drink more water
-  Move your body every day
-  Prioritize quality sleep
-  Eat nutritious foods
-  Stretch regularly
-  Spend time outdoors
-  Schedule preventive healthcare visits



DAILY WELLNESS CHALLENGE

Take a 10-minute walk and notice how your body feels afterward.



REFLECTION QUESTION

What is one healthy habit you can begin today that your future self will thank you for?



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