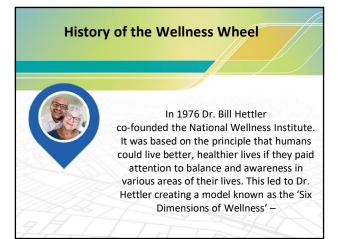


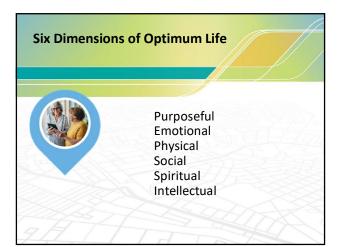
Living your Best Life with the help of the Wellness Wheel

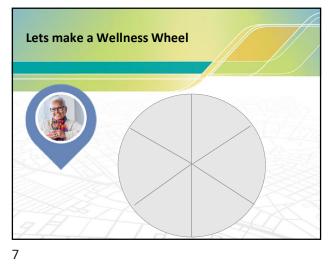


A "Wellness Wheel", is a tool and a visual guide that helps assess all aspects of our wellness. When we think of healthy living we most often think about the nutrition and exercise aspects of it but there is so much more.

4









Purposeful

What gives us purpose/stages of life? What gives us purpose today? Charles story How do we find our purpose? Gifts Talents Daily activities

8

Emotional

Happiness helps our health. Creates chemical messengers-Endorphinsalleviates pain, reduce stress. Serotoninstabilizes mood and helps with sleep. Helps in regulating blood pressure.

Benefits in adding a Smile and laughter. Increases mood enhancing hormones while decreasing stress,boosts immunity,while increasing blood flow to the brain Contagious and a gift. Examples: Starbucks, Kwik Trip

Physical

Stay Hydrated /An average percent of water in a person's body is 60%.

Healthy food choices: The Mediterranean diet/heart health.

Keep moving!

Stretch and Weights/helps with balance, agility, and flexibility - Fall Prevention

10

Social

How did you feel when you had to isolate with the COVID pandemic?

Socializing not only prevents feelings of loneliness, but also helps with memory and cognitive skills. How do you feel after a day of being busy, engaging being a part of something?

Staying social increases your sense of happiness and well-being.



Intellectual

Boosting brain power Active aging involves more than moving your body. It involves moving your brain. Studies show that exercising your brain daily can be critical to reducing your risk of dementia. TRY

A new hobby,new language,games. Break your routine- different route to the grocery store,sleep,take a class.

13



References

https://www.health.harvard.edu https://nationalwellness.org https://sixtyandme.com/how-to-balance-the-6dimensions-of-wellness-in-your-life-aft**er-60** https://www.verywellmind.com/top-reasons-tosmile-every-day-2223755 http://mayoclinic.org