



WELLNESS TRIANGLE



CHECKLIST

Physical Health

- Eat a balanced diet (fruits, veggies, lean proteins, etc)
- Limit processed foods and sweets (cakes, cookies, processed meats)
- Take a walk (exercise at least 30 mins/day)
- 7 to 9 hours of sleep
- Hydration - keep a water bottle filled with water near at all times
- Take a bath

Social Health

- Find your tribe - those who will support you
- Volunteer - do something for someone in need
- Make new friends - share a common interest
- Reignite old friendships
- Invite friends to social events
- Show interest in others

Mental Health

- Focus on your breathing - 4 in and 4 out
- Don't skip breakfast
- Smile and enjoy the day!
- Engage in an activity that brings you Joy
- Seek professional help - no shame

Spiritual Health

- Connect with your faith community
- Meditate
- Journal gratitude
- Go on a nature walk
- Help others

NOTES

Is your wellness triangle out of whack?
 Use this checklist to bring your total health back into balance. Progress over perfection. Using even one or two of these tips will go a long way toward improving your overall health.