

WELLNESS and MINDFULNESS

“THE BEST WAY TO PREDICT YOUR FUTURE IS TO **CREATE** IT”
—ABRAHAM LINCOLN

WELLNESS CHALLENGES

- SLEEP**
TOO MUCH SCREEN TIME
- INDEPENDENCE**
DIFFERENT SOURCES OF INFO
- SOCIAL MEDIA**
CAN BE DIVISIVE
- TRAFFIC**
- PLANNING FOR FUTURE**
COLLEGE IS COMPETITIVE!

DO WHAT'S RIGHT FOR YOU!

MINDFULNESS

- MEDITATE
- GRATEFUL JOURNAL
- HUSTLE
- BALANCE + TIME MANAGEMENT
- SELF-CARE
- CONNECT WITH PEOPLE
- READ
- MUSIC
- CREATIVE OUTLET
- BETTER HEALTH
- DECREASES PAIN
- BETTER CONCENTRATION
- HELPS ANXIETY

BRING MINDFULNESS TO YOUR SCHOOL

- CLOTHING CLOSET
- STUDENT TEACHER RATIO
- YEAR BOOK
- MENTAL HEALTH AWARENESS

HEALTH:
ABSENCE of ILLNESS or INJURY

WELLNESS
A CONSCIOUS, SELF-DIRECTED & EVOLVING PROCESS OF ACHIEVING FULL POTENTIAL

YOU CAN BE HEALTHY BUT NOT **WELL**

- 8 COMPONENTS of WELLNESS
- 1 PHYSICAL
 - 2 PSYCHOLOGICAL EMOTIONAL
 - 3 ENVIRONMENTAL
 - 4 SOCIAL
 - 5 OCCUPATIONAL
 - 6 INTELLECTUAL
 - 7 SPIRITUAL
 - 8 FINANCIAL

UNINTENTIONAL INJURIES

SUICIDE

HOMICIDE

MODIFY BY REDUCING STRESS

CHOOSE SAFETY

EAT WELL NOW and AVOID HEALTH ISSUES LATER

HOW DO THESE AFFECT you?

THERE'S JOB SECURITY IN HEALTH CARE

IT'S NEEDED EVERYWHERE!