Reimagine Wellness

Deadlines, family obligations, busy schedules and other stressors can distract us from our healthy intentions. To keep up with these demands it's imperative that wellbeing is supported and sustained to avoid feelings of overwhelm, burnout and chronic stress.

The best first step is to engage in reflection. Think about things that align with your core values and bring a sense of accomplishment. What activities or behaviors seem the most appealing to you? What actions do you need to take to create the life you dream of? How can you ensure you are building a healthy, holistic lifestyle?

"The term 'holistic' refers to the theory that all parts of a whole are intimately interconnected. According to holism (from the Greek 'holo', meaning 'whole'), it's a mistake to study just one part, or even multiple parts separately, if we really want to understand how they work together. Applied to health, holism means treating the whole person – taking into account more than just the physical symptoms of disease or injury."

Wellness is about achieving a long-term balance and integration of all of life's aspects to fuel the body, engage the mind and nurture the spirit. Although it includes striving for health, it also focuses on living life fully and creating a lifestyle that allows you to reach your full potential. It is important to find a personal harmony that feels authentic, joyful and nurtures happiness.

If you are having trouble discerning what area of your life could use attention or feel like overwhelmed when you think of the concept of holistic wellness, first complete the **Puzzle Pieces of Health Worksheet**. This activity will help identify factors that impact your health and give you starting place.

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