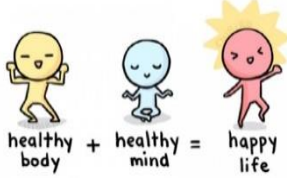




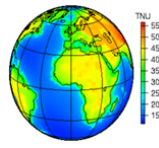






<p>The Importance of WELLNESS</p>	<p>Mind & Body</p> <p>And I said to my body softly, <i>"I want to be your friend."</i> I took a long breath and replied, <i>"I have been waiting my whole life for this."</i></p> <p>- Nayyirah Waheed</p> 	<p>8 Dimensions of WELLNESS</p> <ul style="list-style-type: none"> ➤ PHYSICAL  ➤ SOCIAL  ➤ EMOTIONAL  ➤ SPIRITUAL  ➤ ENVIRONMENTAL  ➤ FINANCIAL  ➤ NUTRITIONAL  ➤ INTELLECTUAL / OCCUPATIONAL  	<p>6 Ways to Support A Culture of Wellness in Your School</p> <ul style="list-style-type: none"> ▪ Allow students to voice opinions about their school experience and provide positive feedback and support. ▪ Provide opportunities for community service ▪ Adults can model healthy behaviors, relationships and positive teamwork ▪ Use classroom activities that foster a love of lifelong learning ▪ Create and maintain a school environment where students and staff feel welcome ▪ Ensure students and families have easy access to services and supports in school <p><i>Adapted from TeachThought.com Published December 10, 2018</i></p>	<ul style="list-style-type: none"> ▪ Your path to wellness is personal and you should expect it to change overtime as your needs change. ▪ The lifelong journey for wellness will require realistic goals for you to achieve based on your specific and changing needs. <p>"The most important relationship in your life is the relationship you have with yourself." - Diane Von Furstenberg</p> 
<p>According to Pfizer.com, "WELLNESS is practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you are thriving!" This means that we are actively making choices in the different areas of our lifestyle that lead to healthy living. To achieve wellness balance, we must have the intentions of good health, actively make proper choices and put those choices into actions to maximize our wellness. This includes both physical health and other areas of life that come together in harmony.</p>	<p>Practice DEEP BREATHING</p> <p>Create a quiet space in your home where you can sit comfortably, focus and practice deep breathing. Begin with one-minute exercises and increase the time dedicated to this exercise at your own pace.</p> <ul style="list-style-type: none"> • Sit up straight • Relax your hands on your lap. • Take a deep breath in counting to 4 seconds. • Hold your breath for 4 seconds • Slowly breathe out for 4 seconds • Hold for 4 seconds • Repeat 3 times 	<p>WATCH:</p> <p>SAMHSA the Eight Dimensions of Wellness https://www.youtube.com/watch?v=tDzQdRvLAfM</p> <p>WellFirst Health https://www.youtube.com/watch?v=C0UO5hkpcvc</p> <p><i>For more information and resources about wellness visit:</i> www.samhsa.gov/wellness-initiative</p> <p><i>"Exercise is king. Nutrition is queen. Put them together and you have a kingdom."</i> -Jack Lalanne</p>	<p>WATCH:</p> <p>SAMHSA the Eight Dimensions of Wellness https://www.youtube.com/watch?v=tDzQdRvLAfM</p> <p>WellFirst Health https://www.youtube.com/watch?v=C0UO5hkpcvc</p> <p><i>For more information and resources about wellness visit:</i> www.samhsa.gov/wellness-initiative</p> <p><i>"Exercise is king. Nutrition is queen. Put them together and you have a kingdom."</i> -Jack Lalanne</p>	<p>WATCH:</p> <p>SAMHSA the Eight Dimensions of Wellness https://www.youtube.com/watch?v=tDzQdRvLAfM</p> <p>WellFirst Health https://www.youtube.com/watch?v=C0UO5hkpcvc</p> <p><i>For more information and resources about wellness visit:</i> www.samhsa.gov/wellness-initiative</p> <p><i>"Exercise is king. Nutrition is queen. Put them together and you have a kingdom."</i> -Jack Lalanne</p>