

# Total Wellness

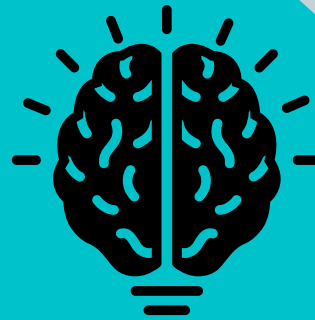
## Body

- Exercise - even if for only a few minutes every day
- Eat healthy
- Get some sun
- Make sleep a priority
- Stretch your body
- Take three deep breathes
- Be still for a few minutes every hour



## Mind

- Unplug for an hour
- Get out of your comfort zone
- Practice a meditation
- Do a mini-declutter
- Do something that makes you happy
- Start a compliments file
- Mute social media



## Soul

- Ask for help
- Check in with your emotions
- Help someone
- Take a home spa
- Spend time with a pet
- Exercise a signature strength
- Get positive feedback
- Choose who you spend your time with today



## Habitat

- Declutter
- Recycle when possible
- Keep environment clean
- Light candle and sit quietly
- Spend time outside gardening
- Make sure your environment is safe
- Use plants to decorate
- Let the sun in

