

Wellness Wheel and Self Care

Work, parenting, education, health, and relationships are all sources of stress.

- Research has shown that our ability to handle these stressors can impact our wellness.
- Self-care can help but it needs to be planned, intentional and practiced.
- Wellness is about maintaining mental & physical fitness and having enough energy to meet these stressors.

Over the coming months, your HTC will be sharing education, resources and activities in the different areas listed below to help with your overall wellness.

The Wheel of Wellness (see attached article) was created to help achieve a balanced life and wellbeing “in which body, mind, and spirit are integrated by the individual to live more fully...”



<https://positivepsychology.com/self-care-wheel/>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.