

# 2021

## Six Dimensions of Healthy Habits

Holistic wellness is multi-dimensional and considers numerous aspects of life that impact total health. Our approach addresses six main areas: physical, intellectual, emotional, social, environmental, and financial. Our hope is to inspire a well-balanced, healthier, happier workplace.



### **JANUARY:** Beating the Blues

*Environmental*



### **JULY:** Sustaining Self-Care

*Emotional*



### **FEBRUARY:** The Beat Goes On

*Physical*



### **AUGUST:** Avoid the Brain Drain

*Intellectual*



### **MARCH:** Intuitive Eating

*Physical*



### **SEPTEMBER:** Talk it Out

*Emotional*



### **APRIL:** Balance the Books

*Financial*



### **OCTOBER:** Set it Straight

*Physical*



### **MAY:** May You Be Mindful

*Emotional*



### **NOVEMBER:** An Attitude of Gratitude

*Social*



### **JUNE:** The Great Outdoors

*Environmental*



### **DECEMBER:** Festive & Frugal

*Financial*