



**Wellness is a broad scope but can be broken into three key areas: mind, body and money. Below are tips to help bring these pillars into balance.**



### **Mental wellness**

- Keep your brain and emotional health in top shape
- Read
- Play games and puzzles – they're good for your brain muscles, plus they're fun
- Find humor in life
- In colder seasons, include light therapy (phototherapy)



### **Physical wellness**

- Maintain a proper diet and exercise regularly
- Enjoy the seasonal sports available in your area
- Develop an indoor and/or outdoor exercise routine
- Stretch at work to relieve stress and change your posture at least for a few minutes
- Walk – even if it's no further than the water faucet or coffee machine
- Get a good night's sleep



### **Financial wellness**

- Organize your finances
- Create a budget and stick to it
- Lower your debt
- Save for the unexpected and beyond
- Enroll in a financial wellness program if offered by your company

Research shows financial issues and mental health problems often go hand-in-hand. Understanding how you feel about the control you have over your financial future can help you better respond to financial unpredictability and unexpected expenses.

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