

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're *thriving*. \$300

To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." \$500

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health. By making simple and healthy choices on a daily basis, you will be well on your way towards reducing stress, having positive social interactions and achieving optimal wellness. \$600

Start with small changes within each dimension and take it *one* day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life! We've listed a few examples for each dimension: \$200

Social Connectedness Connecting with friends or loved ones is a great way to help improve your physical and mental health. Take 10 minutes out of your day to call someone you've been thinking about. This is a great way to connect and catch up with the people that matter the most to you. \$900