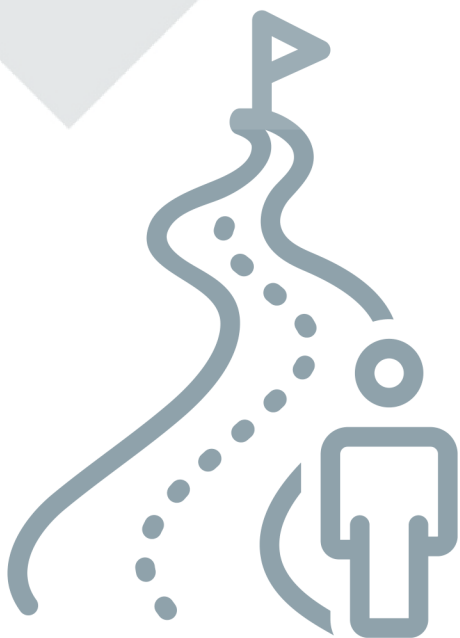


PIECING TOGETHER LONG-TERM WELLNESS GOALS

We've made it another year, and for some that means it's time to reevaluate your wellness goals to see how they can better fit your lifestyle. Long-term goals are goals that you aim to achieve in 6 months to a year. When you try to accomplish your long-term goal by focusing too much on one specific area of wellness, such as your diet, you can end up being unbalanced in other areas of your life. Achieving your best health is dependent on finding the appointment balance for you! This month your health coaches want to take the focus off your long-term goal and re-frame your mindset to one help you live a healthier and happier life every day.



How do you do this? By breaking down your wellness goals into actionable tasks that can be completed on a daily basis. Our program focuses on a comprehensive approach that includes nutrition, physical activity, stress management, sleep hygiene, financial health, and other factors of a healthy lifestyle. We want to encourage you to find balance by deconstructing your wellness goals into daily actions that will help you feel your best, keep your immune system strong, and reduce your risk for chronic disease.

Let's explore some wellness areas that will help you find the right balance



Eat Better

Think about what types of food provide you with sustainable energy. How do you create a balanced meal or snack? Can you make healthier food choices while dining out at fast food joints or restaurants? Would you be able to pack your lunch at night for an easy grab n go meal?



Manage Your stress

Self reflect to discover what triggers your feelings of stress. Write down when you feel stressed and what brought on those stressful feelings. Once you know what causes these feelings of stress and anxiety, you can develop skills to better manage these situations. Remember, you have the power to manage the way you react in stressful situations. Also, you can access therapy and counseling services through Allied Wellness if you need additional resources for stress management.



Get More Rest

Set yourself up for a good night's rest. If you must be at work by 8 am, what time should you be asleep to get at least 7-8 hours of quality sleep? What factors are getting in the way of your rest? What can you do to create a calm sleeping environment?



Move More

Brainstorm ways to move your body more during the work day. How many hours do you sit at your desk before getting up and moving your body? Can you use the restroom on another floor? Can you walk around the room while taking a call?



Be More Financially Responsible

Ask yourself what habits that could be implemented daily to help you put additional money towards a more secure financial future.



Make One Change at a Time

You don't have to make all these changes at once. Breaking changes down into actionable tasks can help you get closer to achieving your long-term goal. Speak with your health coach to develop weekly wellness goals that best fit your lifestyle!



Ask for Help

You don't have to work alone and find all the answers on your own! We have Licensed Health Professionals to help you work towards a fulfilling and balanced life. Contact your Health Coach to get the conversations started!