

Support Well-Being in 4 Interconnected Realms

Spirit/Spiritual Realm

- Purpose
- Meaning
- Values, Justice
- Connection
- Beyond self
- Courage
- Transcendence



Body/Physical Realm

- Exercise
- Sleep, rest
- Nutrition
- Stress, tension
- Energy
- Movement
- Comfort



Heart/Emotional Realm

- Love
- Relationships
- Feeling
- Calm, coping
- Joy
- Compassion
- Fear, stress



Mind/Mental Realm

- Thoughts
- Beliefs
- Perceptions
- Self-talk
- Focus
- Curiosity, learning
- Wisdom
- Brain health

