

Stress & Anxiety \neq Wellness

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What is Wellness?

Wellness is engaging in life by increasing awareness and active participation in daily choices to live a more fulfilled and healthy experience.

Areas of Wellbeing

- **Professional** – Finding personal satisfaction and fulfillment in work
- **Physical** - Movement, nutrition, and sleep
- **Relational** – Sense of connection, belonging, and support from others
- **Financial/Legal** – Feeling stable, safe, and secure currently and in the future
- **Spiritual** – Knowing and discovering a sense of purpose and meaning to life
- **Emotional** – Nonjudgmental understanding of thoughts, feelings, and behaviors

How to correct an imbalance?

Pick 2



Proper Sleep

Deal with Stress

Breathe

Yoga

Walk

Meditation

Connect with People

Learn new skills

Give to others

Gratitude

Be present

Put down the phone

Ask for help

Change jobs

Laugh

Do your taxes early

Talk to your Doctor

Avoid Smoking and Alcohol

Self-Care

Me Time – 2 minutes a day

Be curious

Pay off your debts

Continuing Education

Forgive and Let go