



## NUMBERS TO KNOW FOR HEALTH & HAPPINESS

# 5 Wellness Factors



**Wellness is more than not being sick. It includes:**

1. Your physical health
2. Your mental and emotional health
3. Your social and community health
4. Your financial health
5. Your spiritual health



**Wellness goals include:**

- Feeling healthy and having the energy to do your daily activities
- Having a purpose and being satisfied with your life
- Giving and receiving support from others with a sense that you belong
- Being able to manage your economic resources to support your health and well-being



**Take Action: Think Positive**

Studies have shown that optimism can significantly lower the risk of coronary heart disease.

1. Focus on solving problems, not being overwhelmed by them.
2. Train your thoughts to look at the glass as half full, not half empty.
3. Practice gratitude by writing down three good things you are grateful for that happen each day.