

January Wellness

Something to do with wellness for yourself this month.

"Your Wellness Is Our Priority"



STRESS MANAGEMENT

Stress looks different for each person, and it's your job to understand your symptoms and how to respond to stress.



MOVEMENT

We were not meant to stay still! Daily physical activity including walking, lifting weights, or other movements are good to regulate blood flow and keep our bodies healthy.



VITAMINS

Ask yourself, is your body getting the supplies it needs in order to have healthy day to day functions? This can come in the form of vitamins and food we consume.



SLEEP

The more you put out, the more you have to put in. Your body needs to recover the energy used during the day. What does that look like for you?



EDUCATION

[Health To Wellness](#)
[ACHE Community Classes](#)
[Postpartum](#)
[Monarch 61: Connecting Women](#)



COUNSELING

[FortSmithTherapy](#)
[Re:Fresh Counseling](#)

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MORE INFORMATION
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The Wellness Wheel was formed by Dr. Bill Hettler, co-founder of the National Wellness Institute, back in the 1970's. It first outlined six dimensions of overall wellness "to help individuals accomplish a well rounded, healthy lifestyle and live a life of value and meaning" (Sidi, 2022).

Princeton University provides a in-depth analysis of each area and things to evaluate on how you can grow in each area of wellness.

Personal Assessment: 8 Dimensions of Wellness