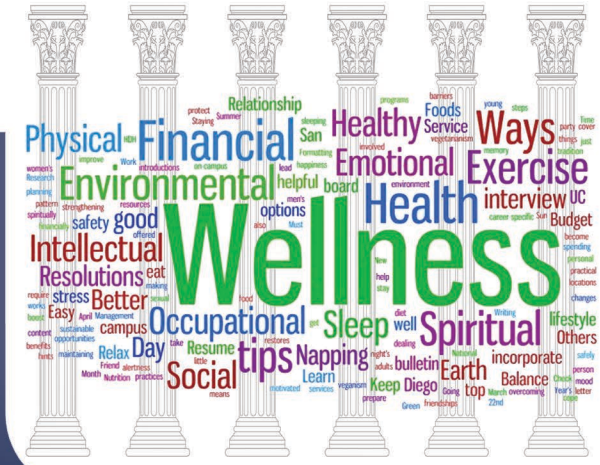
Six Pillars of Health and Wellness

Atlas
Injury Prevention Solutions
Supporting Your Investment in People

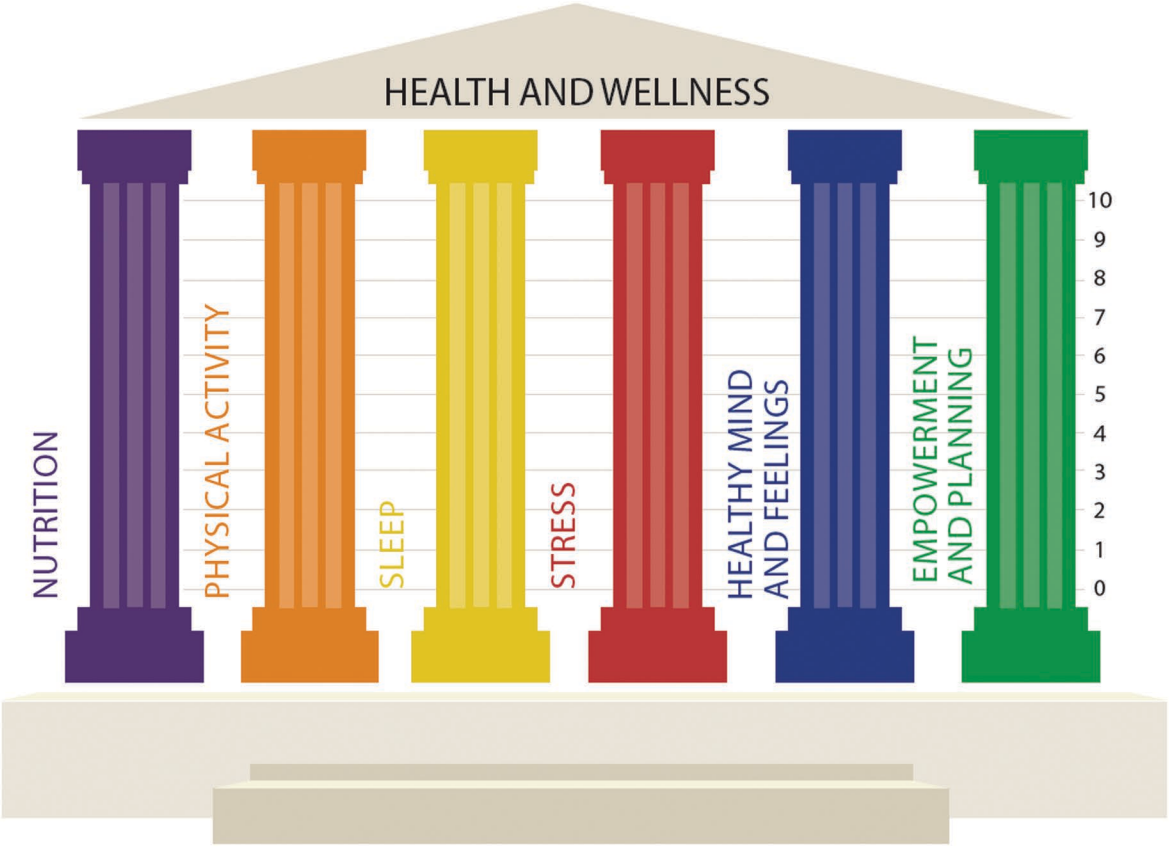


Enjoying optimal health and wellness does not depend just on what you eat and how much you exercise. The journey to wellness is a comprehensive process that occurs throughout your life.

To achieve overall health and wellness you have to start from the ground up, like an architect designing a strong foundation to support an entire structure. Think of it like this: There are pillars that you can build and maintain that support your health. When one or more pillars is uneven or weakened, your structure is compromised and your success could crumble as a result.

HEALTH AND WELLNESS

Chart each pillar from 0–10 to illustrate the degree to which your behavior in each area contributes to your health and wellness. Marking the pillar at 10 indicates a strong foundation of healthy habits in that area. Similarly, a pillar that is marked 0 depicts a weakness in your foundation. Knowing your current strengths and weaknesses will help you develop an effective wellness plan.



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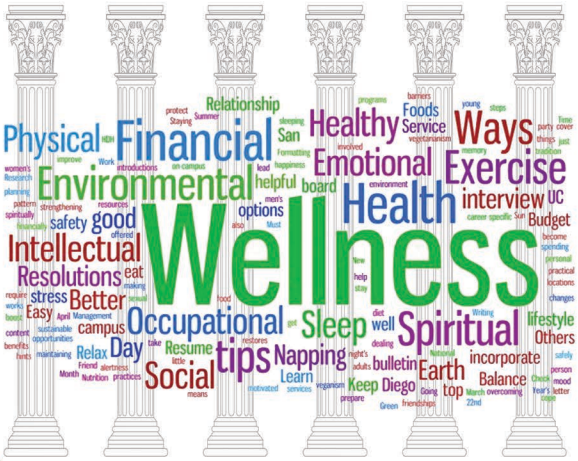

Achievements and healthy habits in one pillar contribute to success and stability in each of the other pillars.

Consider how getting consistent exercise impacts your meal choices and motivates you to eat healthier. Have you noticed that when you are active and eating well your mood is elevated and you feel less stressed? In the same manner, a positive attitude, strong self-esteem, and a sense of empowerment are essential for success. As you evaluate each of your pillars, consider the factors below

NUTRITION

- How would you rate the quality and variety of the foods you eat?
- How do you feel when your diet is healthier?
- How often do you plan your meals?
- How healthy is your meal preparation?
- How healthy are your eating habits?

SLEEP

- How many hours of sleep do you get each night?
  - o 0-2 hrs o 3-5 hrs o 6-8 hrs o 9+hrs
- How would you rate the quality of your sleep?
- Do you have a healthy sleep ritual?
- How would you describe your sleep environment?
- How often do you have a hard time falling back to sleep?

HEALTHY MIND AND FEELINGS

- Do you have a positive attitude or do you struggle with negativity and discouragement?
- How would you describe your internal self-talk?
- How would you describe your mood?

PHYSICAL ACTIVITY

- How often do you exercise each week?
  - o 0-1 time o 2-3 times o 4 times o 5+ times
- What types of exercise do you do?
- Are you active or sedentary throughout the day?
- What are your obstacles to getting exercise?

STRESS

- How would you rate your stress level?
  - o None o A Little o Some o A Lot o Overwhelming
- How would you rate your coping skills?
- How is stress affecting your mental and physical health?
- How would you describe your internal self-talk?

EMPOWERMENT AND PLANNING

- Do you plan for success?
- Do you tend to jump right in and hope for the best?
- Do you tend to use the resources that are available to you?
- Do you tend to go at new opportunities alone?

STRENGTHENING YOUR PILLARS

What are the top three pillars that need your attention?

1. _____
2. _____
3. _____

How would your top three pillars be affected by changes in other pillars?

_____

_____

How would changes in your top three pillars affect other pillars and your overall health?

_____

_____

What empowerment and planning strategies need to be in place in order for you to succeed?

_____

_____