

6 pillars of WELLBEING

A USEFUL GUIDE



EMOTIONAL & MENTAL HEALTH

Exploring the complexities of mental health and the disconnect between intentions and actions. Examining the differences between mindset and mental health, and how emotional health plays a crucial role in overall well-being.



PHYSICAL

Recognising and exploring the importance of physical health and the reasons for its higher priority over mental and emotional health. Discussing the role of nutrition, exercise, rest, and other factors in maintaining physical well-being.



SPIRITUAL

Exploring ways to find meaning, purpose, and connection to something larger than oneself. It can include practices like mindfulness, meditation, and connecting with nature.



SOCIAL

Exploring how our interactions with others, building relationships, and feeling connected to a community affects your wellbeing. Technology has changed how we connect, but face-to-face interactions remain essential for social well-being.



FINANCIAL

Involves managing money effectively to reduce stress and improve financial security. It's a skill that can be learned and has a significant impact on wellbeing.



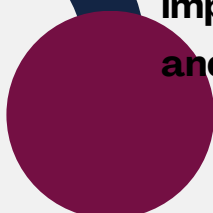
PROFESSIONAL

Provide opportunities to refers to job satisfaction, work-life balance, and career development. It's important for both personal and professional fulfillment.



WELLBEING IS

a holistic state of health and happiness that encompasses physical, mental, emotional, social, spiritual, financial and professional. Feeling good, functioning well, and living a fulfilling life. Wellbeing is not just the absence of illness or stress, but a positive state of thriving and flourishing.



You are the most important person in your world

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