

## **And Wellness For All**

Wellness is more than the absence of illness.

It is a journey, a lifelong process. It is being in good physical and mental health.

It includes:

- Emotional
- Physical
- Social
- Spiritual
- Intellectual
- Financial
- Occupational
- Environmental

These are interconnected. Each affects our overall well-being.

Wellness involves: awareness ---- balance ---- commitment

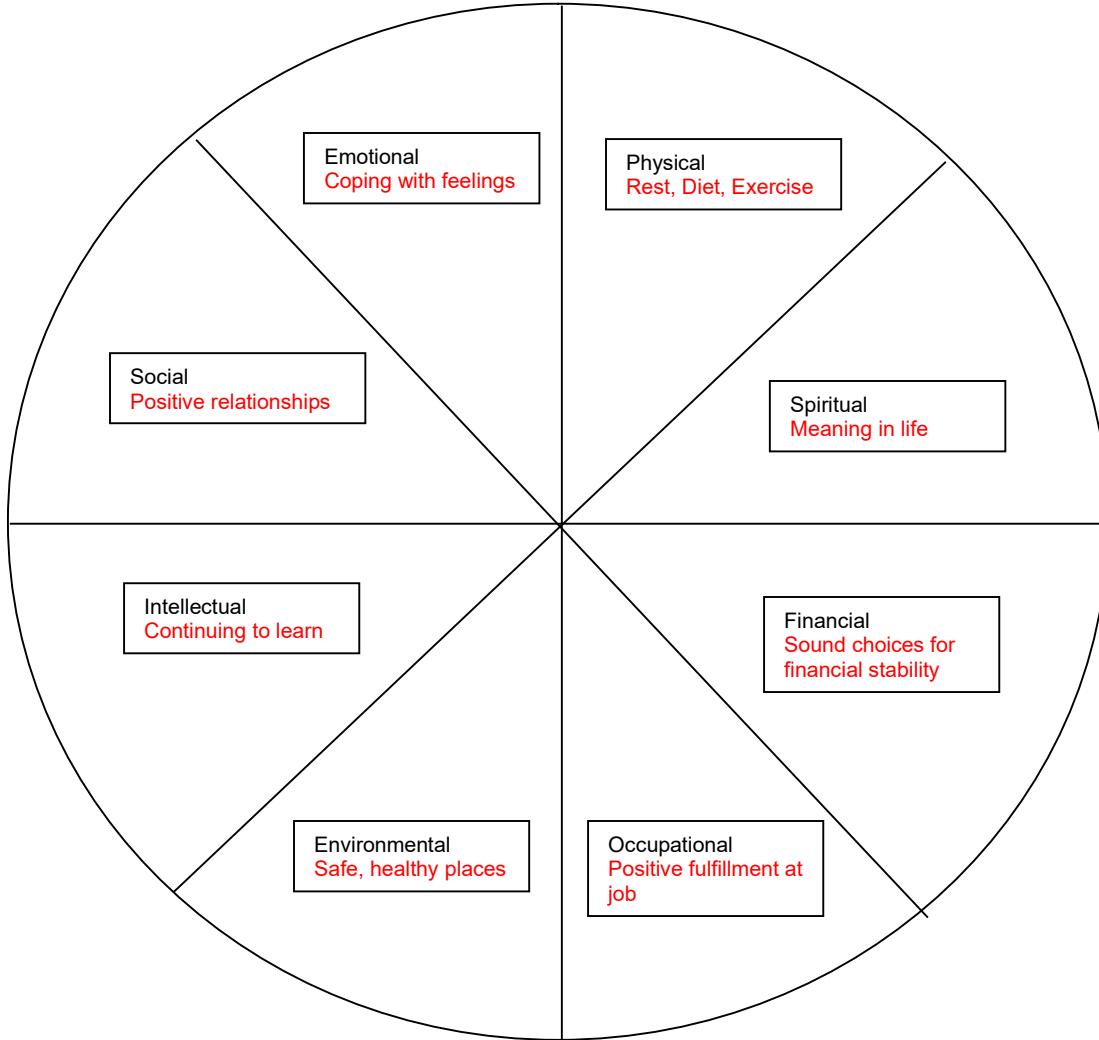
Roadblocks include:

- Self-doubt
- Fear
- Unrealistic expectations
- No time
- No goals
- No support
- Hard to get started

Choose wellness by:

- Getting started --- small steps
- Think positively
- Learn something new every day
- Hang out with healthy people
- Rest --- diet --- exercise --- play --- sing --- dance
- LAUGH!!

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1 = Poor, 5 = Great	To improve I will:
<b>Emotional</b>	
<b>Social</b>	
<b>Intellectual</b>	
<b>Environmental</b>	
<b>Occupational</b>	
<b>Financial</b>	
<b>Spiritual</b>	
<b>Physical</b>	