



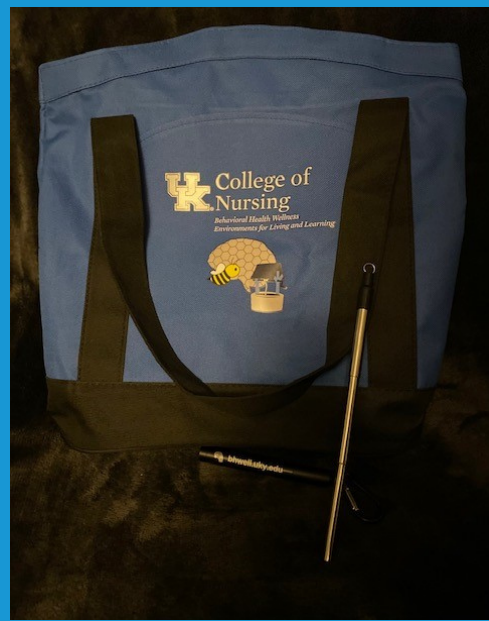
# 8 DAYS OF BH WELL GIVEAWAYS

GIFT BAGS BASED ON THE 8 DIMENSIONS OF WELLNESS

## ENVIRONMENTAL

Gift: Reusable tote bag and straw

Environmental wellness is experiencing daily living in harmony with the environment. This includes living and working in pleasant, safe, and stimulating environments.



## FINANCIAL

Gift: Phone wallet

Financial wellness is satisfaction with your current finances as well as a comfort surrounding your future finances.



## SOCIAL

Gift: Bluetooth Speaker

Social wellness is the ability to interact in a healthy way with those around us. This involves having supportive friends and family, developing deep connections, and the ability to communicate in healthy ways.



## OCCUPATIONAL

Gift: Stress "brain"

Occupational wellness is how you use your skills and abilities to enrich your own life as well as the lives of those around you. Attitude is related to satisfaction regarding your work, whether it be paid or unpaid.



## INTELLECTUAL

Gift: Notebook and Clip

Intellectual wellness is the ability to constantly expand upon one's own knowledge through creative and stimulating activities and experiences and to share what is already known with others. It is the exercising of the mind.



## PHYSICAL

Gift: First Aid Kit and Lip Balm

Physical wellness is how one takes care of their body through proper nutrition, exercise, sleep, hydration, medical checkups, safe sex, and weight management.

## EMOTIONAL

Gift: Fidget Cube

Emotional wellness is the awareness and ability to express feelings and emotions in healthy ways. It is the sense of fulfillment and achievement in life and includes self-acceptance, self-awareness, self-esteem, and optimism.



## SPIRITUAL

Gift: Stacking Blocks

Spiritual wellness is having a meaningful and purpose-filled life. Spirituality not only involves a belief and faith but also can offer hope and a will to live.