

# THREE PILLARS OF WELLNESS: MENTAL, PHYSICAL AND FINANCIAL



**Wellness is a broad scope but can be broken into three key areas:** mind, body and money. Below are tips to help bring these pillars into balance.



## Mental Wellness

- Keep your brain and emotional health in top shape
- Read
- Play games and puzzles—they're good for your brain muscles, plus they're fun
- Find humor in life
- In colder seasons, include light therapy (phototherapy)



## Physical Wellness

- Maintain a proper diet and exercise regularly
- Enjoy the seasonal sports available in your area
- Develop an indoor and/or outdoor exercise routine
- Stretch at work to relieve stress and change your posture at least for a few minutes
- Walk—even if it's no further than the water faucet or coffee machine
- Get a good night's sleep



## Financial Wellness

- Organize your finances
- Create a budget and stick to it
- Lower your debt
- Save for the unexpected and beyond
- Enroll in a financial wellness program if offered by your company

**While we can't claim to be experts in the mental and physical wellness, we can help on the financial side!**



**BJORK  
GROUP**

**Sean C. Bjork, CIMA®, AIF®  
Vice President**

Bjork Group  
1033 Skokie Boulevard, Suite 210  
Northbrook, IL. 60062  
p.312.464.7082  
seanbjork@bjorkgroup.com  
www.bjorkgroup.com

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