

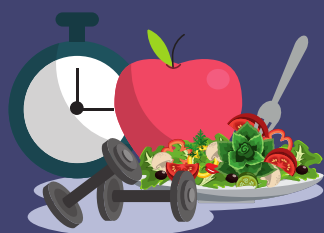
Developed by Melanie M. Wilcox, Ph.D., ABPP

# 5

## Dimensions of Wellbeing That Need Your Attention



### PHYSICAL



Find sustainable ways that work for you to hydrate, eat healthy, and stay active—and regularly

### EMOTIONAL



Make time to seek and find joy

Slow down and allow yourself to feel what you feel

Monitor your feelings and reactions for signs of stress and burnout

### SOCIAL



Feed and water your social connections (family and otherwise) and allow yourself to be fully present

### MEANING AND PURPOSE



What gives you meaning and purpose outside of work? Volunteering? Parenting? Spirituality? Find it, foster it, and protect your connection with it

### WORK SATISFACTION



Even if you 'work to live' rather than 'live to work,' it's still crucial that 'work' works for you

Are you satisfied?  
Content?

If not, what's needed?

Boundaries?

Advocacy?

A change?

### PRO TIPS!

1. Work with your constraints, not against.

Need healthier eating but short on time?  
Try sheet pan meals.

2. Know yourself

Night owl? Instead of early-bird goals, work your behavior change goals around, not against, your natural sleep schedule

3. Challenge yourself

You might be surprised what you are capable of, or even come to enjoy! Try new adventures and hobbies in your search for joy.

