

# Making Optimal Health a Reality

Kristin Mathews



- Healthy Body**
- Safe and Healthy (Work/Home Play)
  - Eating Habits
  - Physical Activity
  - Sleep
  - Relaxation
  - Healthy Weight

- Healthy Body**
- A healthy body is intertwined with overall wellness
  - Make use of resources
  - Ensure a robust support team
  - Your body, size, shape, and goals are your business

- Healthy Finances**
- Abundance
  - Resources to reduce stress
  - Money management
  - Money to do what you want
  - Resources to create meaningful experiences
  - Community contributions


- Health Finances**
- I feel confident about my ability to budget my resources.
  - I give to others as much as I feel is important to give.
  - I feel confident I can reduce the amount of "things" I have.

- Healthy Mind**
- Healthy thinking impacts physical well-being
  - 4 Rituals that will make you happy
  - Ask "What am I grateful for?"
  - Label negative emotions
  - Decide
  - Get more physical contact
  - Meditation can play a role in rewiring your brain

- Healthy Mind**
- Most relationships
  - Attitude at work
  - Meaning and purpose
  - Spirituality time
  - Community service
  - Hobbies/hun

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Body

Physical activity

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# Healthy Body

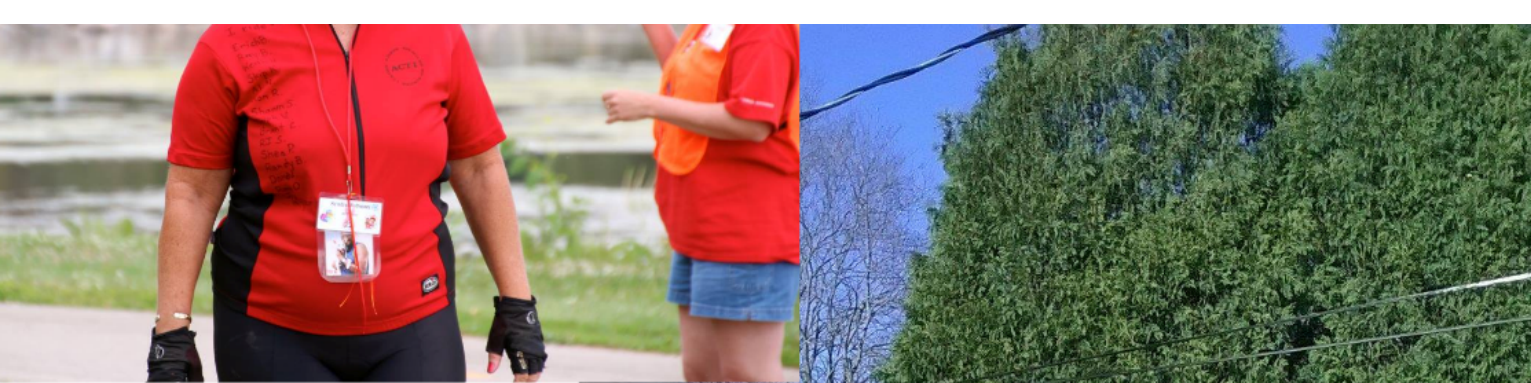
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Healthy Mir

## Healthy Mind

- Most relationships
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- Meaning and purpose
- Spirituality time
- Community service
- Hobbies/fun



ships

Work

Healthy Mind

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**GPS**  
FOR THE

# GPS FOR THE SOUL

HUFF  
POST

## Healthy Finances

- Abundance
- Resources to minimize stress
- Money management
- Money to do what you want
- Resources to create memories/ experiences
- Community contribution

Health

# Health Finances

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