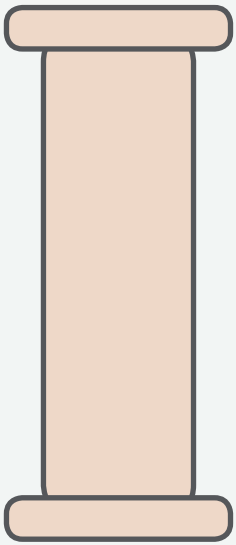


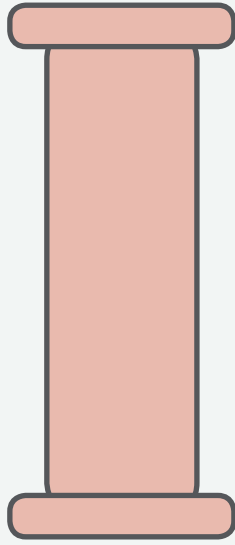
THE 5 PILLARS OF HEALTH

YOUR HEALTH



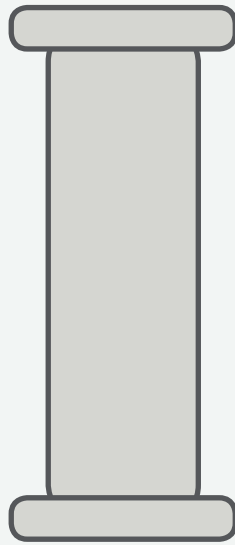
GOOD NUTRITION

Spend time getting to know the foods that make you feel the best and are also nutritious. Aim for variety and focus a majority of your food intake on wholefoods - foods in their most natural state with minimal processing



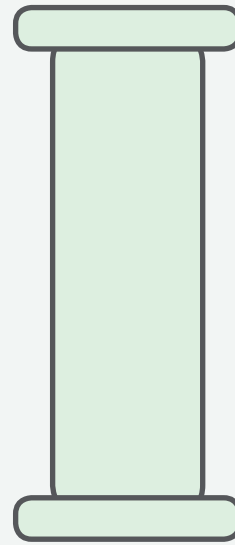
REGULAR MOVEMENT

Experiment with different ways of moving to find the best ways that both satisfy your body's needs and which you enjoy. Be creative. Move generally and move often.



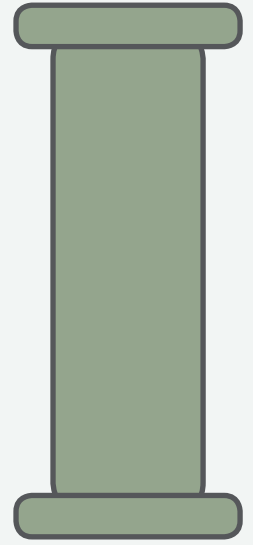
HIGH QUALITY SLEEP

Understand the amount of sleep that your body needs, by paying attention to how you feel on waking, as well as your mood, cognition, and energy levels throughout the day - you may need more or less sleep than you're currently getting



STRESS MANAGEMENT

Taking necessary steps to reduce your exposure to or manage the adverse effect of stress, including allocating time for rest and relaxation, maintaining a resilience body, and limiting unnecessary stressors



EMOTIONAL HEALTH

Take time to consider the joy and satisfaction you derive from your work and life ventures, seek meaning and purpose, social connection, and a sense of contentedness with your life's choices.