Too busy to think about your wellbeing?

You can choose to make time.
Whole-person wellbeing balances all of life’s dimensions for optimal vitality.

Everything is connected.
Whole-Person example

Our behavior in each of the dimensions can improve our stress levels or make it worse.

Three examples.
Old behaviors:
UNMANAGED

Eating larger portions more often; high fat, sugar, alcohol, and caffeine diet makes stress worse.

Shallow, rapid breathing prolongs stress and tension, creating an oxygen/carbon dioxide imbalance.

Fear, anxiety and depression generate more negative feelings, perpetuating the stress cycle.
New behaviors: Small steps lead to change.

When I drink coffee, I’ll choose half decaf Monday, Tuesday, and Wednesday every week.

When I start my day at my desk, first thing every morning, I’ll take three long, deep breaths.

When I feel frustrated with the team report, I’ll write down two words to describe my feeling!
New behaviors: SELF-MANAGED

- Less fat, sugar, and caffeine reduce cravings; well-balanced meals maintain blood sugar.
- Lower blood pressure and heart rate decreases stress hormone level, helping to reduce anxiety.
- Lower anxiety decreases fear and anger responses, relieving tension, creating more positivity.

STRESS

eating

breathing

feeling
Wellness Inventory gives you a fresh way to manage and balance all dimensions of your life.
“For the first time, I experienced wellbeing as a whole person – body, mind, emotions, spirit.”

Jason, Washington
Gain new insight to manage your total wellbeing online.

Here’s what you can do...
Experience a unique self-evaluation.

Rate your wellbeing dimensions and your motivations. The results may surprise you!
Learn from ongoing tracking.

Learn how you’re doing monthly in each dimension.
Act on your strongest motivations.

See areas you’re most motivated to improve.
Create action steps.

Easy to update.

And create personal email reminders.
Track your actions.

Measure your ongoing progress.

**Current Steps**

- Be in bed by 11:00 four nights a week. (8)
- Meditate for 20 minutes at 6 am. (6)
- Take 15 minute morning walk 3 days a week for one month. (9)

![Graph showing progress with specific dates.]
Personalize your home page.
Virtual support to enhance live coaching.

Explore options and create successful new steps.
Express more.

Write whatever you think!

Journal about problems, progress, possibilities! It works.

I'm finally more aware of taking deeper breaths, especially when work is under pressure. I've read about simple breathing meditation that seems worth a try. Maybe tomorrow morning I'll take 10 minutes when I first wake up. Couple of my Facebook friends like it.

Taking new steps!
Explore more.

Use your motivations to learn and improve.

**Strongly Motivated to Improve**
click on statement to explore

- I use my breath as a means of centering and increasing mental clarity.
- I wear clothing that is comfortable and loose enough to allow unrestricted breathing.
- I pause during the day to notice if my posture is facilitating full, natural breathing.

**CREATE** An Entry In My Journal

**ACCESS** My Resources

**CREATE** An Action Step

**FEATURED BOOK!**

the ART of BREATHING
Six Simple Lessons to Improve Performance, Health and Well-Being

**SELF-CARE PRACTICE**
RELAX AND RECHARGE WITH BELLY BREATHING

The simple practice of belly breathing allows to relax, recharge, and de-stress at the beginning of your day or anytime you feel the need.  ...more

**FEATURED ARTICLE**
HEALTHY COMPUTING TIPS: BREATHE EFFORTLESSLY

The moment most people begin keyboarding or mousing they increase
Enjoy more.

Embrace balanced, whole-person wellbeing.
Improvement for everyone.
Wellness Inventory helps you manage your wellbeing for better results.

Make time.