



WHOLENESS
AT WORK

WHOLENESS PRACTICES

MINDFULNESS



Meditation

Self-Awareness

Journaling

Mindful walking/eating

Time in nature

Yoga / Tai Chi

Spiritual practice

Therapy

Breath work

COMPASSION



Positive relationships

Gratitude practice

Focus on hope and
possibility

Self-compassion

Empathy

Joy

PHYSICAL SELF-CARE



Quality sleep

Sufficient movement

Nutrient rich foods

Hydration

Bodywork

Medication

Supplements