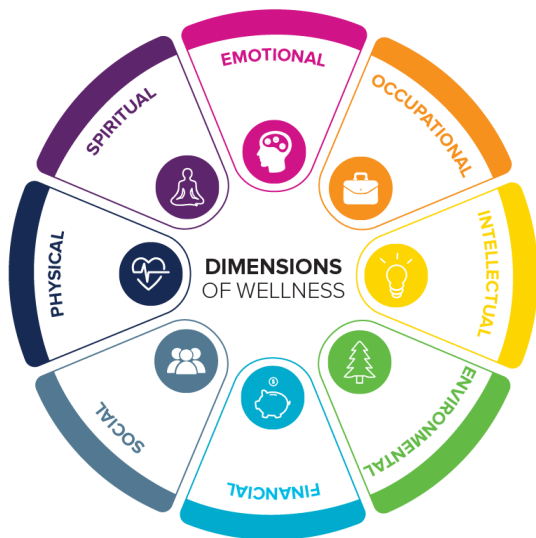
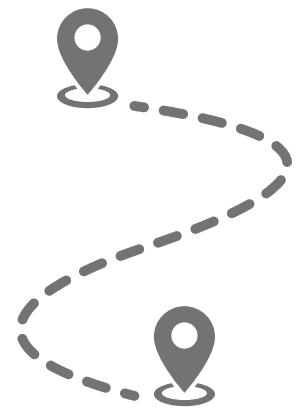


# THE ROAD TO WELLNESS

COVID-19 has taken a heavy toll on our healthcare workers and is complicated by other types of stress not necessarily experienced by the general public. Responding to health emergencies is challenging work. This may cause a loss of energy and feeling overwhelmed.

## WHAT IS WELLNESS?

**Wellness** is an active process of becoming aware of and making choices towards a healthy and fulfilling life. Wellness involves being aware of ourselves as whole people and finding a sense of balance and comfort in our lives. Although we may have setbacks or experience stress, we are resilient and we have strength, material resources, and the support of others to survive and thrive.



## THE 8 DIMENSIONS OF WELLNESS

This *Road to Wellness* event will provide information about each of the eight dimensions and tools to practice active wellness in each dimension. Learning to give each of these eight dimensions equal consideration is part of mastering self-care.

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