

FYSS Lesson in a Bag- Holistic Wellness

Lesson 1

When you think of holistic wellness, what comes to mind?

Try to describe in your own words what you believe holistic wellness is.

What is holistic wellness really?

[Holistic wellness and its dimensions](#)

Discussion

-Now that you are aware of holistic wellness and its dimensions, what are some things you are actively doing to maintain...

- Social wellness
- Physical wellness
- Mental/intellectual wellness
- Spiritual wellness
- Financial wellness
- Environmental wellness
- Occupational wellness

If you currently having difficulty maintaining the dimensions of wellness, what are some ways you can change that?

pathways to WELLNESS...

