

Office of Care & Civility

World Well-being Week 2020



Friday June 26th

Finding Balance

All of the dimensions of wellness work together to help you achieve a state of well-being, but it can be difficult to balance them all. Take some time today to work on finding lifestyle balance.



TED TALK:

"How to turn busy into balance" by Sara Cameron

WORKSHEET:

Complete this [Lifestyle Balance Worksheet](#) and determine two areas in your life that you want to improve!



WELLNESS COACHING

If you would benefit from personalized wellness support, sign up for free [Wellness Coaching](#) through the Office of Care & Civility!

We hope you have benefited from our virtual World Well-being Week resources. Follow the Office of Care & Civility on Facebook for more wellness resources.

