Appendix A – Wellness Mandala Interwoven connection of four wellness tenants

All four wellness tenants in balance

Physical well-being

Healthy optimism in all wellness tenants to balance stress

Physical and emotional tools; such as walking, running, strength training, yoga, meditation, EFT and parenting/mentoring skills

Food as nutrition for physical and mental health; learning nutritional value of food, avoid medications, eat the rainbow, clean sourced meat, fish and plant-based foods

Emotional Well Being

Mental Well-Being

Social, fun time with family and friends to experience a sense of connection bigger than oneself, spend time appreciating nature

Mental and Spiritual tools for stress management, yoga and mindfulness exercises including meditation

Learn to reduce environmental toxins to promote wellness balance Spiritual well-being

Setting and achieving goals; learning timemanagement tools to spend time enhancing all four areas