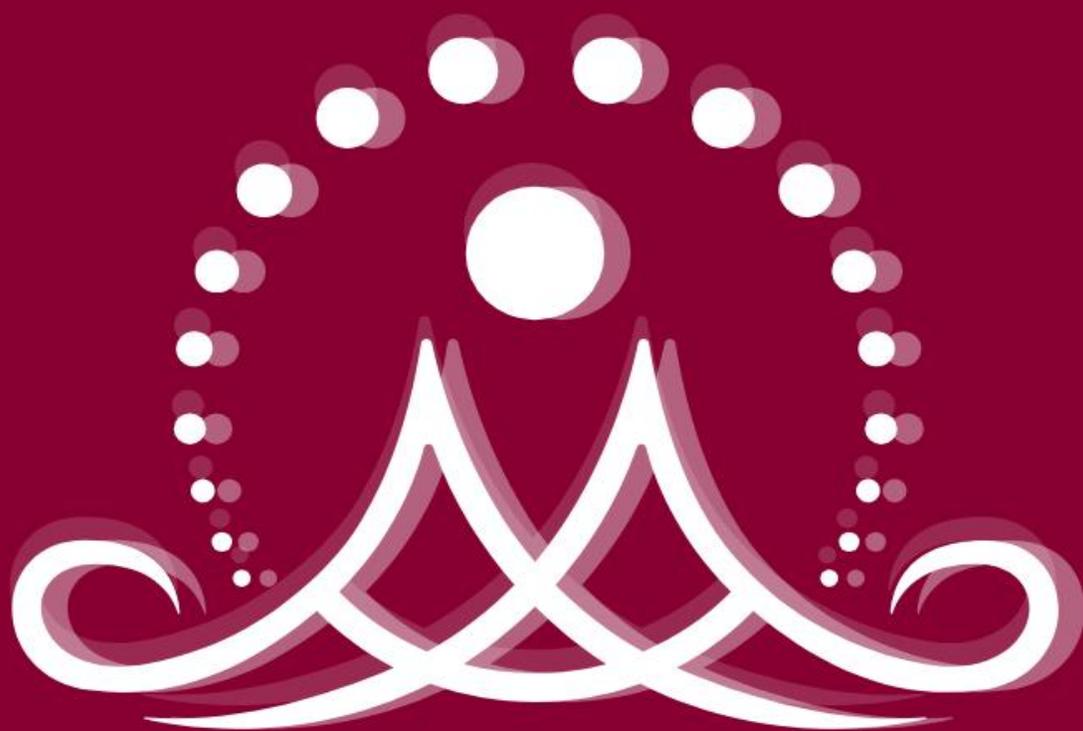


THRIVE



A More Holistic Approach to Overall Well-Being

THRIVE ©

Modekurti Oliver

Table Of Contents

INTRODUCTION	5
MODULE ONE: ENHANCING PHYSICAL HEALTH FOR A BALANCED LIFE	8
THE IMPORTANCE OF HEALTH TO YOUR WELL-BEING	8
STEPS TO BETTER NUTRITION	8
BOOSTING YOUR PHYSICAL ACTIVITY	12
WAYS TO GET BETTER SLEEP	14
MODULE ONE: IMPORTANT TAKEAWAYS	18
MODULE 1: EXERCISES	19
EXERCISE 1: NUTRITION MAKEOVER PLAN	19
EXERCISE 2: PHYSICAL ACTIVITY BOOST	23
EXERCISE 3: SLEEP IMPROVEMENT STRATEGY	25
MODULE TWO: MENTAL AND EMOTIONAL WELL-BEING	28
THE IMPORTANCE OF MENTAL AND EMOTIONAL WELL-BEING	28
EMOTIONS YOU SHOULD BE AWARE OF	29
ANYONE CAN REDUCE STRESS	32
1. TAKE CHARGE OF YOUR EMOTIONS	32
2. SCHEDULE DOWN TIME	34
3. REDUCE YOUR CAFFEINE AND SUGAR INTAKE	35
4. DEEP BREATHING	35
5. PROGRESSIVE MUSCLE RELAXATION	36
HOW TO MANAGE YOUR MENTAL HEALTH	37
MODULE TWO: IMPORTANT TAKEAWAYS	40
MODULE 2: EXERCISES	41
EXERCISE 1: BUILDING EMOTIONAL AWARENESS	41
EXERCISE 2: STRESS MANAGEMENT TECHNIQUES	46
EXERCISE 3: PREVENTIVE MENTAL HEALTH STEPS	48
MODULE THREE: A SOCIAL APPROACH TO WELL-BEING	53
THE IMPORTANCE OF SOCIAL CONNECTIONS	53
FIVE QUALITIES OF BETTER RELATIONSHIPS	54
HOW TO MAINTAIN BETTER RELATIONSHIPS	56
STEPS TO INCREASE COMMUNITY INVOLVEMENT	59
MODULE THREE: IMPORTANT TAKEAWAYS	62
MODULE 3: EXERCISES	63
EXERCISE 1: BUILDING BETTER RELATIONSHIPS	63
EXERCISE 2: MAINTAINING BETTER RELATIONSHIPS	65
EXERCISE 3: INCREASING COMMUNITY INVOLVEMENT	67

MODULE FOUR: OCCUPATIONAL WELL-BEING	70
THE IMPORTANCE OF OCCUPATIONAL WELL-BEING	70
GAINING MORE CAREER SATISFACTION	71
CONTINUING TO GROW PROFESSIONALLY	74
2. MAKE A COMMITMENT TO PROFESSIONAL DEVELOPMENT	74
STRATEGIES TO SET WORK-LIFE BOUNDARIES	76
MODULE FOUR: IMPORTANT TAKEAWAYS	80
MODULE 4: EXERCISES	81
EXERCISE 1: CAREER SATISFACTION ASSESSMENT	81
EXERCISE 2: PROFESSIONAL GROWTH PLAN	85
EXERCISE 3: WORK-LIFE BALANCE STRATEGIES	87
FINAL REMARKS	93

INTRODUCTION



"Trust your gut feeling."

"Go with your gut instinct."

Have you ever been told that? It might seem silly to let your digestive system do your thinking, but the idea that your gut can give you good advice is based on science.

Scientists refer to the gut as your second brain. It helps you process your feelings and food, influencing your health and thoughts. Your gut speaks to the brain and communicates with the rest of your nervous system.

Your nervous system triggers the production of hormones that influence your mood and emotions. Those hormones also play a part in your physical health. The mental, emotional, and physical aspects of your wellness depend on this intertwined nature of your mind and body.

Eating right keeps your gut and digestive system healthy, which leads to mental and emotional wellness. Feeling good makes you more likely to socialize and stay physically active. Those activities further impact your well-being in a positive way, and your mind and body benefit.

You can't enjoy your best-ever success, fulfillment, and happiness if any aspect of your interrelated being isn't well. This course will help you achieve overall wellness by addressing the individual components of your life.

In **Module One: Enhancing Physical Health for a Balanced Life**, you learn about the connected nature of your physical, mental, and emotional well-being. No part of you exists without dependence on and influence upon the rest of your being. This holistic fact is why you don't feel fulfilled if a vital aspect of your life is underserved.

In **Module Two, Mental and Emotional Well-Being**, we discuss the importance of mental and emotional health. Your emotions impact your mental health, and your level of mental wellness directly influences your emotions. You can harness this cyclical nature of your health's emotional and mental aspects for better overall well-being.

You learn to be aware of potentially unhealthy emotions and how to reduce stress. We share five preventive steps for improving your mental health and emotional well-being.

In **Module Three: A Social Approach to Well-Being**, you learn that forming and maintaining strong social connections is vital for living your best life. Regular socializing is the only way to thrive in every aspect of life.

In this module, we explain five qualities of positive relationships and share a few ways to maintain healthy relationships. You'll learn the steps to develop more involvement in your community and proven methods for socializing while also improving your physical, mental, and emotional wellness.

In **Module Four: Occupational Well-Being**, we address how fulfillment at work can positively impact all areas of life. You learn the steps to achieve more career satisfaction and learn some professional growth methods. Finally, the course closes with strategies to help you set healthy boundaries for a better work-life balance.



Your path to well-rounded well-being begins now.