Three Pillars of Wellness: Mental, Physical and Financial

Wellness is a broad scope but can be broken into three key areas: mind, body and money.
Below are tips to help bring these pillars into balance.

MENTAL WELLNESS

- Keep your brain and emotional health in top shape
- Read
- Play games and puzzles—they're good for your brain muscles, plus they're fun
- Find humor in life
- In colder seasons, include light therapy (phototherapy)

PHYSICAL WELLNESS

- Maintain a proper diet and exercise regularly
- Enjoy the seasonal sports available in your area
- Develop an indoor and/or outdoor exercise routine
- Stretch at work to relieve stress and change your posture at least for a few minutes
- Walk—even if it's no further than the water faucet or coffee machine
- Get a good night's sleep

FINANCIAL WELLNESS

- Organize your finances
- Create a budget and stick to it
- Lower your debt
- Save for the unexpected and beyond
- Enroll in a financial wellness program if offered by your company

While we can't claim to be experts in the mental and physical wellness, we can help on the financial side!

ADCOCK FINANCIAL GROUP
Experience Something Greater

H. Brian Adcock

311 W. Fletcher Avenue
Tampa, FL 33612

brian@adcockfinancial.com
813-935-4091
www.adcockfinancial.com

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