

WELLNESS

FOR BERGEN COUNTY



Wellness connects all aspects of health!

body

Visiting a healthcare provider regularly • Exercising and eating healthy • Avoiding cigarettes and substance abuse
Getting the appropriate amount of sleep • Making time for relaxation

emotions

Being aware of feelings • Coping with stress • Building resilience and healthy decision making • Expressing feelings through support systems

knowledge

Being open to expanding intellect and skills • Embracing ideas and creativity

environment

Occupying safe, healthy and stimulating environments that support well-being • Fostering a community that is inclusive of all people and appreciates diversity

work

Gaining personal enjoyment and enrichment through work (paid or unpaid, volunteering or school)

finances

Having satisfaction with current and future financial situations

beliefs

Exploring greater purpose and meaning in life • Being excited about opportunities the future holds

connection

Developing satisfying and supportive relationships with friends, family and community members • Participating in social and recreational activities



For more information contact Marla Klein at mklein@co.bergen.nj.us