



ORNL FCU Wellness Team  
A Holistic Approach  
To Wellness

It all started  
with a  
basket of  
fruit.....



**BALANCE**  
*yourself*

# Holistic Approach to Wellness

- Physical
- Mental
- Financial
- Spiritual
- Career
- Social

# Physical

- Recreation League participation – Softball, Volleyball, Basketball, etc.



- Nature Hikes

- CHKM – Couch to 5K



- Wellness Fair participation – because physical isn't just about sports. It is about our physical wellbeing

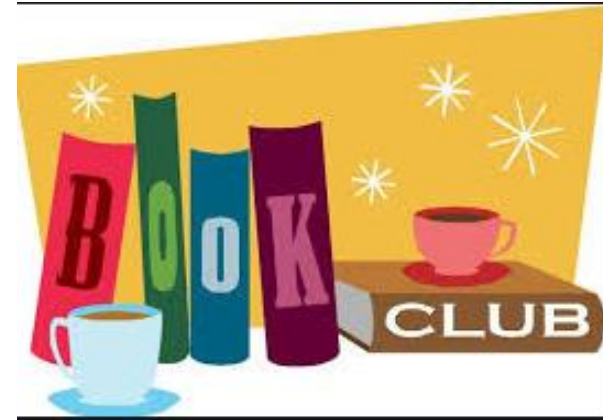


- Fit & Free Fridays



# Mental

- Book Club
- EAP Awareness
- Puzzles in Newsletter
- Wellness Fair
- Practicing Thankfulness



*Thankful*



Decorative autumn leaves in red, orange, and yellow are scattered around the word 'Thankful'.

# Financial



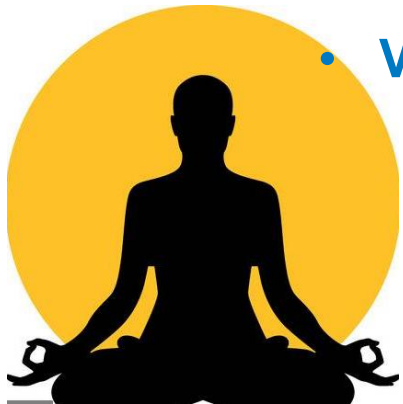
- Tax Season Tips
- Budgeting Workshop with Lincoln Financial Group
  - Holiday Budgeting Ideas
- Retirement Savings Information
- Vacation Ideas on a Budget



**TAX**  
TIPS

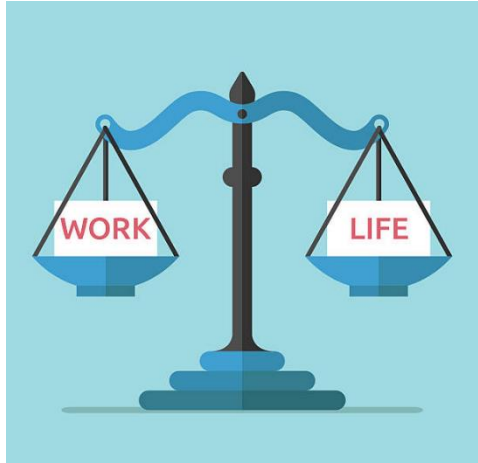
# Spiritual

- Encourage employees to take time for themselves through:
  - \* Meditation
  - \* Volunteering
  - \* Unplugging from social media – reduce screen time
- Wellness Bingo that focused on family time, thankfulness, reaching out to long lost friends
  - Adopt a Pet Day
- Volunteer through Lost Sheep Ministry and Second Harvest Food Bank – Giving feeds the soul

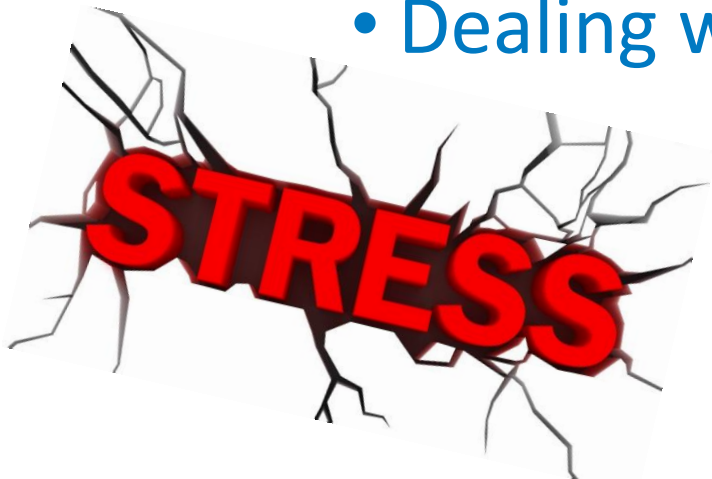


*Thankful*

# Career



- Taking Care of Business Day
  - Resume Builder
- Tips on How to Interview Well
- Balancing Work Life and Family Life
- Dealing with and Reducing Stress at Work





# Social



- Painting with a Twist Gatherings
  - Book Club
- Sports Team (Softball, Volleyball, Basketball, etc.)
  - Walking Trail Meetups
- Holiday Tips to Help Others in Need

