

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!**



WORCESTER
324 Grove Street
Second Floor
Worcester, MA 01605

SPRINGFIELD
1350 Main Street
10th Floor, Suite 1008
Springfield, MA 01103

Phone: (855) 508-401k
Fax: (508) 519-8426
Email: info@pwmg401k.com
Web: www.pwmg401k.com

Securities and advisory services offered through LPL Financial a registered investment advisor, Member FINRA/SIPC.

This material was created for educational and informational purposes only and is not intended as ERISA, tax, legal or investment advice. If you are seeking investment advice specific to your needs, such advice services must be obtained on your own separate from this educational material.

©401(k) Marketing, LLC. All rights reserved. Proprietary and confidential. Do not copy or distribute outside original intent.