

Dr. Angelica McCarthy's

Mindful Facts

BRINGING LIGHT AND AWARENESS TO YOUR
HEALTH AND WELL-BEING

Physical Wellness Checklist:

- Nutrition and Hydration
- Physical Activity / Exercise
- Stress (Coping/Management)
- Alignment (Structural/Connection)
- Sleep
- Rest

Physical wellness helps to prevent injury through recovery and healing, aid in peak-performance, and promote and sustain good health and well-being. (HHS, 2015)

Reflection: Do you feel balanced in your physical wellness?