

WELCOME TO

# Wellbeing

Be Balanced · 6 Week Series · Jan. 2022

## Grow

Growth is both the journey and the destination.

## Change

The roller coaster that is life assures that change is constant. Find your balance.

## Evolve

Open your mind to total wellbeing.

# Be Balanced

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# Table of Contents

## SESSIONS

Physical

Intellectual + Occupational

Social

Mental + Spiritual

Financial

Environmental

## BALANCE

noun

**A condition in which different elements are equal or *in the correct proportions.***



05

### Week 1

Welcome to Wellbeing, where your total health, quality of life and daily habits intersect to create your best self.



09

### Week 2

Explore the ways infinite curiosity, open humility and commitment to growth foster our intellect and passions.



12

### Week 3

We know we need connection. Connecting in ways (and with people) that offer mutual support, care and enrichment are integral to total wellbeing.



15

### Week 4

The inevitable roller coaster of life requires that we effectively cope with stress and connect with a greater purpose.



18

### Week 5

With financial struggles being among the greatest contributors to stress, anxiety and poor quality of life; a consistent and focused approach to financial wellbeing is key.



21

### Week 6

Our internal state of mind often reflects our external environment. Curate your space intentionally, spend time outdoors/in nature and care for your environment as it cares for you.

# SO GLAD YOU'RE HERE.

I'm grateful for the opportunity to create and share this resource with you. Total well-being is the difference in a life lived with energy, enthusiasm and balance. I truly believe in the power of awareness and intention to achieve wellbeing and the best quality of life.

*Before we get started...*

## What & Why:

This course exists because of a gap in the wellness space. There are courses for financial wellness, physical wellness (fitness), occupational wellness (business/entrepreneurial courses), and many more. But what about TOTAL well-being. We are multidimensional beings, which means we need to account for and apply energy and effort in all dimensions, not just one or the other. This fragmented approach to wellness is what keeps us from progressing and reaping all the benefits the wellness industry/experts are always preaching about. It's time for a holistic approach. This is it.

## How:

One things for sure...  
"knowing, isn't enough".  
Plain and simple. Just because we know something, isn't enough to make us DO something.  
DOING is what matters.  
'Knowing' (awareness) is where you start .  
But 'doing' (action) is where you're going.  
We'll begin with an AUDIT of your current well-being. Each week, we'll work through this workbook and the misconceptions, barriers, strategies and practices within each dimension. At the end, we'll do a final audit for an overall view of your well-being and be able to identify the gaps to address and the actions to take.

My hope is that as a small cohort & with the help of this resources, we'll create a community to share, and foster the support needed to commit to the principles we'll discuss and and apply them in our lives for the good of ourselves and others.

Now, let's get started. Wellbeing is waiting.

-Janna

# WELCOME TO WELLBEING



## WELLNESS VS. WELLBEING

What's the diff?

Wellness is a *healthy lifestyle* and state of being in good *physical health*, free of chronic suffering, and is usually the result of an actively sought goal.

Wellness is the cumulative effect of our *daily habits*, and commitment to *physical activity, nutrition and sleep*.

Wellbeing on the other hand, encompasses all of the broader *holistic dimensions* of a well-lived life. Unlike wellness which is a reflection of daily habits, wellbeing is a reflection of *quality of life* and the standard of health, comfort and happiness you experience when all *8 dimensions of wellness* are in *balance*.

# *Physical*



WELLNESS

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## Move

Your body is your home.  
Movement is the way you  
maintain it's frame, form and  
foundation.

## Nourish

Food is its own love  
language and a special way  
to show your body how you  
feel about it.

## Sleep

The magic pill.

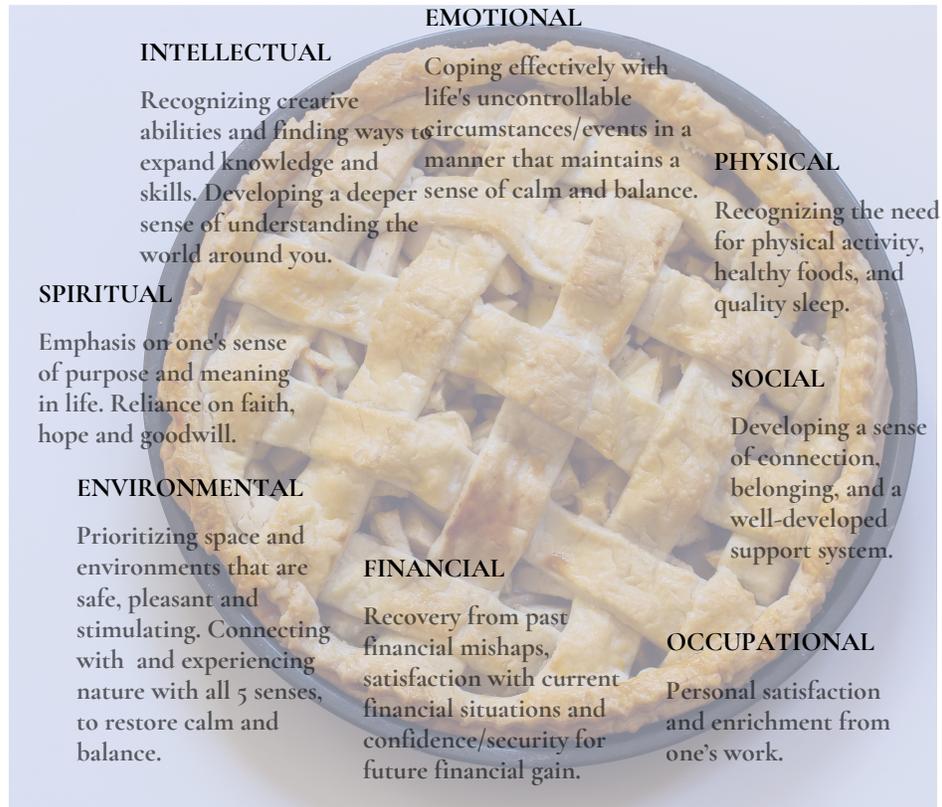
# DIMENSIONS OF WELLNESS

## ➔ The Whole Pie



First and foremost, you want the WHOLE PIE. It's yours and you want all the pieces. Think of the dimensions of wellness as pie slices. They all need to be present.

Even if they're not all the same size slice. Then think about the ingredients that go into your favorite pie. Your ingredient list may be different than mine and they can even change over time (less of this, more of that, sub this...). Think of this as total wellbeing. All the specifics, details and internal pieces that come together to make you...well.



**INTELLECTUAL**  
Recognizing creative abilities and finding ways to expand knowledge and skills. Developing a deeper sense of understanding the world around you.

**EMOTIONAL**  
Coping effectively with life's uncontrollable circumstances/events in a manner that maintains a sense of calm and balance.

**PHYSICAL**  
Recognizing the need for physical activity, healthy foods, and quality sleep.

**SPIRITUAL**  
Emphasis on one's sense of purpose and meaning in life. Reliance on faith, hope and goodwill.

**SOCIAL**  
Developing a sense of connection, belonging, and a well-developed support system.

**ENVIRONMENTAL**  
Prioritizing space and environments that are safe, pleasant and stimulating. Connecting with and experiencing nature with all 5 senses, to restore calm and balance.

**FINANCIAL**  
Recovery from past financial mishaps, satisfaction with current financial situations and confidence/security for future financial gain.

**OCCUPATIONAL**  
Personal satisfaction and enrichment from one's work.

## ➔ Physical Wellness



Recognizing and prioritizing the need for physical activity, balanced nutrition and quality sleep for optimal function and performance.

Physical wellness is much more than fitness, but it certainly isn't equivalent to health. Because physical wellness incorporates 3 things that we spend a lot of time doing (moving, eating and sleeping), it's no wonder it gets a bulk of the attention in the "wellness world".

## ➔ Game Changers



Game changers are the difference makers. Those things that make life easier, happier, or better in some regard.

To find the game changers that work best for you, you have to...do something. A lot of something actually. You have to try different things. You have to read and seek new resources. You have to commit and be consistent. You have to be self-aware and intentional.

You have to take action.

# THE MAGIC PILL

zzzzzz

What if I told you there's a magic pill that would give you more energy, help you lose weight, make you more emotionally balanced and happier, and essentially benefit your whole body and total wellbeing.

Would you believe me? Would you take it?

The thing is...you do have the magic pill. You're just not taking it as prescribed, so it's not working as well or the way it should.

"Sleep services all aspects of our body in one way or another: molecular, energy balance, as well as intellectual function, alertness and mood," says Dr. Merrill Mitler

Neuroscientist and sleep experts agree, sleep affects every tissue in our bodies. "It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health."

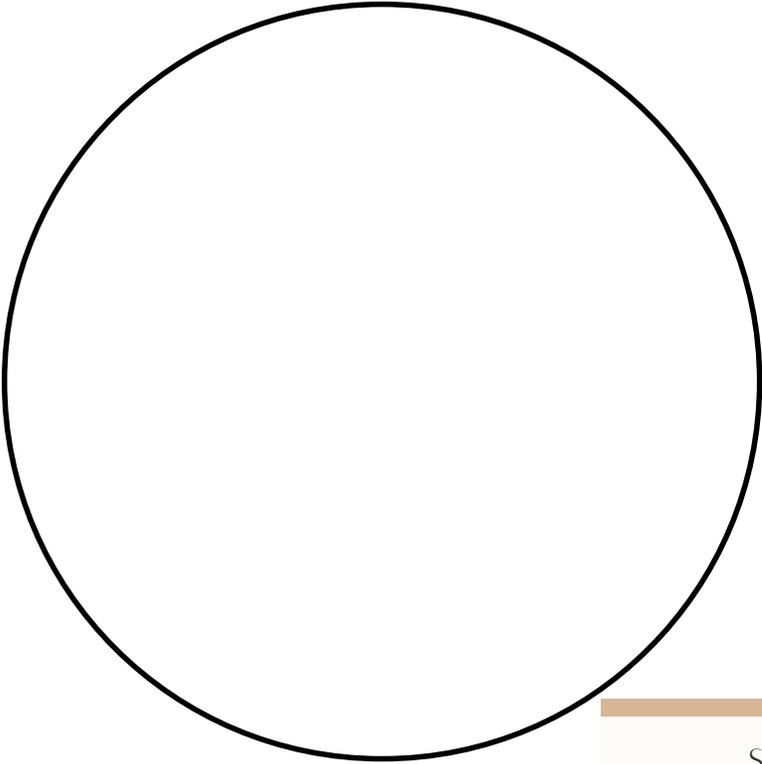
Although personal needs vary, on average, adults need 7 to 8 hours of quality sleep per night to attain the maximum restorative benefits of sleep. Quality sleep means, uninterrupted sleep that allows for 4-5 sleep cycles (periods of deep sleep and REM sleep) which is critical to the biology of sleep.

Overall, humans spend about 1/3 of our lives sleeping. Might as well get good at it.

# WELLBEING

## AUDIT

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| DIMENSION: |
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Fill in your pie with the slices you feel represent your current level of wellness in each area.

Now consider the whole pie. What strengths have gotten you to this point. What weaknesses are holding you back? Where can you grow? What goal/action will you take to show that growth.

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# WELLBEING

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# *Intellectual & Occupational*

WELLNESS

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## Learn

Whether learning something new or more about what you already do, the process should be endless.

## Share

The best way to give back, is with your valuable knowledge and skillset.

## Grow

Don't let your learning lead to knowledge, let it lead to action.

# INTELLECTUAL & OCCUPATIONAL WELLNESS

## ➔ Curiosity



Kids are the best example of the link between curiosity, learning/development and even happiness.

Curiosity is a strong desire to know or learn something and kids are often relentless in their question asking and exploration.

Harness the curiosity of your inner-child. Always be a student, willing to learn, and open to new places, people and perspectives.



## ➔ Creativity



Once your curiosity has been unleashed, you'll need an outlet for all the amazing things you'll learn and find interest in.

creativity doesn't mean being artistic or any defined art. It is the use of imagination and formation of original ideas. Creativity is your unique perspective, poured out in constructive, tangible and perhaps artistic ways.

Curiosity fosters creativity. What we can imagine to create or become, often requires...growth.

## ➔ Growth



Growth is a personal choice because only you can make the decision and commitment. Whether it's healing from the past or preparing for the future, there's work to be done if you're going to succeed at

the next step (whatever that step might be!).

Also, your growth, isn't just for your benefit. When you grow it shows. That impacts those around you, serving as inspiration, and proof that the work is worth it.

# PURSUIT OF PASSION

1/3 of your life will be spent at work. That's 90,000 hours over the course of a lifetime.

That's insanely depressing. Unless...you love your work.

If you're going to spend 90k working, it is in your best interest that the work being done is both financially sustaining AND fulfilling. 1/3 of your life (in addition to the 1/3 spent sleeping) is committed to work.

But what if you made it play? If you allowed curiosity to lead you, and creativity to excite you and if you look at the growth you've achieved in any given area - you'll likely find what it is that you're passionate about. And what you're passionate about, brings intention to your words, actions and choices.

Pursue that passion and align it with your work. You're going to be doing a lot of it!

# WELLBEING

## AUDIT

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# Social

WELLNESS

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## Connect

Come together.

## Relate

We likely have more similarities than differences. Find out.

## Care

Authentic, genuine good will and mindful attention to those around you.

## SOCIAL WELLNESS

### ➔ Connection



Social wellness and connection is often overlooked in regard to contribution to total wellbeing. In reality, neglecting our need to connect, puts our health and wellbeing at risk.

Social connection can lower anxiety and depression, help regulate emotions, lead to higher self-esteem and empathy, and actually improve your immune system!

Genuine, open and mutually beneficial relationships are a fundamental component of humanity and wellbeing.



### ➔ EQ



Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

EQ is necessary to build strong relationships, to succeed at school and work, and achieve your career and personal goals. EQ can also play a big role in turning intention into action, and helps you make informed decisions for the best interest of you and your relationships.

### ➔ Impact



Social wellness is more than just spending time with friends and families or even coworkers and colleagues. This area of wellness is actually about impact.

Living with integrity and engaging in all interactions with an intention to do good and serve others, are the tenets of social wellness and what makes us human.

## TEAM TEXT OR CALL?

With so many ways to connect these days, it's less about the ability to connect and more about the effort, energy and best ways to connect... and that just so happens to be different for everyone.

So first and foremost, always honor the effort! There's already so much going on with life in general, when someone reaches out in any form, honor their effort, with gratitude for someone who WANTS to connect and communicate with you.

Of course things can get lost in translation with text and email. Having strong communication (i.e. LISTENING) skills and high self awareness will help make your interactions with others and deep personal relationships much easier. Cultivating your EQ is one of the things you can do that have a huge, positive impact on your wellbeing and those you communicate with.

Speak life, encouragement and hope into everyone you engage with. Call, text or IRL, focus on connecting, relating and caring for others.

# WELLBEING

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# *Emotional & Spiritual*

WELLNESS

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## Accept

Control keeps us from acceptance. Lack of acceptance keeps us from peace.

## Embrace

We all need help. Find and welcome it into your life. Embrace your humanness.

## Balance

Connecting to something greater than yourself provides stability in this every changing life.

# EMOTIONAL & SPIRITUAL WELLNESS

## ➔ Self Awareness



When it comes to emotional & spiritual wellness, it makes sense that self awareness is such a key component. Defined as, conscious

knowledge of one's own character, feelings, motives, and desires; it's easy to see how this is the first step in creating stability and peace in your emotional space. Not to mention the impact on every other aspect of your life and total wellbeing.



## ➔ Daily Practice



It's no secret that consistency is key for habit formation, and the development of anything honestly. Aside from the discipline needed to sustain

consistency, you need something to root and anchor you. That's where routine comes in. 1-3 sequential actions or activities have the power to anchor you producing stability, calm, and emotional control, (in addition to time management!).

The trick is to find routines that you enjoy (i.e. skincare) or add enjoyment to things you might have to do (i.e. wake up early).

# ITS AN INSIDE JOB

With so many daily pressures and responsibilities its easy to feel like there are endless expectations on you or you're responsible for the thoughts feelings and actions of those around us (on top of our, of course).

Well here's the good news...that's not your job. The primary focus in the area of mental and spiritual wellness is...YOU. It's true. For example - the relationship I have with God is entirely on me. No one can do anything to directly impact that relationship for me. My spiritual walk is not about anyone else be ME.

## ➔ Embrace Balance



Balance is a QUALITY. Its a state of being. fortunately its an innate quality. We all have it/access to it. It's just a matter of being in tune with and prioritizing that quality, in a way that makes it a central part of your lifestyle.

Although it can be defined, balance often seems "abstract" because it looks different for everyone. But ,thats also the beauty of it.

Life changes quickly (a working mom is very different than a fresh college grad). Wellbeing is always at risk when life change disrupts one or more dimension of wellness.

Balance is what restores your wellbeing.

Just like the self awareness and routines that help us embrace balance, wellbeing is an inside job.

# WELLBEING

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# Financial

WELLNESS

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## Plan

The intricate balance of living for today and planning for tomorrow.

## Invest

Big dreams require long term goals, plans and investments.

## Live

Save early, spend mindfully, live well.

## FINANCIAL WELLNESS

### ➔ Future Focused



short term, mid term, long term. That's a lot of future to focus on. Keep it simple and take the pressure off by starting with the big picture and working backward.

Where do you see yourself and what will it realistically take to get there. This is especially important in a time or life stage of change. Having a good vision of the future and a plan to get you there, has tremendous impact on total wellbeing.

### ➔ Invest in You



If you're reading this, kudos! You already understand the importance and necessity of self investment for growth in any area.

However, if any area of life deserves your time and money, it's your wellbeing. Investing in you sometimes means prioritizing and making sacrifices in other areas but the benefit is that it always comes back to you. It's a win-win in the long run.

### ➔ Live Mindfully



Many things might come to mind when you hear "live mindfully". From eco-friendly products to meditation practices, there are a number of ways one might "live mindfully".

But, it's actually a lot simpler than that. To live mindfully is to live with intention, care and gratitude.

It's estimated that the average human makes more than 35,000 decisions/day. Many of those are subconscious and routine, but many are deliberate. Just imagine how a mindful approach (to even a small portion of those) would make a huge impact on total wellbeing.



# FINANCE YOUR WELLBEING

*dolla, dolla bills.*

Life is not cheap these days. When we look at wellness in terms of skin care, fitness, self care and luxury lifestyles, it's easy to see the financial toll rack up.

While all of those things are wonderful (I love a good, relaxing facial. And don't get me started on a luxurious brunch experience...), they aren't wellbeing.

Wonderful. But not wellbeing.

Enjoy them. But understand the limitations they have. Financing your wellbeing means:

- having money set aside for a rainy day so you don't have constant stress and worry about emergencies.
- negotiating your pay and or benefits because again...life is not cheap.
- opening a business account and setting up your taxes because your side hustle is poppin' off!

It can look different for everyone but ultimately the best financial wellness practices are personal investments in mindful living and a future focus.

# WELLBEING

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# *Environmental*

W E L L N E S S

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## Nature

Connect with and embrace nature.

## Nurture

Intentionally foster a stress and clutter free environment.

## Explore

Roam, wander and immerse yourself in new places and spaces.

# ENVIRONMENTAL WELLNESS

## Get Outdoors



Research has proven that spending time outdoors is associated with overall wellbeing. Among the top reasons to step outside are:

- Exercise
- Improve mood
- Connect with nature
- Connect with community

It is more important now than ever before to prioritize outdoor time. In return, individuals will find they are happier, less stressed, and even more, protected



## Clear Space, Clear Mind.



Ever notice the mental fog and discomfort you feel when trying to live, work or create in a cluttered or messy space? The urge to clean and

declutter when you're stressed is your mind and body looking for a way to bring some order to your personal environment.

# WE ALL NEED SPACE

When you care about the space around you, you take care of it. That goes for indoors and outdoors.

But our environment is more than just the outdoors. It's our personal and public spaces like bedrooms and offices or classrooms and living rooms. Each environment is different but research shows that the tidiness or messiness of a space can have a direct impact on mental health. Clutter and mess are often linked to negative emotions like confusion, tension, and irritability while organized, orderly spaces tend to produce more positive emotions like calmness and a sense of well-being.

## Wanderlust



You don't have to go far to find something new. Something different. It's easy to become blind to the beauty right in front of us. The beauty in our own cities and communities.

A change of scenery does wonders to reignite passion and gratitude for the space around you. The opportunity to explore new places simultaneously feeds our love and appreciation for home. "Your space" is all around you. Your environment is where ever you are.

# WELLBEING

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# more

## RESOURCES

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Click the link or scan the QR code to access the resources.

# 1

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This is a dynamic list and will continue to grow over time. Check back as often as you like for new articles, infographics, podcasts, music and more.

### Physical

Get some sleep. Move your body. Eat and enjoy good foods. Take care of home.



# 2

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### Intellectual/Occupational

We spend 1/3 of our lives at work or working. Take back control of your time with work-life balance, constant curiosity and personal and professional development.



# 3

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### Social

We are social beings. We need each other. And just as importantly...we are needed. Be your best self for you and those around you.



# more

## RESOURCES

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Click the link or scan the QR code to  
access the resource

### 4

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#### Mental/Spiritual

Mental and spiritual wellness is all about connectedness. Whether connecting with your thoughts, feelings or breath. Whether reading a devotional, praying or serving. The first and most important connection is within.



### 5

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#### Financial

With so much of our stress and anxiety steaming from financial woes or concerns, it's a no brainer that this area of wellness must be a priority. But where to start? This list of resources should help!



### 6

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#### Enviornmental

Inside or outside. Your environment is all around you, the space you occupy. Get outdoors and experience nature. Declutter and rearrange indoors for optimal well-being.

