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OCCUPATIONAL

EMOTIONAL

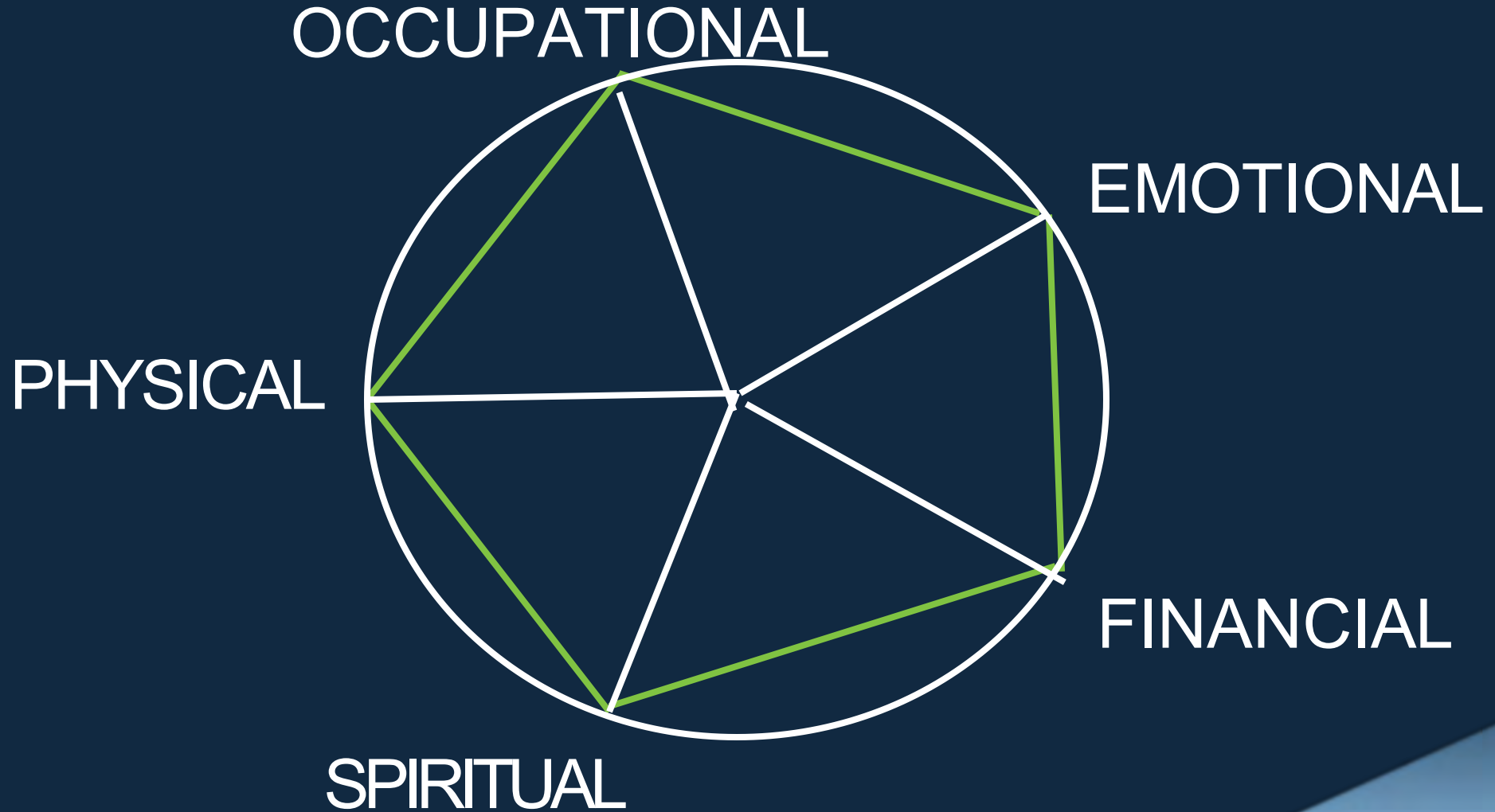
PHYSICAL

FINANCIAL

SPIRITUAL

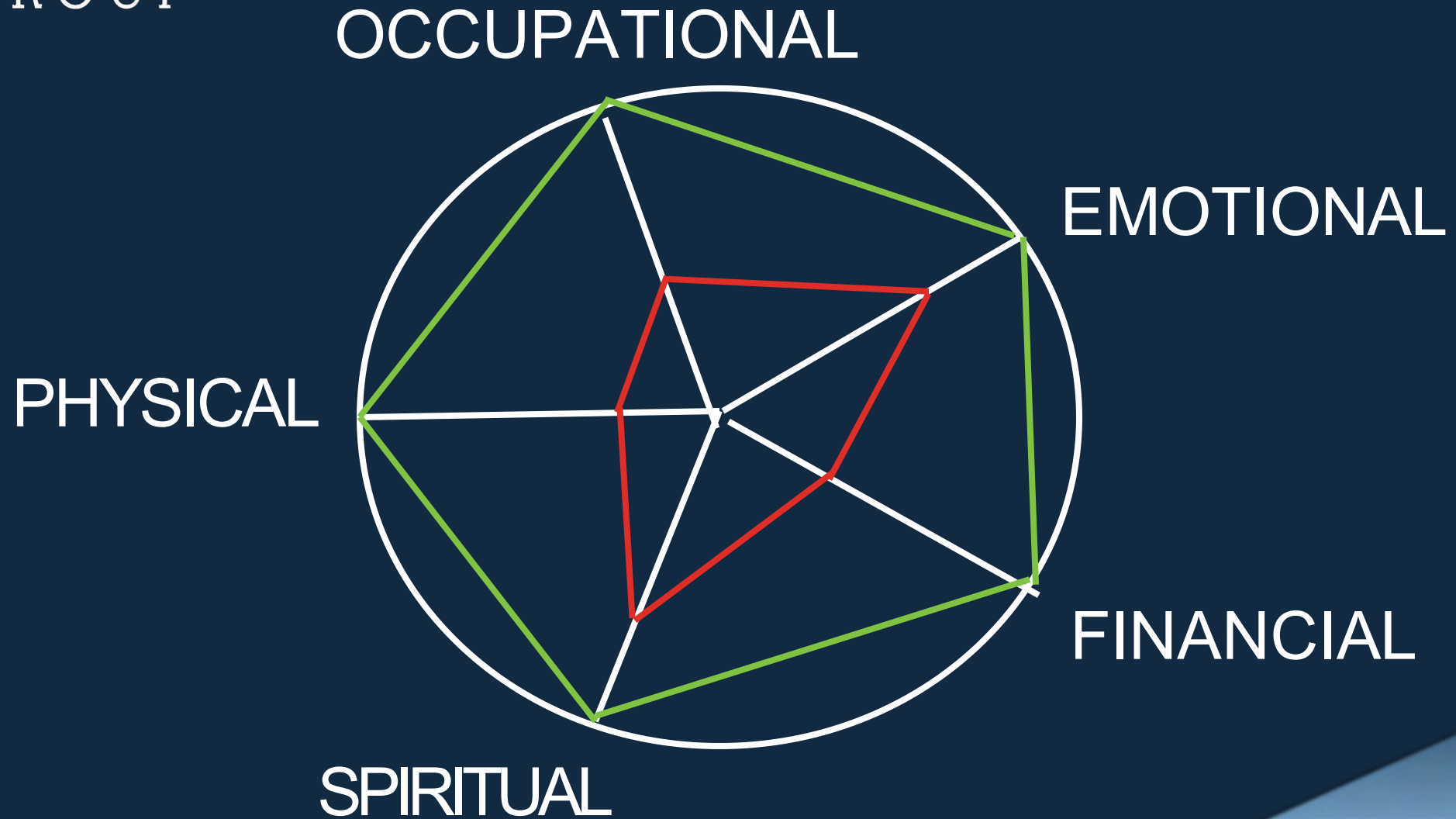


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WHAT IS OCCUPATIONAL WELLBEING?

The keys:

- Professional community
- Set boundaries



WHAT IS EMOTIONAL WELLBEING?

The keys:

- To experience and appropriately express emotions
- Practice extending and requesting forgiveness



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WHAT IS FINANCIAL WELLBEING?

The keys

- Identify external factors that impact your relationship with money.
- Identify internal factors that impact your relationship with money.



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WHAT IS SPIRITUAL WELLBEING?

The keys

- Link decision making with life values.
- Share life with like-minded individuals.
- Share life with unlike-minded individuals.



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WHAT IS PHYSICAL WELLBEING?

The keys

- Practice good nutrition.
- Get 20 minutes of exercise a day.
- Sleep well.



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HOW WELL ARE WE?



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RECOMMENDATIONS FOR OCCUPATIONAL WELLBEING:

- Reach out to a colleague that is struggling. Listen.
- Keep your relationships clean.



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RECOMMENDATIONS FOR OCCUPATIONAL WELLBEING:

- Practice utilizing your colleagues as a resource.
- Discuss your evening routine with your family. Ask for their help creating boundaries.



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RECOMMENDATIONS FOR EMOTIONAL WELLBEING

- Identify and defuse your triggers.
- Forgive.



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RECOMMENDATIONS FOR FINANCIAL WELLBEING

- Establish accountability.



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RECOMMENDATIONS FOR SPIRITUAL WELLBEING

- Write yourself a letter reminding yourself why you chose to enter education, include the hopes you have for your investment in your calling.
- Keep a “Calling Journal.”



RECOMMENDATIONS FOR PHYSICAL WELLBEING

- Consult with a nutritionist to create a daily nutrition plan.
- Find a workout partner!
- Practice effective sleep hygiene.