



SELF-CARE: From Overwhelm To Overflow

Temple Fit Health, Inc.

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*Strategies for
Operating in Overflow*

1. **KNOW**

2. **KNOW**

3. **NO, THANK YOU**



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KNOW: Well-Rounded Wellness



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KNOW: Your Status



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Wellness Wheel

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Intellectual Wellness



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Mental & Emotional Wellness



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Social Wellness



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Spiritual Wellness



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Occupational Wellness



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Physical Wellness



NO,
THANK YOU:
Power in No,
Freedom in Yes



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Reflection



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The Temple Fit Company

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Wellness & Fitness Workshops

**Email “Overwhelm to Overflow”
to hello@templefit.co**