How Can I Develop My Career Wellness?
Taking time to develop in any of these areas will bring you closer to career wellness!

**Community Wellness**
Belong to something bigger than yourself; find ways to make an impact on the world around you

**Mental Wellness**
Get to know and like yourself; find ways to build confidence and self-esteem; reach out to those you trust and seek help when needed

**Financial Wellness**
Manage your money well; take steps to gain financial independence; develop a sense of material security

**Social Wellness**
Make new friends and contacts; enjoy fun times with friends and family; accept and offer support

**Spiritual Wellness**
Connect with your higher power; find meaning and important insights in both your joys and sorrows

**Physical Wellness**
Take care of your body; improve your physical foundations - sleep, diet and activity