

In addition to focusing on physical well-being, it's also important to pay close attention to the social, financial and professional aspects of life. These areas contribute greatly to overall well-being and, for some, have just as much of an impact on overall wellness.

# SOCIAL

Take a look at your social life and relationships outside of work. Do you feel a strong connection with those around you? When you are off work, are you spending time with family and friends? Consider these ideas to boost the social and relationship focused areas of life.

## FAMILY

- Give family your undivided attention when you are off work. Put your phone away.
- Make time to have dinner with your family at least once a week while you are working.
- Acknowledge the household chores, errands and tasks your significant other does in addition to their job, role as a spouse, role as mother/father etc.

## FRIENDS

- Make an effort to stay connected. Communicate with your friends regularly. Text, email, call, etc.
- Plan visits or trips with friends and their families when time allows.

## COMMUNITY

- Volunteer for a local non-profit with a mission you are passionate about.
- Join a neighborhood or community sports team to participate in during your free time.
- Get involved with and participate in events at your church, children's school or college's alumni community.

# FINANCIAL

How do you feel about your financial situation? Are you struggling with saving money or paying off debt? Have you established financial goals? Use these tips to relieve some of life's financial stressors.

**LIVE WITHIN YOUR MEANS.** Often times, people in high-paying professions find it easy to get carried away with spending. One of the quickest ways to create a deeper financial burden is through unnecessary spending. The easiest areas to take control of include credit cards, mortgages, vehicles and loans.

**SAVE AND INVEST.** Catastrophes happen all of the time and most choose to stick those costs on a high interest credit card. Instead of racking up more debt, set up a money market or savings account and contribute regularly. When it comes time to take care of an emergency expense, you can pay cash rather than increase your credit card balance. Your future self needs money too. Make retirement savings a priority.

**SET GOALS.** This one is self-explanatory but necessary. Set both short and long-term financial goals and commit to them. Regularly evaluate progress made and areas for improvement.

**EDUCATE YOURSELF AND BUILD A PROFESSIONAL TEAM.** Basic financial knowledge is pertinent to monetary success. Invest time in educating yourself. With the rise in clinician-focused financial resources, books, blogs, websites and podcasts, brings financial advice straight to your fingertips. Educating yourself can also help you determine what you are looking for in a financial advisor and CPA team, along with a better understanding of their processes.

# PROFESSIONAL

Are you happy in your role? Have you defined a career path? Do you get along well with your team? How well balanced is your job and personal life? Take the stress away from your professional life and make the most out of your career with these tips.

- Seek a mentor and stay connected throughout your career.
- Build your professional network with clinicians and team members at every level.
- Define the personal connection you have with patient care. Don't lose sight of it.
- Identify signs of burnout and seek help if needed.
- Establish work-life balance.
- Support and mentor others.
- Devote yourself to continuing education.
- Focus on becoming a better leader or team member.
- Commit to teamwork and bettering one another.