

Field Workers

## Health and Wellness

Long Term
Conditioning



#### Physical Health

Diet

Exercise

Stretching

Resilience

Rest





### Mental Strength

- Attitude
- -Work/Life
- Challenges
- Resilience

#### **Emotional Health**

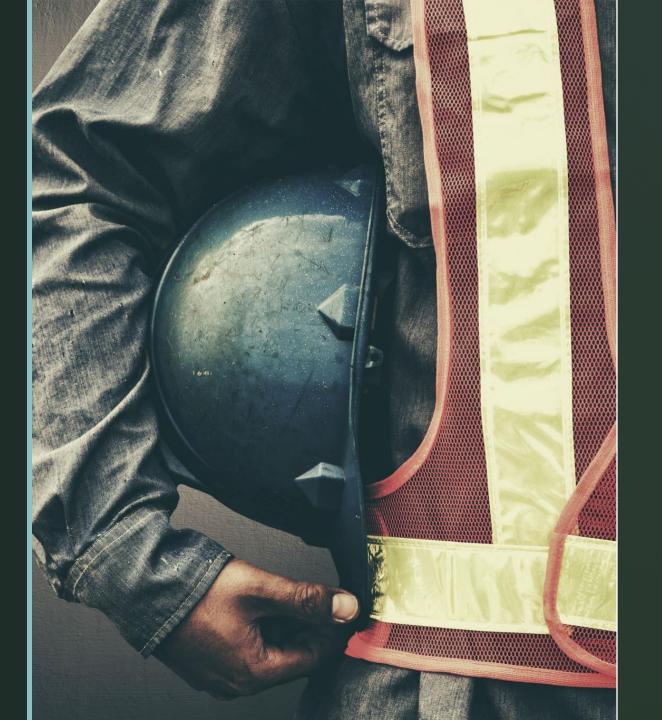
Emotions are good

Expressing

Self awareness

Resilience





### Spiritual Health

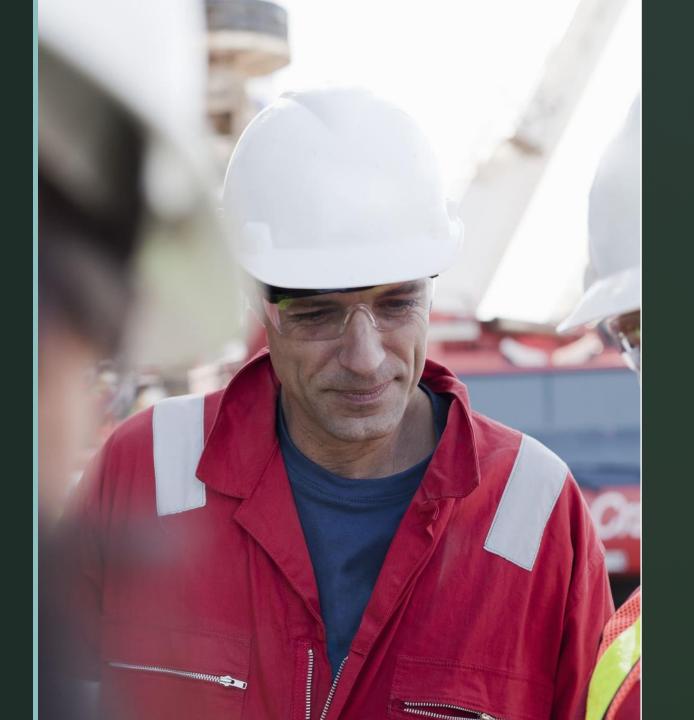
- Personal Journey
- Faith
- Self Confidence
- Resilience

## Physical Injury

#### Injury

- Report it
- Recovery
- Navigating the process
- Long Term impacts





Getting Support

# Thank You

glenn@akramoff.com

