



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**

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