



PERSONAL WELLNESS

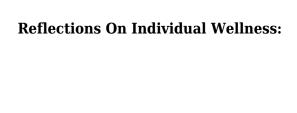
Self-reflection Questions

- What makes me forget about time?
- Am I taking good care of my body?
- What have I done recently to Improve my mental health?
- What can I add to my life to make it better?
- What can I cut to make my life easier?



Reflections On Individual Wellness

E Durkheim



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