

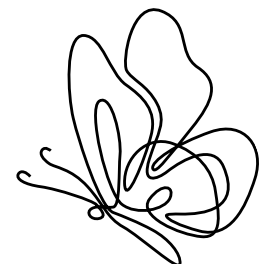


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Whole & Well



The 8 Pillars of Wellness



- Which area(s) are you struggling with right now?
- Which area(s) are you feeling best in? Why do you think that is?
- Are you doing something for each “bucket” most days?
- Is there an area you’d like to focus on? What do you want to change or add?



MENTAL & PHYSICAL WELLNESS

Anxiety

Physical symptoms may include: racing heart, digestive issues, & dizziness.

Coping skill: Take a walk or put ice on the back of your neck.

Depression

Physical symptoms may include: insomnia or sleep disturbances, appetite changes, and aches & pains.

Coping skill: Opposite action

Stress

Physical symptoms may include: muscle tension, skin issues, & frequent illness/weakened immune system.

Coping skill: Square breathing

Our Services

- Psychotherapy for Individuals, Couples & Groups (Ages 5-95)
- Yoga
- Personal Training
- Events

Contact Us

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Work It Out Wellness is located in PTC, ATL, and Marietta. We see virtual therapy clients in GA and SC.