# **KATE's WELLNESS** -MAP 2017-

## **WHAT IS IT?**

As I think about my journey over the last year toward greater wellness and wellbeing, a map began to emerge. This total health map highlights the helpers and strategies that have been important to me. I share this so it might help spark conversation and am happy to dive deeper and explore.

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#### Medical

**DOCTOR DENTIST** OB/GYN **DERMATOLOGIST PODIATRIST** 

Know your history, understand your health/issues, have a regular checkup schedule, find great folks who align with your values, and take care of yourself. Please.

## Whole Body

**GYM NUTRITION VITAMINS ACUPUNCTURE HERBALIST** 

While movement and eating right are critical elements, sometimes they aren't enough. And so I discovered the possibilities of acupuncture and Chinese herbs.

### Mental

YOGA **THERAPY MEDITATION** SPIRITUALITY/FAITH

Like cardio for my wellbeing, these help me train my mind and unlock my resources within.

Gut

**PROBIOTIC** 

Who knew your gut and your feelings were so connected...



**COMMUNITY** for connection, support and the place to contribute/give back

> TIME IN NATURE to reset the nervous system

**MUSIC** we all need a soundtrack right?