

# INTERNATIONAL MIND-BODY WELLNESS DAY

## SOUL

- Practice gratitude.
- Be compassionate to others, and yourself.
- Spend time in nature.
- Set out your goals for 2024.

## BODY

- Exercise.
- Practice yoga or daily stretching.
- Eat a balanced diet.

## MIND

- Learn something new.
  - Meditate.
- Find your passion.
- Get enough rest.
- Have a mindset of growth.

