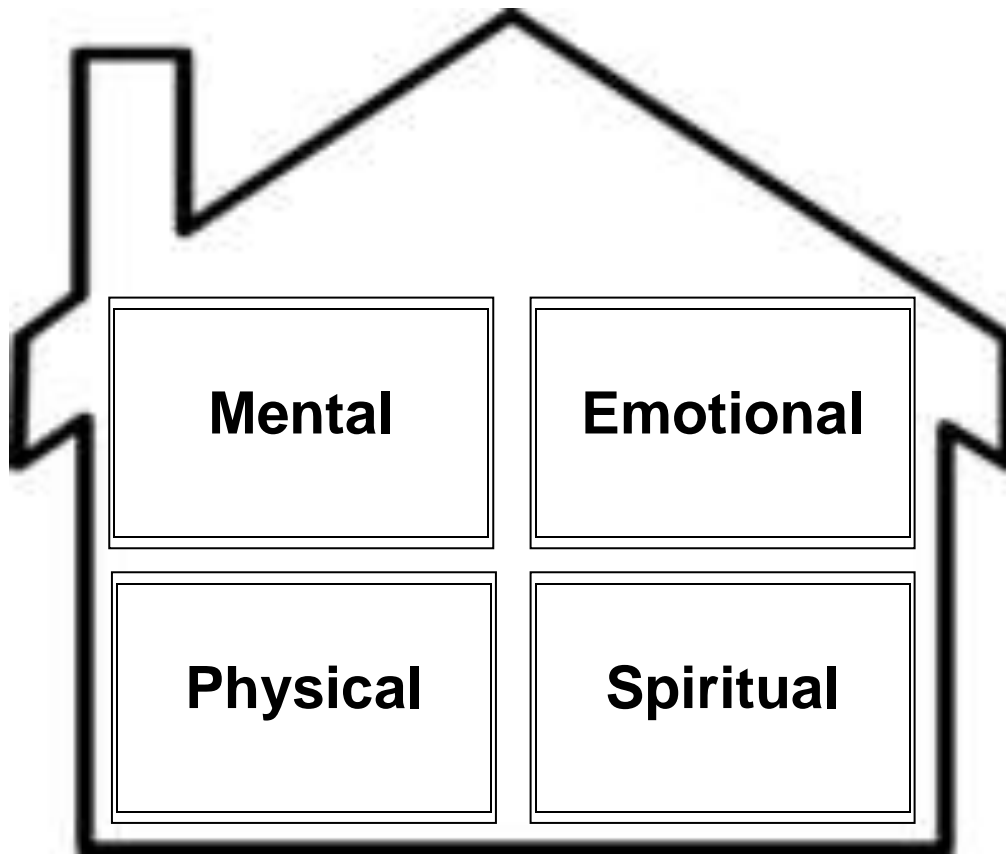


SELF-CARE



The Four Rooms of Wellness – How to Live in Them

There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but, unless we go into every room every day, even if only to keep it aired, we are not a complete person.

Rumer Godden: A House with Four Rooms

- **Are you living with the awareness that your mind, feelings, body and sense of spirit are one integrated whole?**
- **Which room do you spend most of your time in – and how would it enrich your life if you visited the others more often?**
- **How would your work, relationships and wellness benefit from it?**

MENTAL

EMOTIONAL

SPIRITUAL

PHYSICAL