

THE WATERWELL JOURNEY™

Nurturing Life Balance for Wellness In Medicine

PRACTICE SELF-CARE

Make sure to set aside time for your well-being, even if it's just a few minutes at the end of a busy day.

QUALITY TIME

Schedule time to unplug from technology and to connect with loved ones, hobbies, and nature regularly.

ADVOCATE

Allow yourself to be a priority. Set appropriate boundaries. Thoughtfully, and purposefully communicate your needs

FOCUS

Without over commitment, curate a prioritized task list for today. Consider breaking down larger projects into smaller, more manageable ones.

SUPPORT SYSTEMS

Cultivate an active support system full of encouraging family members, friends, colleagues, and wellness professionals to support you in your wellness journey.



Techniques to Try

Life balance is like cultivating art. Even if every person follows the same exact steps, the life balance for everyone will look different. Consider your goals, priorities, and the techniques you learn throughout this guide as tools to create your life balance. Remember, you cannot pour from an empty cup!