

Proof Your Health, Performance, and Finances: Wellness for Editors

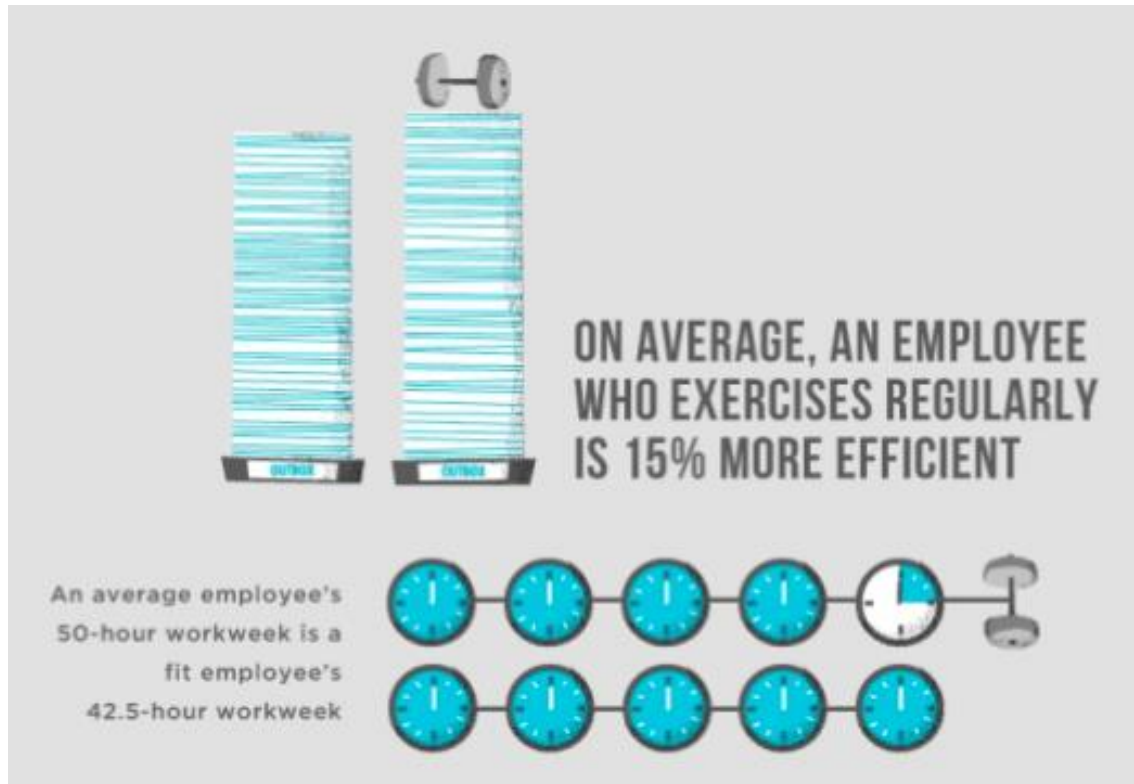
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Importance of Nutrition and Fitness for Editors



- Physical and mental health
 - Quality of life

Importance of Nutrition and Fitness for Editors



- Cognition
 - Creativity
 - Focus
 - Memory
 - Productivity

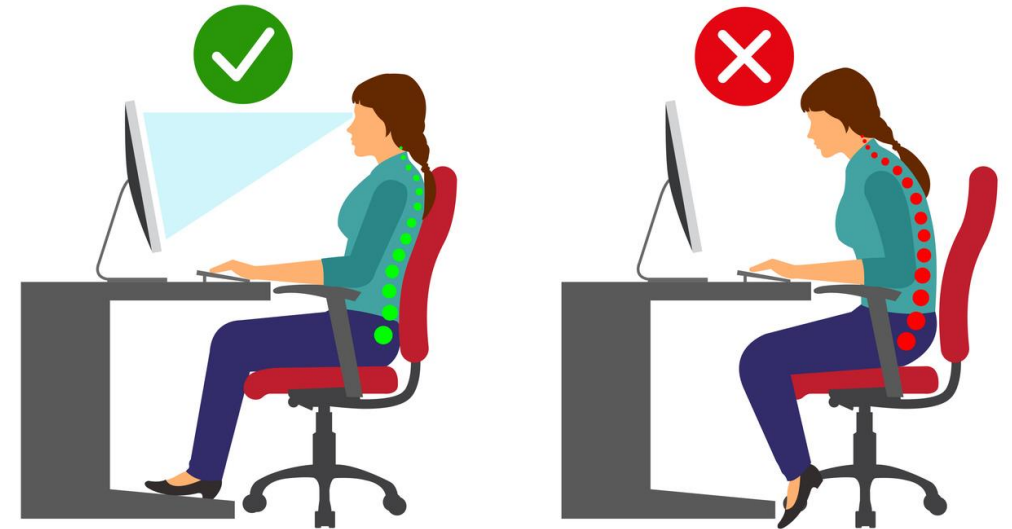
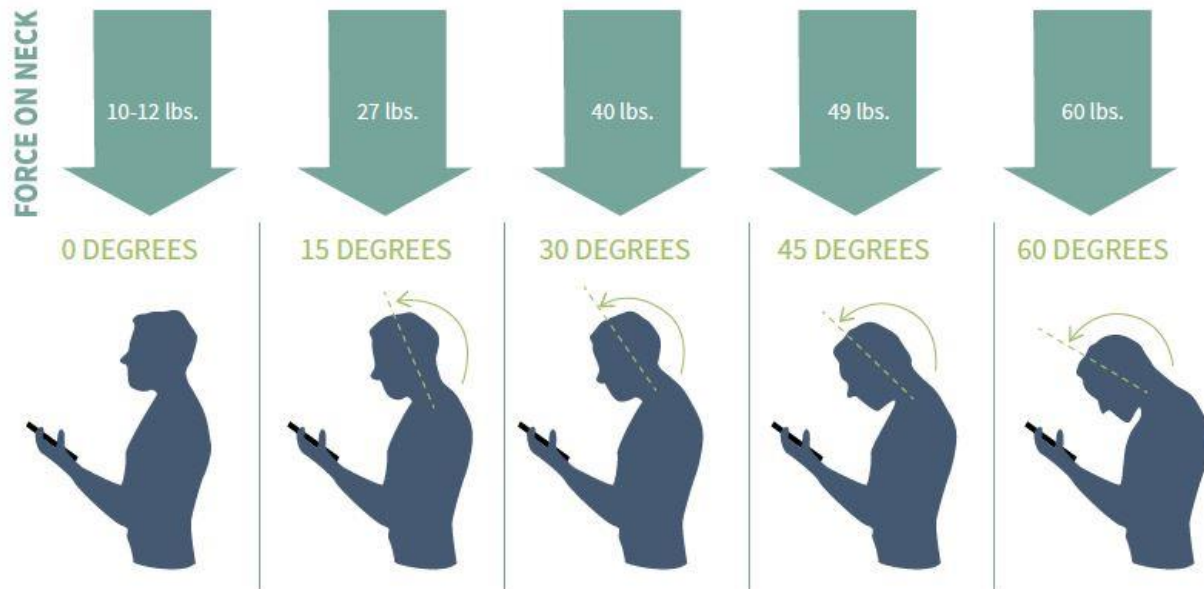
Importance of Nutrition and Fitness for Editors



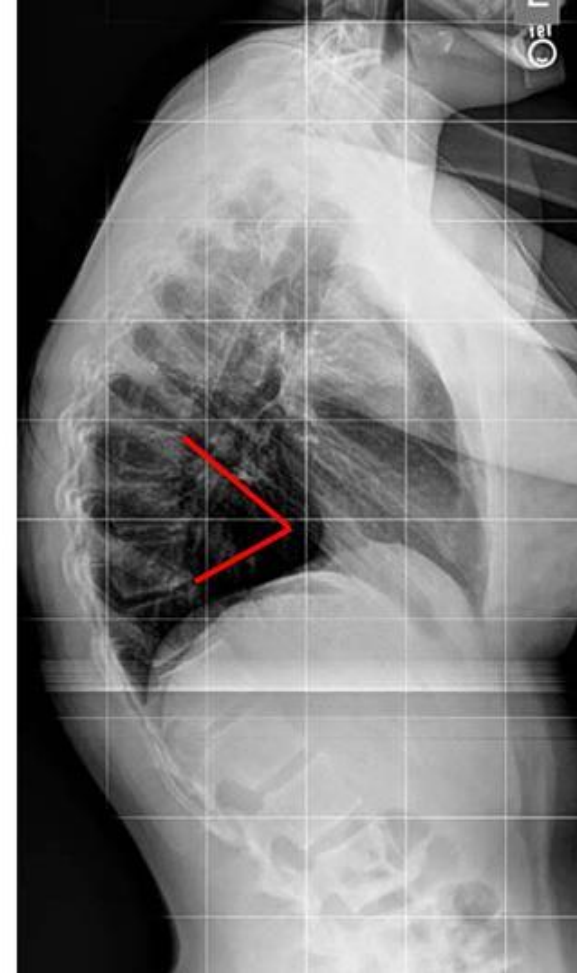
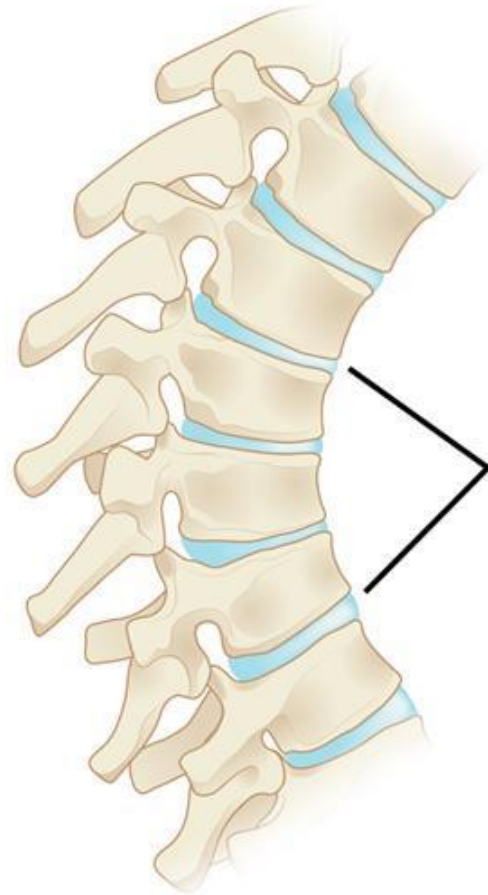
- Finances
 - Income
 - Healthcare

Primary Health Considerations and Recommendations for Editors

- Back pain
 - Kyphosis
 - Lordosis
- Shoulder mobility



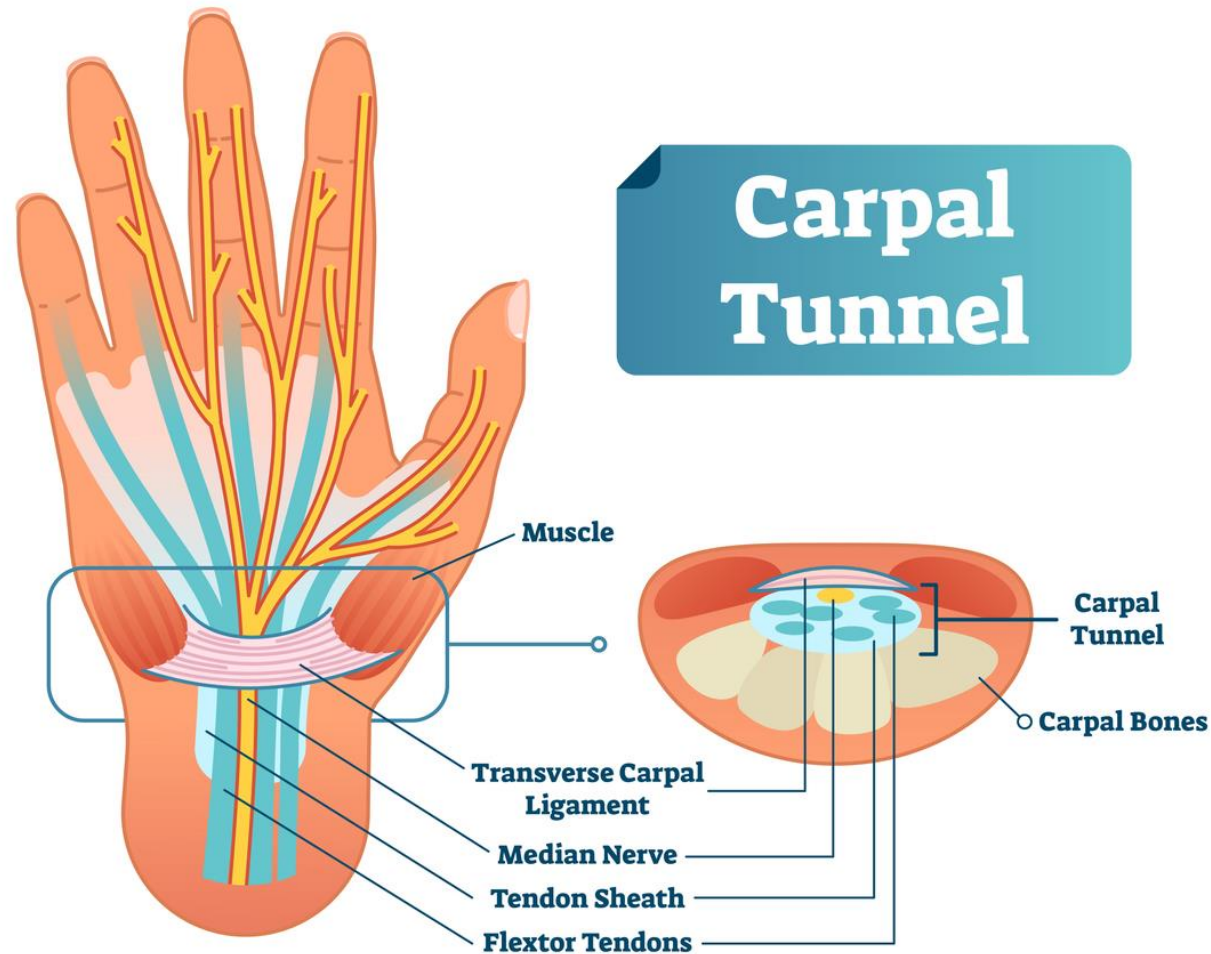
Primary Health Considerations and Recommendations for Editors



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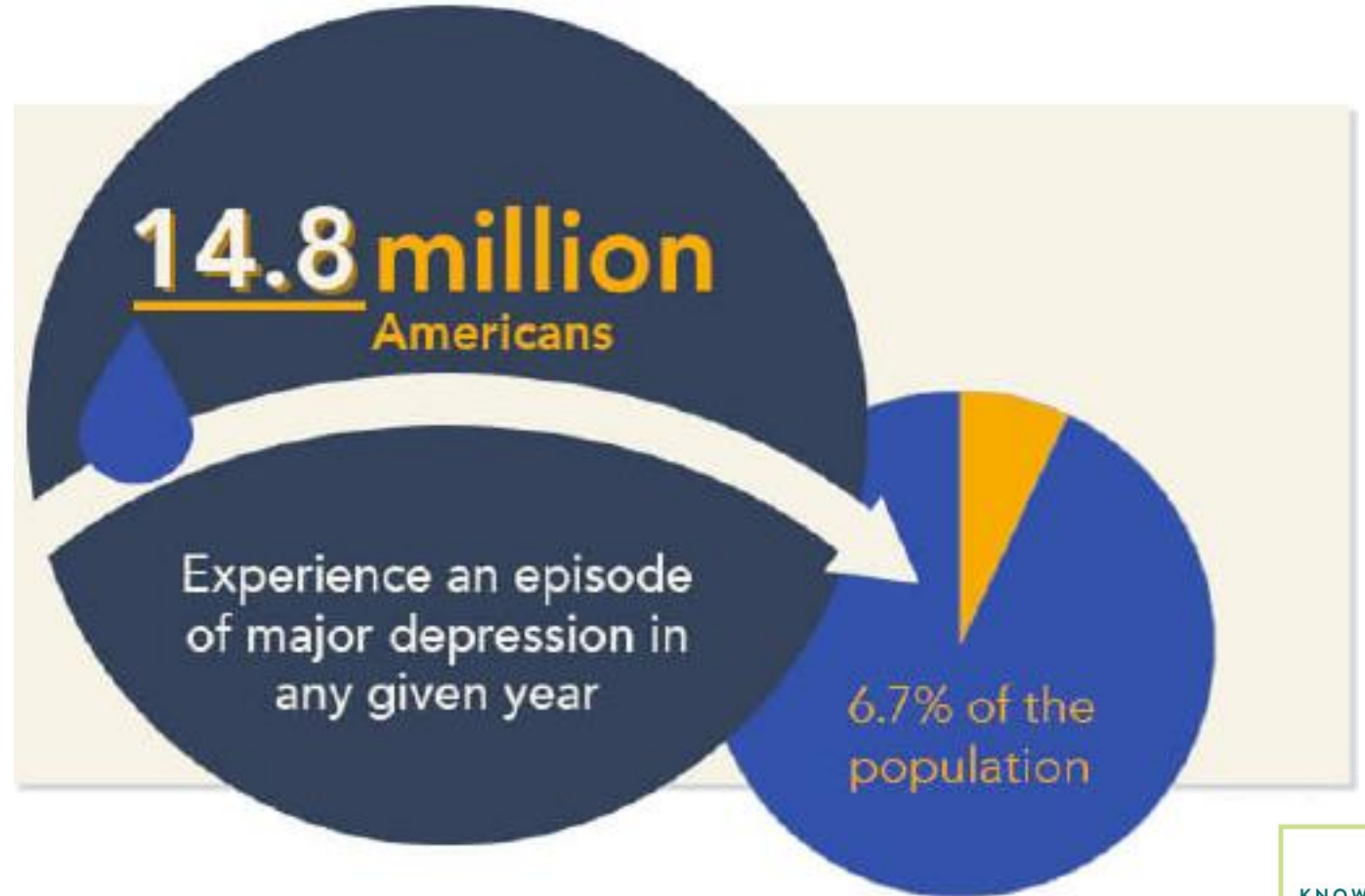


Primary Health Considerations and Recommendations for Editors



Primary Health Considerations and Recommendations for Editors

- Mental health
 - Stress
 - Depression
 - Anxiety



Identifying and Overcoming Obstacles to Health for Editors

Life Lesson: Put on your own oxygen mask before assisting others.

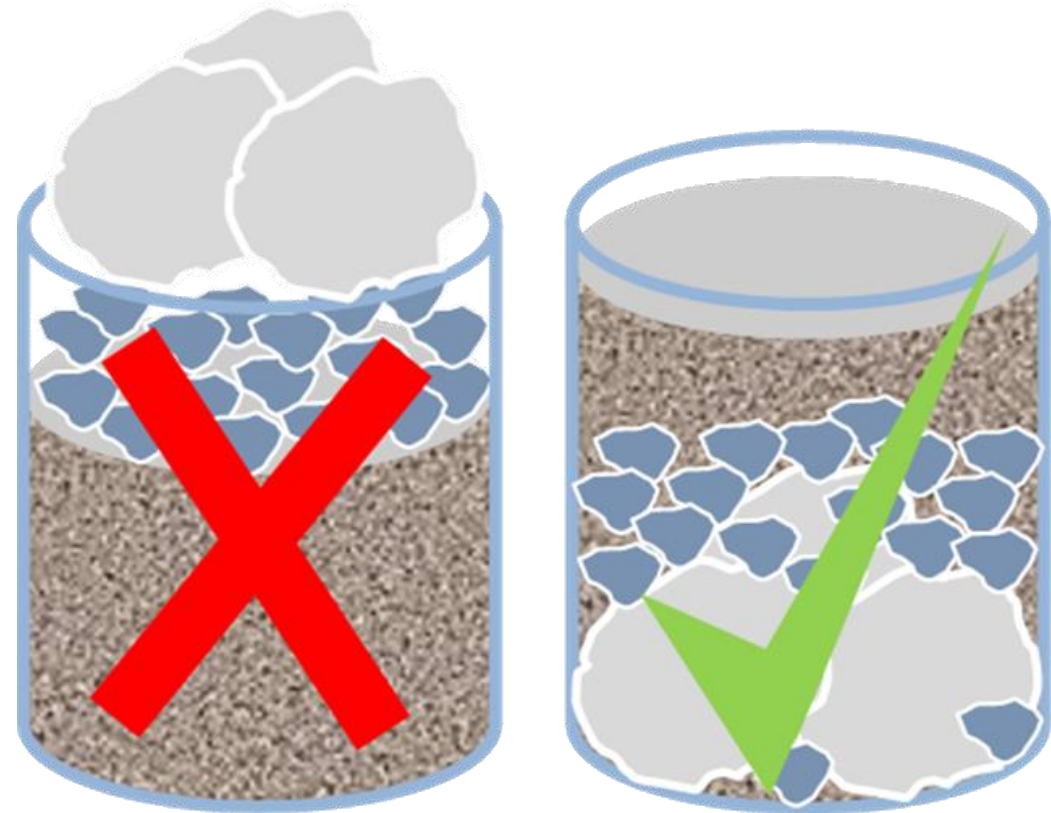


Seriously, you can't help anyone if you're dead.

- Workspace environments
 - Accessibility to food
 - Room to move
 - Desk set-up
 - Blue light
- Time
 - Work hours that bleed
 - Lack of time for cooking, exercise, wellness
- Stressors
 - What are yours?
- Prioritization
 - Self care
 - Boundaries

Goal Setting

- Growth mindset
- Work-life balance vs. work-life average
- Big rocks
- Low-hanging fruit
- “All-in” approaches



Thank You!



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KNOW
YOUR
STRENGTH