

NEWSLTR

A woman with blonde hair in a ponytail, wearing a black tank top and blue jeans, is captured mid-jump over a large, weathered log in a forest. She is wearing a watch on her left wrist and sneakers. The background is a soft-focus green forest.

The Workplace Wellness Conference and Exhibition

IN THIS ISSUE

Motivation

Speaker Highlight
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**The Workplace Wellness Conference
and Exhibition**

March 31 - April 2, 2023

The Hotel at Avalon
9000 Avalon Boulevard
Alpharetta, Ga. 30009

thewellnessconference.org



ANYA PECHKO

Anya spent 25 years as a corporate consultant, where she helped businesses and leaders transform professional work environments physically, digitally, and socially to build more human-centered business cultures and achieve more significant business impacts.

WELLNESS

Health is the state of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity.

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

Motivation

I used to be decent at motivating myself. I would choose to do things, and then I would do them. When I drew up a reading list or an athletic agenda, I saw it through. I might dawdle at times, but I always made progress. At a certain point, however, that changed. As I set my sights on loftier goals and as I became older and my worldly responsibilities grew, I found it harder to prompt myself. The simplest of tasks were too easy to push aside.

In life, effort only does so much, and if you want to thrive, step aside and make an honest assessment of your life. Remember, Wellness is an equal balance of mind, body, and soul. If any of the three do not balance, then all the effort in the world will only bring you shy of your goals.

In the world of health and Wellness, we look closely at the physical. How hard you exercise, what foods you eat, and how many calories you take in have become the primary focus of obtaining optimal health. But that's only part of the picture.

While these physical factors are undoubtedly important, the mind, body, and soul are connected intricately on a deep physiological level. The mind-body-soul connection refers to how your thoughts and feelings affect your physical well-being and how your physical well-being impacts your thought processes.

A Healthy Mind

Just like the brain requires sleep every night, the brain also requires things to think about and ponder. Positive thoughts, gratitude, and joy are present, and there is a thirst for knowledge and learning. Someone with a healthy mind exercises the brain regularly, and stress and worry are kept at bay by choice.

A Healthy Body

A healthy body is free of disease and illness and not riddled with pain. Bodily [health](#) is made possible by a nutritious diet, good nutrition, and regular exercise. A healthy body naturally wants to move and seeks activity.

A Healthy Spirit

Being spiritual means being centered and understanding that you are part of something bigger than yourself. Facilitating a healthy spirit includes being part of a community to share yourself with others and give without expecting anything tangible.

The first step in the wellness process is the direction you decide to take. It is like two ships in the harbor, both loaded for a long journey

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across the ocean, with plenty of supplies and fuel to make the trip. Set them a sail, one with an experienced captain at the helm who plotted out the course in great detail and the other with no captain or crew. Start the engines and let them go. Chances are the ship that plotted out the course will safely make it to its destination. Sure, there will be storms and the ship thrown off course, but it will make it: the other boat will probably end up shipwrecked, who knows where.

To begin your journey to Wellness, get a piece of paper, and make three columns with the headers, mind, body, and soul. Write down your goals for each, and the time you will spend each day. Then define how you will achieve these goals. Your destiny begins here. There will always be storms and high seas, but you will always prevail.