

Where to Focus to Feel Your Best!



SELF-CARE

Get enough sleep. Find your stress reliever.
Take breaks and be your own best friend.



NUTRITIONAL

Drinking water, eating fruits and vegetables with
balanced meals can help you stay healthy.



SPIRITUAL

Spirituality is a state of mind. It's a way to find meaning,
hope, comfort, and inner peace in your life.



PHYSICAL

Walking 4 times per week for 15 minutes can increase
your lifespan, ease depression and much more.



MENTAL

Never underestimate the power of positive thinking.
Your outlook can influence how you feel.



SEXUAL

You have the right to decide what you do with your body.
This includes family planning, contraceptives, and education.



FINANCIAL

Take control of your money by making a plan
and keeping track of your spending.



OCCUPATIONAL

Strive for a work/life balance that promotes healthy
satisfaction and is financially rewarding.

Did You Know?

- Preconception health, or your health before becoming pregnant, can affect your health as you grow older.
- Interconception health, or your health between the births of children, can affect the health of your future children.
- Health means different things to different people. You have a right to be healthy in whatever stage of life you are in.

Health Resources to Be a Healthy Woman

At the Whole Women Project, we want to help connect women with educational resources, tools, and guidance for women's health needs so they can be the best version of themselves.

Grab Your Resources Below

Start Your Better Health Journey Today

ZMCHD.org/The-Whole-Woman-Project