



# Wellness Guide

Crossroads4Hope, A Network of Cancer Support

Every August, we celebrate National Wellness Month. At Crossroads4Hope, we recognize that when cancer impacts a family, it can shift all priorities and leave less time and energy for other health and wellness needs. National Wellness Month reminds us that there are many aspects of wellness aside from physical health, including emotional, intellectual, social, financial and spiritual health.

As the wellness movement has increased over 19th and 20th centuries, we have started to see a different focus on mental health and self-care. Today, the concept of self-care encompasses various practices aimed at holistic wellbeing, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more.

At Crossroads4Hope, we believe in this holistic approach to wellness that supports our members throughout their cancer journey. Our programs are designed to address various aspects of wellness, not only focusing on health concerns but also fostering a sense of community essential for healing.



While there are many different models of wellness that range from 5-8 pillars, we have chosen these 6 which most closely represent the needs our members have shared.

*Crossroads4Hope defines Wellness as "functioning optimally within your current environment." Practicing mindfulness and prioritizing wellness in our lives allows us to build resilience and thrive amidst any challenges that may come our way.*

At Crossroads4Hope, we acknowledge the steps you are taking on your wellness journey by participating in our programs. Below are three actions you can take for your wellness today!

5

Add 5 Minutes of Meditation to Your Daily Routine

1

Join Us For Any 1 Of Our Wellness Classes

3

Add 3 Fruits or Veggies into Your Daily Diet