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[About Kathleen Longo](#)

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**7 Dimensions of Wellness**

Your overall wellness can be defined as the act of integrating your physical, mental and spiritual well-being. The University of California, Riverside looks at how [seven dimensions of wellness](#) "act and interact in a way that contributes to our own quality of life":

1. Social wellness is the ability to relate and connect with others.

2. Emotional wellness is the ability to understand

## Flourish Updates

We all struggle to some extent with the daily balance between mental, physical, social, and financial health. There are a variety of ways we can embrace this balancing act with a proactive and healthy approach. Our goal at Flourish Wealth Management is to help clients achieve their long-term planning goals, and the strategies outlined in this issue of Flourish Insights provide information that is complementary to the dollars and cents we tend to focus on during meetings. We wish everybody a healthy 2016!

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## Financial Calm and Confidence

"Personal finance is a component of well-being that we have neglected for far too long. One of the things I love to do is to help people understand the enormous amount of freedom and the release of stress that can come about when your finances are in control and you understand what's going on with them."

-- Manisha Thakor, director of wealth strategies for women, in the latest BAM ALLIANCE foundational film that captures the essence of who we are and what we do through conversations with National Thought Leaders

> [WATCH: The short film "Financial Calm and Confidence"](#)

> [MORE: Foundational films from the BAM ALLIANCE](#)

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## A New Direction for the Downward Spiral

Depression can take on a snowball effect, as people can become engulfed by feelings of sadness, fatigue and

ourselves and cope with life's challenges.

3. Spiritual wellness is the ability to establish peace and harmony in our lives.

4. Environmental wellness is the ability to recognize our responsibility for the quality of our physical surroundings.

5. Occupational wellness is the ability to get personal fulfillment from our careers while maintaining a healthy work-life balance.

6. Intellectual wellness is the ability to be open-minded to new ideas and experiences that can be applied to our own decisions and community betterment.

7. Physical wellness is the ability to maintain our health and complete our daily activities without undue fatigue or physical stress.

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apathy as they build on top of one another. Alex Korb's book "The Upward Spiral" offers straightforward tips, based on research in the field of neuroscience, for reversing these feelings of negativity. While reading Korb's book, Larry Swedroe, director of research for the BAM ALLIANCE, thought about how applicable this is when it comes to investing.

"The findings from research in this field have helped us gain useful insights with regard to the errors of judgment made by investors -- errors that penalize results. And the fields of psychiatry and neuroscience have made other advances that can help us not only lead healthier lives, but to be better investors."

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## The Well-Being Index



Gallup and Healthways have been teaming up since 2008 by polling 1,000 Americans each day in order to take the "national pulse of individual and collective health and well-being." [The Gallup-Healthways Well-Being Index](#) is designed to be the "Dow Jones of health" by offering a measuring stick of people's well-being at the close of every day.

Given that the projected annual cost for health care by 2017 has been estimated at more than \$4 trillion, the aim of the index is to provide education to help policymakers, community leaders and employers make decisions that will positively affect our overall health and well-being. Among the [topics covered by the index](#) include a look at obesity rates, overall well-being rankings on a state-by-state basis, workplace health and ways families spend their free time.

The World Health Organization defines health as "not only the absence of infirmity and disease, but also a state of physical, mental, and social well-being." The Well-Being Index bases its methodology and research on that definition.

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