



U.S. PAIN  
FOUNDATION

Our Body is Our Castle

Christine Sotmary

QUIT  
SNOKING

FIND  
NEW  
JOB

DRINK  
LESS

HELP  
OTHERS

JOIN  
GYM

ENJOY  
LIFE

GET  
FIT

TAKE  
A TRIP

FIND  
LOVE

LOSE  
WEIGHT

SAVE  
MONEY

# Pillars of Wellness



# 4 Pillars of Wellness

A row of classical stone columns, likely from a Greek or Roman temple, receding into the distance. The columns are made of light-colored stone and have a fluted design. The background shows a clear blue sky and some buildings in the distance. The text is overlaid on a semi-transparent dark band across the middle of the image.

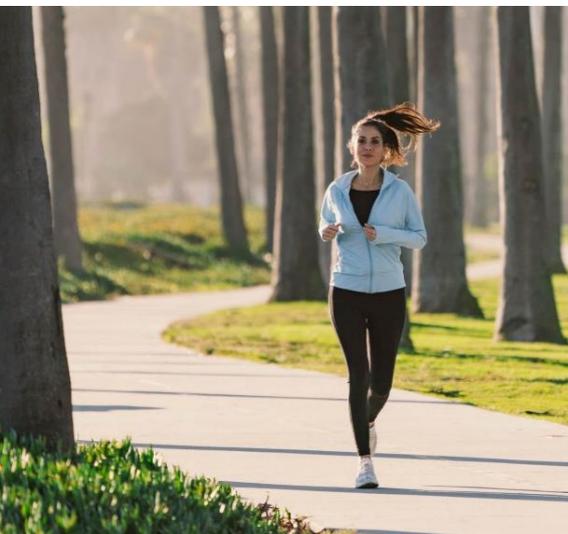
Exercise

Stress

Sleep

Nutrition

# Exercise/Activity



Cardio

Strength

Flexibility

# Foods for Muscle Health



Protein – amino acids  
Fresh Fruits & Vegetables, especially Dark Leafy Greens

Eat a Variety of Iron-Rich Foods, like Lean Meat  
Include Seeds, Tree Nuts & Legumes

Avoid processed foods, sugar, fried foods

# 4 Pillars of Wellness

A row of classical stone columns, likely from a Greek or Roman temple, receding into the distance. The columns are made of light-colored stone and have a fluted design. The background shows a bright, sunny day with a green lawn and some buildings in the distance. The text is overlaid on a semi-transparent dark band across the middle of the image.

Exercise

Stress

Sleep

Nutrition

# How stress affects us.

## BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

## CARDIOVASCULAR

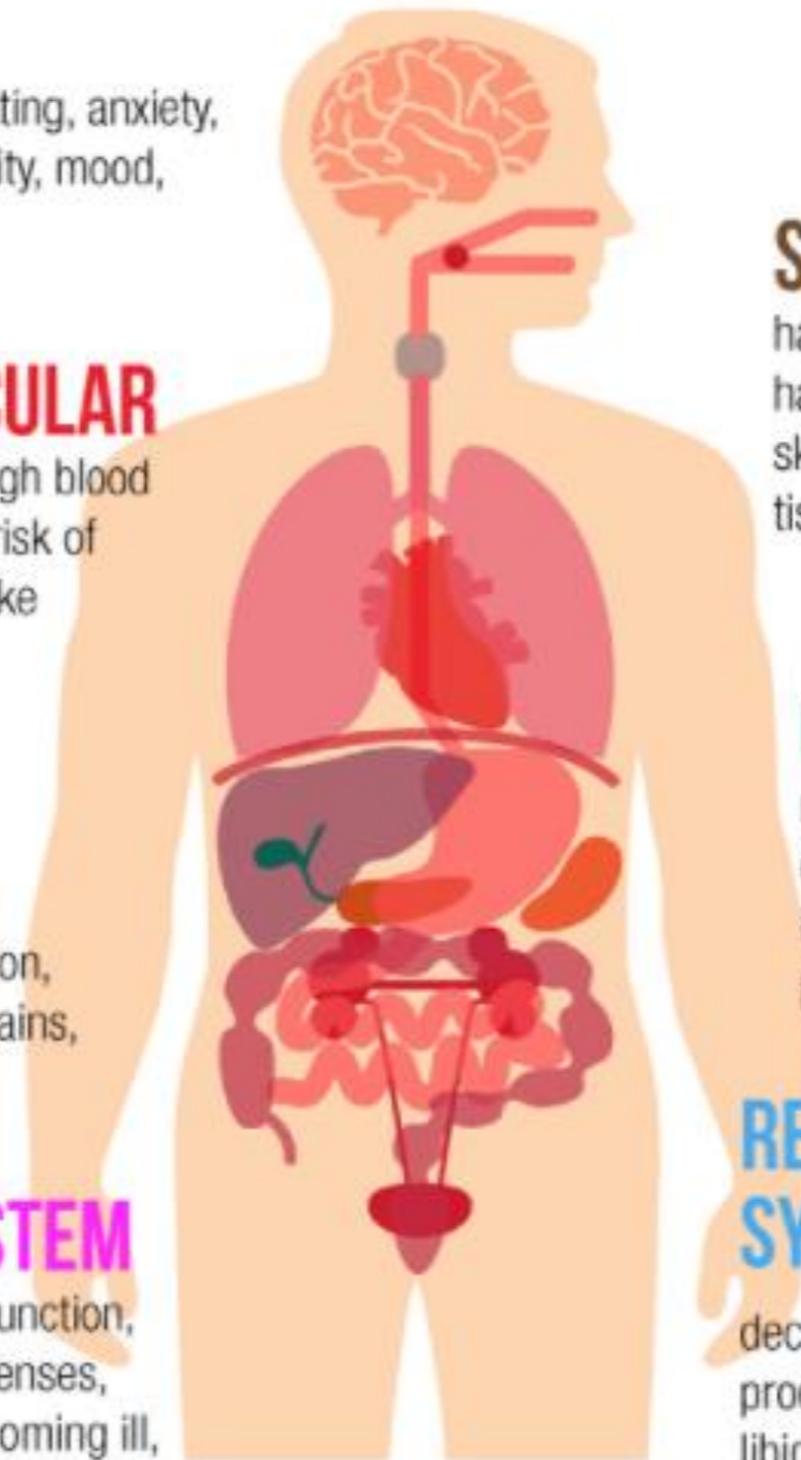
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

## JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

## IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



## SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

## GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

## REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms





**STRESS INDUCING  
FOOD**

REFINED SUGAR

TABLE SALT

PROCESSED FOOD

JUNK FOOD

ALCOHOL

COFFEE

**STRESS REDUCING  
FOOD**

DARK GREEN VEGETABLES

AVOCADO

BERRIES

TOMATOES

NUTS

PLANT PROTEIN

# 4 Pillars of Wellness

A photograph of a row of classical stone columns, likely from a Greek or Roman temple. The columns are made of light-colored stone and have a fluted design. The scene is brightly lit, with shadows cast on the ground. A semi-transparent dark grey horizontal band is overlaid across the middle of the image, containing the text labels for the four pillars of wellness.

Exercise

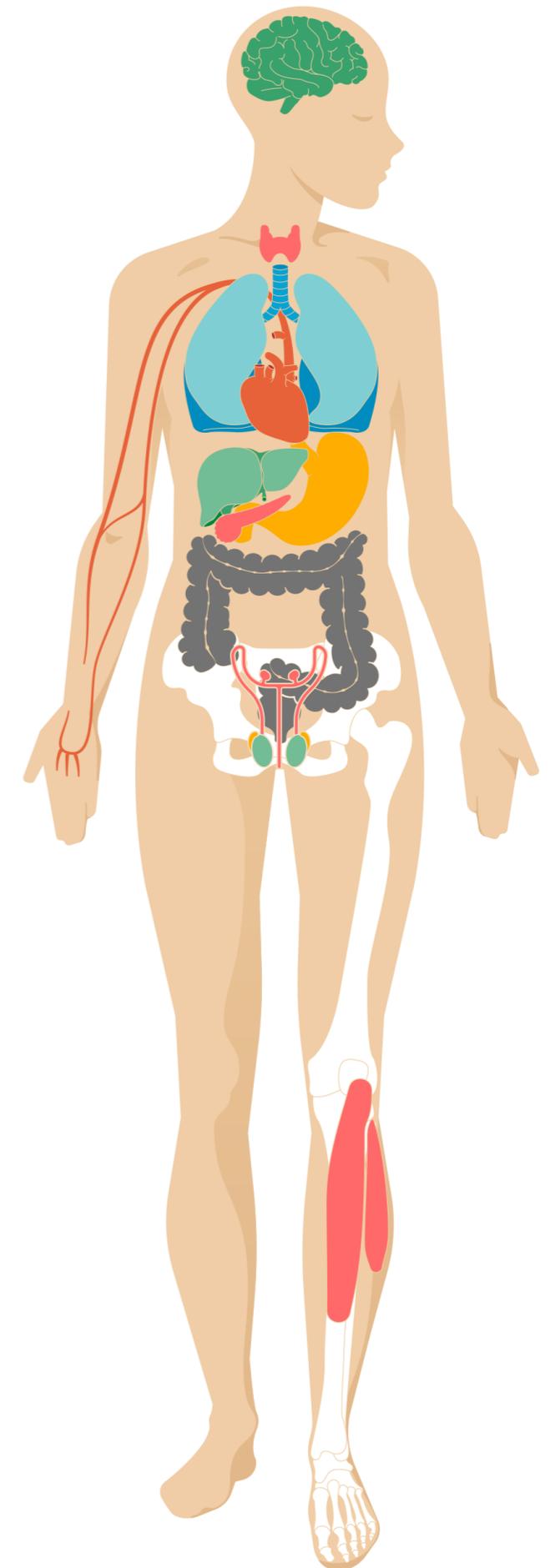
Stress

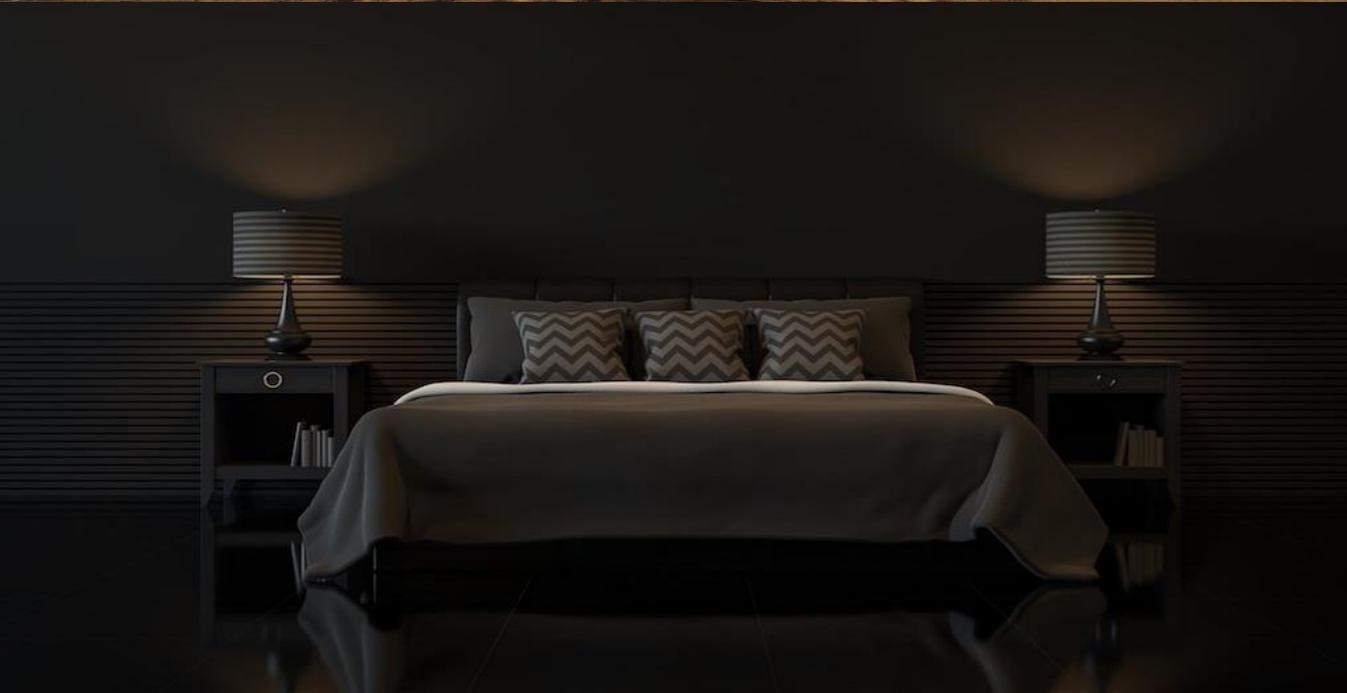
Sleep

Nutrition

# Sleep

## WHY YOUR BODY LOVES SLEEP







# 4 Pillars of Wellness

A row of classical stone columns, likely from a Greek or Roman temple, receding into the distance. The columns are made of light-colored stone and have a fluted design. The background shows a bright, sunny day with a green lawn and some buildings in the distance. The text '4 Pillars of Wellness' is centered at the top in a large, bold, black font. Below it, a semi-transparent horizontal bar contains four labels: 'Exercise', 'Stress', 'Sleep', and 'Nutrition', each positioned vertically in front of one of the columns.

Exercise

Stress

Sleep

Nutrition



GOOD  
FOOD

=

GOOD  
MOOD

# Foods for Improved Mood

## Top 20 Powerful Mood Boosters



avocado



blue potatoes



blueberries



broccoli



coconut



dark chocolate



eggs



flaxseed



Greek yogurt



Green tea



honey



mussels



oatmeal



orange juice



pistachios



salmon



spinach



Swiss chard



walnuts



water



# 4 Pillars of Wellness

A photograph of a row of classical stone columns, likely from a Greek or Roman temple. The columns are made of light-colored stone and have a fluted design. The background shows a bright, sunny day with a green lawn and some buildings in the distance. The text '4 Pillars of Wellness' is overlaid at the top, and four labels are placed vertically on the columns: 'Exercise', 'Stress', 'Sleep', and 'Nutrition'.

Exercise

Stress

Sleep

Nutrition



U.S. PAIN  
FOUNDATION

Our Body is Our Castle

Christine Sotmary