

A Healthcare Professional's Guide to Total Wellness

BECAUSE YOUR EMOTIONAL, PHYSICAL,
AND FINANCIAL WELLBEING MATTERS



Dr. Amber Brown



Hey. there! I'm Amber, a Physical Therapist with a focus in the maternal and pelvic health world. Like so many of us in healthcare, when I graduated, I owed six figures in student loan debt. The difference is...I wasn't stressed about it...because I had a plan.

Within three years of graduating, I was able to buy a home — and within five years, I started my own business, Root Physical Therapy and Wellness. All of this was accomplished while prioritizing my own emotional and physical wellbeing — and maintaining great financial control. But, I understand my story is not everyone's story. As a matter of fact, it's quite the opposite.

Many of my colleagues during this time didn't have the same financial and personal wellbeing foundations as I had. I witnessed so many staying in work environments that no longer served them. Too many of them were working without vacations, being on call or on duty — sometimes seven days a week for up to three years! Burned out and without any passion left for their career!

That doesn't have to be you.

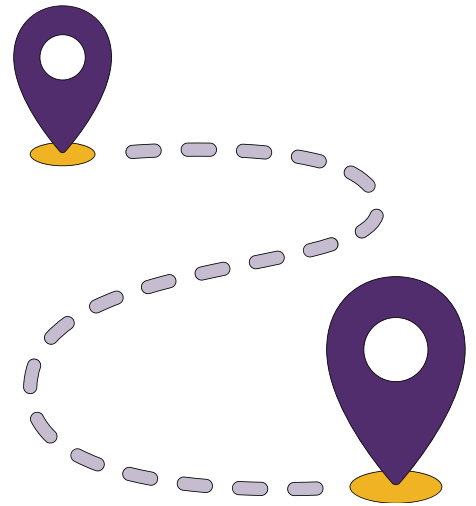
I created this guide to help you on your journey to find total wellness in your life as a healthcare professional. You deserve emotional, physical, and financial balance in your life. You deserve to make the right choices for your career driven by your passions and desires ... and not desperation.

I want to share my plan to achieving total wellness because your wellbeing matters. Set yourself up for success! This is your first step toward designing a life you love — in total emotional, physical, and financial balance and wellness.

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Where to Start...

All journeys begin by knowing where you've been, being clear about where you want to go, and creating a plan so that you can arrive at your destination successfully. It's no different in the healthcare industry when we map out a care plan for our patients! When you're on a journey to total wellness, you start with an assessment of where you are today. This includes our emotional, physical, and financial states of wellbeing. By having a better understanding of where we're starting from, we have a better chance at achieving better outcomes.



Knowing Your Numbers...

To gather a baseline and have a better understanding of where you are starting from, we must know our numbers. This means taking inventory of all three areas of our lives: Emotional, Physical, and Financial.

This part can be challenging. It requires that we do a little research and a lot of self-reflection. It's important to be realistic and honest with yourself when you're on the journey to total wellness. We've all had those patients who can be either way too optimistic or completely pessimistic about their starting points. In the end, knowing the real numbers is what helps create an effective plan and strategy.

Identifying your own numbers helps determine how to prioritize your approach toward total wellness and helps you be realistic about what steps need to be taken and at what pace.

Over the following pages, I have included some high-level questions for each area of wellness, as well as resources to help you gather a better understanding of your starting point as you start your journey.

Take your time answering the questions and use the resources provided to create the most accurate starting point for you. It's okay if you don't know the answers right away. Think about the questions carefully. Most of all, be honest with how you're really feeling about each of these areas or what the real numbers look like when it comes to finances.

Healthcare is a fulfilling profession that is also very demanding. It requires your wellbeing to be in balance in order to help others with their wellbeing. You don't need to feel overworked or overwhelmed anymore. You deserve to find a place of total wellness and success. You deserve to have the tools, resources, and support you need to design a life that meets your every need and positions you for overall success.

This guide is your starting point.



Emotional



RATE YOUR CURRENT EMOTIONAL WELLBEING

Do I regularly feel overwhelmed or emotionally drained/stressed due to my work? If so, describe how that manifests. What does it look or feel like for you?

Do I feel that my work-life balance is under control? List reasons why you feel this way.

How has my mood been influenced by my professional experiences in the past few weeks?

Do I feel connected and engaged with my colleagues, patients, and the community I serve?

Do I often find myself feeling anxiety, sadness, or frustration from work that I struggle to manage?

Despite the stresses and demands of my profession, do I feel fulfilled and find joy in the work that I do?

Is my current professional situation in alignment with my personal values, career and financial goals, and emotional wellbeing?

Describe what emotional wellbeing feels or looks like for you.



Physical



RATE YOUR CURRENT PHYSICAL WELLBEING

Am I regularly getting enough sleep, and do I feel rested when I wake up? If not, why?

Do I make time for regular physical activity during my week?

Am I consuming a balanced diet that provides the necessary nutrients for my body?

Am I consuming enough water during the day to stay hydrated ?

Am I experiencing any persistent pain, discomfort, or physical symptoms that concern me?

Do I often feel overly fatigued or exhausted after my shifts at work?

Am I taking steps to reduce work-related physical stress, like movement, meditation, or taking regular breaks during shifts?

Describe what physical wellbeing feels or looks like for you.



Financial



RATE YOUR CURRENT FINANCIAL WELLBEING

Am I able to comfortably meet my necessary living expenses on my current income?

Do I have a clear and comprehensive budget in place, and do I stick to it?

Am I saving a suitable portion of my income each month for future goals, emergencies, and retirement?

Do I have any significant debts, and if so, do I have a clear plan to manage and reduce them?

Do I have a sound understanding of my financial situation, including my assets, liabilities, income, and expenses?

Am I adequately insured to protect myself and my assets in the event of a crisis or unexpected event?

Am I investing for the future, and is my investment strategy in line with my long-term financial goals and risk tolerance?

Do I have a plan in place for major life events or expenses, such as buying a house, furthering my education, or planning for children's education?

Am I satisfied with the current progression of my career and the corresponding financial growth?

Describe what financial wellbeing feels or looks like for you.



Resources to Help You Know Your Numbers...

Emotional

- Go through an [Emotional Wellness Checklist](#)
- Learn [healthy ways to cope with stress](#)
- Reach out and [connect with others](#)
- Read about [how connection can improve health](#)

Physical

- Contact your physician to get an annual exam, including bloodwork
- Review your bloodwork results with your physician to better understand your numbers and what plans, if any, you need for improvement
- Learn information on [how to get better sleep](#)
- Review the [baseline recommendations for dietary guidelines](#) in your age range

Financial

- Check your [annual credit report](#)
- Know [your credit score](#)
- Understand [how much you owe in student loans](#)
- Know [how much Social Security you have accumulated](#)
- Identify your assets (what you own) and liabilities (what you owe)
- Calculate your financial independence number (FIN) by multiplying your annual expenses by 25, and you will live off 3-5% of that annually.

Your Next Steps... Join me for a conversation!

Now that you have insight to your numbers and have a strong idea about your starting point, it's time we start talking about your journey toward total emotional, physical, and financial wellness!

Join me for FREE 30-minute chat about total wellness. Together, we'll get a better understanding of what your vision of total wellness looks like for you. Then, we can discuss next steps to building a plan and strategy to help you arrive at your destination!

Let's help you identify actionable steps toward achieving total wellness. Get healthy and wealthy with a plan and the support you need to make it happen! Can't wait to meet you!

