

*Bara's e-book to*

**WELLNESS**

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# Overview

## Chapter 1: Theorie of Wellness

- The Six Dimensions of Wellness

## Chapter 2: Nature & Movement

- The Power of Movement (Physical) and Healing Power of Qi Gong

- Forest Bathing

## Chapter 3: Happy Soul and Mindfulness

- Happiness: An Emotion or A State of Mind?

## Chapter 4: Self-Compassion and Why It Matters

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## Bibliography

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Dear readers,

Welcome to my first and only booklet based on my diploma work and my diploma seminar I did in 2020 on the topic of " Wellbeing of Parents". It is a theory-based but still practical booklet – giving evidence, why "wellbeing/wellness" matters! Space for stories, reflection and even some useful links.

In last years during my training courses and meeting of young volunteers of the European Solidarity Corps (ESC) projects I realized – how important is to have "reasons" why – to do something for their wellbeing/wellness...and not only for them, but for those, who work with them mentors, coordinators, trainers... basically for everybody.

So I felt it was time – to dig in my 70 pages of diploma work and extract and add and adapt.

I was lucky to get a big support in the feedback, but mainly graphic design and layout, from Melissa Daşdeler, also an ESC Volunteer in Austria. She did it in her free time and as a contribution to this book and as a present for me.

So dive deeper and enjoy reading

– Bara Stemper Bauerova

A note from the designer: I contributed to this booklet by designing its layout and visuals, which was an exciting new experience for me. I truly enjoyed working on this design and hope it adds value to the overall reading experience.

–Melisa Daşdeler

