



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



DR. T'S MENTAL HEALTH MINUTE

For many, this time of year is for resolutions. Most people tend to focus on their physical health when they are setting goals for the upcoming year; however, one's **intellectual wellness** should be considered when creating a plan to become happier and healthier. People who are intellectually healthy keep their brains stimulated, and they are constantly looking for ways to expand their knowledge. They tend to be lifelong learners, and they appreciate learning about others and exploring alternative perspectives. **Intellectual wellness** allows people to be creative, and it helps people discover their talents and interests. Maintaining an optimal level of **intellectual wellness** provides you with a growth mindset, and it strengthens your concentration, memory, and critical thinking skills.

Intellectual wellness can be developed through education, cultural activities, community involvement and personal hobbies. It encourages personal development, and it allows people to become more mindful and well-rounded. Having an optimal level of intellectual wellness will result in more exploration and curiosity. Curiosity is important because it motivates you to try new things and develop an understanding of how you see yourself in relation to others and the environment.

PLEASE TAKE A FEW MINUTES AND CONSIDER THE QUESTIONS BELOW, AS THEY CAN ASSIST YOU IN CREATING YOUR OPTIMAL INTELLECTUAL WELLNESS PLAN.

- Have you considered taking a class, workshop or training?
- What are your favorite types of books or articles to read?
- What new skill or hobby would you like to learn?
- Have you thought about improving your language skills or learning a new language?
- Once COVID is over, where would you like to travel?
- What brain games or mind teasers do you enjoy?
- Are you keeping up with local, national and international news?
- Are you actively and consistently seeking out opportunities to have discussions and debates with people who have different views?
- Have you considered learning a musical instrument or how to paint?

Source: www.samhsa.gov



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his second NFL season with the Chiefs in 2020. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.

Explore more at the [Chiefs Wellness Program homepage](#) -->