

# The Jess Puzzle

- ♥ The Jess® Puzzle is the heart and map of the Jess wellbeing management and resilience-building journey.
- ♥ The puzzle is divided into 5 parts (or domains) of the human system:
  - ♥ The cognitive (or higher thinking part of the brain);
  - ♥ The emotional (an older part of the brain in terms of man's evolution);
    - ♥ The social (how we interact with others);
    - ♥ The physical (how we care for our body);
  - ♥ Sense of connectedness (how we connect to our spirituality, universe and soul).
- ♥ Each piece represents a particular element that can help us manage our wellbeing and build resilience.

