



Testimonial from Abigail Fernald LCSW
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Using MarisGraph has been an eye-opening and empowering experience for me. The MarisGraph is a comprehensive, user-friendly tool that provides valuable feedback and actionable insights to help users improve their overall wellness. It breaks wellness down into eight key sections—willpower, breathing, hydration, thoughts, nutrition, movement, rest, and sexual well-being—each of which is explored through thought-provoking questions, reflections, and simple exercises. This structure not only helped me understand my own well-being on a deeper level but also offered clear steps for improvement.

The assessment itself takes around 45–60 minutes, and every moment felt well worth it. For instance, I learned how focusing on controlled breathing could help reduce my stress response—an area I had overlooked. The summary provided at the end of the assessment is particularly insightful. It breaks down all eight pillars, giving users a well-rounded analysis to educate and empower them to enhance self-care and address potential triggers of stress or burnout. This detailed feedback is especially valuable for professionals like me in the healthcare field, where managing stress is crucial to long-term well-being.

Navigating MarisGraph was effortless. The tool's design is intuitive and extremely user-friendly, making it accessible even for first-time users. I especially appreciated how clear and easy it was to understand the guidance it provided. Additionally, the website, www.e7doc.com, complements the tool perfectly. The site is professional yet welcoming, offering easy navigation and access to a wealth of educational resources that users can review post-assessment. These resources make the overall experience even more enriching for those looking to elevate their quality of life.

While my experience with MarisGraph has been overwhelmingly positive, I see room for it to be even more impactful. For instance, having additional resources or optional self-paced programs tailored to areas where users score lower could greatly enhance its value. Modules or articles with specific tips for improvement would make it easier for users to continue their wellness journeys more effectively.

Overall, MarisGraph gave me a broader perspective on my well-being and the confidence to take meaningful steps toward improving it. I would absolutely recommend it to other healthcare professionals. The assessment helps cultivate grit and improve self-care and offers a practical way to manage stress and reduce burnout—essential tools for anyone in a demanding field. With its thoughtfully designed features and accessible format, MarisGraph is a standout wellness tool I will likely continue using. For anyone seeking a well-rounded approach to health and self-care, this questionnaire is a game-changing resource.

Best Regards

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