Live a Healthy Life

- Health
  - Emotional
    - Education
    - Writing journals
    - Forgiving someone
    - Talk to a friend
    - Positive attitude
  - Mental
    - Reading
    - Puzzles
    - Creating
    - Studying a topic of interest
    - Learning a new skill
    - Good self-esteem
  - Spiritual
    - Praying each day
    - Meditating
    - Listening to uplifting music
    - Reading uplifting words
  - Physical
    - Exercise
      - Aerobics
      - Yoga
      - Walking
      - Swimming
      - Jogging
      - Hiking
      - Going to gym
    - Nourishment
      - Eating a balanced diet
      - Eating healthy food
      - Eliminating junk food