Live a Healthy Life

Health

Emotional
- Education
  - Writing journals
  - Forgiving someone
  - Talk to a friend
  - Positive attitude
- Reading
- Puzzles
- Creating
  - Studying a topic of interest
  - Learning a new skill
  - Good self-esteem

Mental

Physical
- Exercise
  - Aerobics
  - Yoga
  - Walking
  - Swimming
  - Jogging
  - Hiking
  - Going to gym
- Nourishment
  - Eating a balanced diet
  - Eating healthy food
  - Eliminating junk food

Spiritual
- Praying each day
- Meditating
- Listening to uplifting music
- Reading uplifting words

Good self-esteem

Talk to a friend

Forgiving someone

Positive attitude