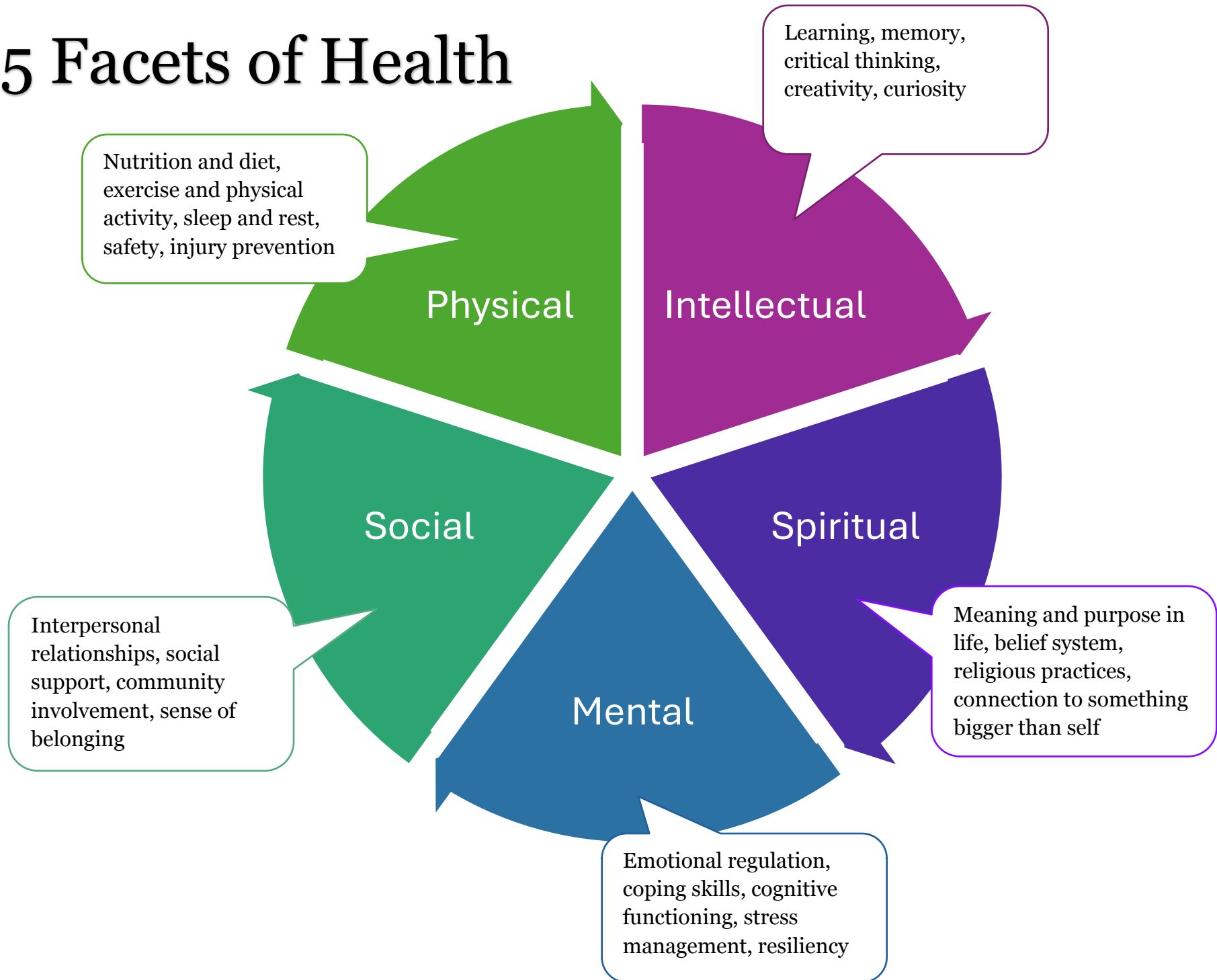


5 Facets of Health



Benefits in improving your:

- *Physical health:*

- Improved cardiovascular health
- Reduced risk of chronic disease
- Enhanced mental health

- Improved sleep quality
- Increased energy levels
- Stronger bones and muscles

- Improved cognitive function
- Weight management
- Increased longevity
- Improved quality of life

- *Intellectual health:*

- Enhanced cognitive function
- Improved problem-solving skills
- Better decision-making

- Increased creativity
- Enhanced learning ability
- Greater resilience
- Improved emotional regulation

- Stronger relationships
- Increased productivity
- Greater overall well-being

- *Spiritual health:*

- Sense of purpose and meaning
- Improved mental health
- Enhanced coping skills

- Stronger relationships
- Great self-awareness
- Increased hope and optimism

- Improved physical health
- Greater resilience
- Enhanced inner peace
- Increased gratitude

- *Mental health:*

- Enhanced quality of life
- Improved productivity and performance
- Stronger relationships
- Reduced stress and anxiety

- Increased resilience
- Enhanced physical health
- Improved sleep
- Enhanced cognitive functioning

- Increased sense of purpose and meaning
- Reduced risk of future health issues

- *Social health:*

- Reduced behavioral issues
- Enhanced self-esteem
- Greater sense of belonging
- Sense of community

- Increased cognitive function
- Enhanced communication skills

- Increased life longevity
- Stronger interpersonal relationships
- Increased mental health

Seeking healing:

- *From depression:*
 - Physical:
 - Exercise
 - Intellectual/Mental:
 - Challenging negative thoughts
 - Spiritual:
 - *From anxiety:*
 - Physical:
 - Regular exercise
 - Intellectual/Physical:
 - Cold plunge
 - *From stress:*
 - Physical:
 - Regular exercise
 - Healthy diet
 - Intellectual:
 - Engage in spatial reasoning games
 - Spiritual:
 - *From PTSD:*
 - Physical:
 - Regular exercise
 - Create healthy sleep habits
 - Intellectual:
 - Challenge irrational thoughts
 - Spiritual:
 - *From panic attacks:*
 - Physical:
 - Regular exercise
 - Progressive muscle relaxation
 - Intellectual:
 - Introspection to identify triggers
 - Spiritual:
- Gratitude
 - Social:
 - Spend time with others
 - Do activities that bring you joy
 - Spiritual/Mental:
 - Guided meditations
 - Social:
 - Group activities
 - Prayer
 - Guided meditations
 - Mental:
 - Deep breathing
 - Social:
 - Connect with friends
 - Practice compassion and grace toward self
 - Mental:
 - Seek therapeutic help
 - Social:
 - Join a support group
 - Guided meditations
 - Mental:
 - Grounding techniques
 - Deep breathing
 - Social:
 - Build social skills

- *From emotional dysregulation:*
 - Physical:
 - Regular exercise
 - Intellectual:
 - Learn about self through self-reflection
 - Spiritual:
 - Utilize grounding techniques
 - From comparison:
 - Physical:
 - Regular exercise
 - Intellectual:
 - Build self-esteem
 - Spiritual:
 - *From feelings of disconnection:*
 - Physical:
 - Regular exercise—focus on body awareness/sensations
 - Intellectual:
 - journal
 - Spiritual:
 - *From not being enough-ism:*
 - Physical:
 - Regular exercise
 - Intellectual:
 - Challenge negative thoughts
 - Spiritual:
 - Connect to what God says about you
 - Mental:
 - Practice self-compassion
 - Social:
 - Build a support community
- Mental:
 - Learn coping skills for intense emotions
 - Social:
 - Connect with friends
 - Learn communication skills
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- Practice gratitude
 - Mental:
 - Limit social media
 - Social:
 - Celebrate others' successes
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- Strengthen Godly relationship
 - Mental:
 - Practice being present
 - Social:
 - Connect with others