

**HELPFUL STEPS TOWARD BUILDING
GOOD PHYSICAL AND EMOTIONAL HEALTH**

1. Develop a good supportive network of friends, and connect up with helpful community groups.
2. Have positive expectations: learning to frame events in a constructive manner.
3. Develop spirituality in your life.
4. Learn adaptability and flexibility toward changing circumstances.
5. Develop coping strategies for dealing with stressful situations.
6. Take regular time for physical exercise each day.
7. Have regular and consistent sleeping patterns.
8. Have a healthy diet, eliminating processed foods, artificial additives and preservatives, and refined carbohydrates.
9. Drink 1-2 litres of water per day.
10. Develop the ability to identify and communicate feelings.
11. Contribute meaningfully to society.
12. Develop a sense of humour!
13. Undertake activities that you find pleasurable.