

What are the Keys to Optimal Health?

Optimal health is about having the healthiest of balance in your life.

Balance is about your WHOLE body and mind. It includes the following:

1. PHYSICAL HEALTH pertains to your body, and includes eating habits, exercise, medical self-care and treatment of health problems. Smoking, drugs, and alcohol use have potential negative affects on your health.

- Follow good health practices and seek regular medical follow-up
- Stop smoking
- Eat a balanced diet
- Maintain body weight for your height and age
- Reduce alcohol consumption and keep track of the variety of medications you use daily
- Get regular exercise

2. EMOTIONAL HEALTH refers to your state of mind. It is how you react to day-to-day stresses, your sense of worth, and your ability to relax and enjoy leisure

- Learn to recognize your feelings and express them
- Accept compliments or praise graciously
- Seek professional help for serious adjustment problems
- Relieve tension with relaxation and leisure activities
- Learn how to cope with and adapt to stress
- Learn relaxation and stress management techniques

3. SOCIAL HEALTH the ability to keep healthy interactions with friends, family, neighbors or co-workers.

- Show more affection toward loved ones
- Be less critical of others
- Express your feelings
- Fulfill responsibilities to others
- Learn relaxation strategies
- Learn effective communication and other life skills

4. SPIRITUAL HEALTH includes having a sense of purpose in life, the ability to give and receive love in life and the ability to feel goodwill towards others

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- Set time aside each day for meditation and/or prayer
- Attend a spiritual or religious meeting
- Read a spiritual book or lesson
- Select a valued personal characteristic (patience, forgiveness or compassion) and develop it
- Explore forms of meditation and prayer
- Journal or write an account of your daily life, feelings and thoughts

5. INTELLECTUAL HEALTH results from the mental stimulation and development we get through our work, school, community service, hobbies or cultural pursuits

- Read books and the newspaper regularly
- Attend lectures and programs
- Decrease time watching TV
- Learn computer skills
- Learn from public library or college library audio and video tapes
- Explore volunteer possibilities
- Keep your mind active

6. FINANCIAL HEALTH- debt causes stress - and stress can take a severe toll on both your physical and mental health. By managing and eliminating debt, learning ways to budget, and or seizing financial opportunities, you further yourself on the road to Optimal Health

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