

5 signs of emotional well-being

Healthy habits of emotional well-being of the Campaign to Change Direction

1

Take care

Eat well, sleep well, exercise



2

Check in

With family, friends and counselors



3

Engage

You can't be healthy emotionally if your relationships aren't



4

Relax

Be active, meditate, garden, dance, love, cook, sing...



5

Know

Know the Five Signs of emotional suffering



For more information, visit changedirection.org

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