

Big-Picture Health

Overall health and well-being includes many parts that connect and work together to help you live your life to the fullest.

Spiritual health

Having a spiritual faith or sense of purpose and meaning in our lives; connecting with the universe through nature, art or music; helping other people, etc. recommended.

When you improve in one health area, you also benefit in other areas of your life and well-being.

Physical health

How the body functions.

Mental & emotional health

How we think, feel, and act when we relate with others and cope with life's challenges.

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