

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.

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.

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

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