## **MENTAL**

- Monitor thought patterns
- Reduce Negative Input
- Increase Positive Input
- Seek Counceling
- Gratitude
- Forgiveness
- Acceptance

## **PHYSICAL**

- Balanced Diet
- Exercise
- Avoid Alcohol & Drugs
- Water
- Sleep
- Cleanliness
- Grooming
- Family/Relationships
- Friendships
- Support Groups
- Recreation
- Community Service
- Setting Goals

- Religion
- Consciousness
- Spiritual Counseling
- Meditation
- Inspirational Input

**SOCIAL** 

**SPIRITUAL**