

Take to your health care provider
to see what's right for you

Limited evidence-suggestions based on synthesis of bio-psycho-social-spiritual theory

Physical

- Use alcohol and substances responsibly and don't abuse them
- Maintain healthy diet, regular sleep schedule, and routine exercise or physical activity
- Secure safe shelter and lodging
- Use accessibility supports to cope with physical disabilities

Emotional/Psychological

- Cultivate a realistic, accurate and balanced attitude, outlook and accurate self-talk
- Develop, nurture and maintain personal dignity and self acceptance, warts and all, despite our weaknesses and imperfections
- Allow and strive for personal growth: we develop, learn and mature all our lives
- Identify and allow healthy pleasure and happiness in your life

Relationships with others

- Nurture positive rewarding relationships and re-evaluate or minimize negative destructive relationships
- Create and respect appropriate boundaries/limits-being too distant or too close can be unhealthy-try to maintain a balance in relations and work life

- Develop skills to work through conflict with healthy assertiveness, not aggression
- Become aware of your old relationship patterns and don't repeat if harmful
- Recognize endings and beginnings as part of relationships

Social

- Develop, nurture and maintain your connections to a community and people through community activities, cultural or religious organizations, interest and hobbies, volunteering, friends, family, neighbours or colleagues
- Stabilize your money and basic finances with work or financial assistance
- Practice values of justice and equality in your life and in society

Spiritual

- Develop a perspective that recognizes we're part of something beyond just ourselves
- Recognize the natural cycle of life which includes endings and new beginnings
- Cultivate kindness, respect for life and tolerance of differences
- Develop rituals, customs, practices for significant valued life and cultural events

Seek emergency/urgent help if thoughts/plans to hurt yourself/suicidal