

MENTAL

Good cognitive functioning. Feeling alert, focused, able to learn and remember. Having a positive mindset. Ability to manage stress and problem solve. Awareness of values and beliefs. Prioritizes self-care.

PHYSICAL

Taking care of your body with nourishing food, exercise, hydration, fresh air, rest, sunshine, and good hygiene.

EMOTIONAL

Able to cope with emotions and express feelings in a healthy way. Feeling capable and confident.

ENVIRONMENTAL

Keeping your spaces clean and organized. Having a sense of safety and peace where you live so you can recover and rest. Feeling that your spaces support a healthy life.

AREAS OF YOUR LIFE THAT MAKE UP DEEP HEALTH

by LIVE THRIVE HEALTH

SOCIAL/ RELATIONAL

Having supportive and positive interpersonal relationships, friendships, connections and a sense of community. A feeling of belonging, being loved, and appreciated.

EXISTENTIAL & PURPOSE

Feeling like your life has meaning and purpose. Having a connection to something more than yourself. Contributing to others in some way.

GOALS & DREAMS

Spending time doing what you love and continuing to try new things and adventure. Pursuing your goals and dreams despite fears.

WORK & FINANCES

Doing work that has meaning. Feeling like you are appreciated in your workplace. Ideally being able to do something you enjoy for work. Being able to afford the things you need.

To live a truly healthy, happy, and fulfilling life you must empower all areas.