

How to Stay Well (or Get Better If You're Not Well to Begin With)

- ?? Do things that bring you a sense of fulfillment, joy, and purpose, and that validate your worth. See your life as your own creation, and strive to make it a positive one.
- ?? Pay close attention to yourself, tuning in to your needs on all levels. Take care of yourself – nourishing, supporting, and encouraging yourself.
- ?? Release all negative emotions – resentment, envy, fear, sadness, anger. Express your feelings appropriately. Don't hold onto them. Forgive yourself.
- ?? Hold positive images and goals – pictures of what you truly want in your life - in your mind. When fearful images arise, re-focus on images that evoke feelings of peace and joy.
- ?? Love yourself and love everyone else. Make loving the purpose and primary expression in your life.
- ?? Create fun, loving, honest relationships, allowing for the expression and fulfillment of needs for intimacy and security. Try to heal any wounds in past relationships, as with old lovers, mothers, and fathers.
- ?? Make a positive contribution to your community through some form of work or service that you value and enjoy.
- ?? Make a commitment to health and well-being, and develop a belief in the possibility to total health. Develop your own healing program, drawing on the support and advice of experts without becoming enslaved to them.
- ?? Accept yourself and everything in your life as an opportunity for growth and learning. When you mess up, forgive yourself, learn what you can from the experience, and then move on.
- ?? Develop a sense of humor.