Building Blocks for Emotional Wellness—

Even in Challenging Times

—Carrie Maxwell Wrigley, LCSW

1) Physical
- Nourishment
- Activity
- Rest

2) Mental
- Input
- Creativity
- Perspective

3) Social
- Connection
- Simplicity
- Respect

4) Spiritual
- Direction
- Meaning
- Faith
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1) Physical

- **Nourishment**: Fuel Your Body with Nourishment, Not Junk
- **Activity**: Develop a Lifestyle of Activity, Not Inactivity
- **Rest**: Provide Daily and Weekly Rest, As Instructed by the Creator

2) Mental

- **Input**: Feed Your Mind with Positive Input, Not Useless /Toxic Ideas
- **Creativity**: Choose a Lifestyle of Creativity, Not Consumption
- **Perspective**: Build Positive Perspective, to See the Big Picture, not the Little Picture

3) Social

- **Connection**: Nourish Your Heart with Connections, Not Counterfeits
- **Simplicity**: Embrace a Lifestyle of Simplicity, Not Over-Extension
- **Respect**: Respect, Network, & Synergize, Rather Than Compare and Compete

4) Spiritual

- **Direction**: Seek Direction from Divine, Not Worldly, Sources
- **Meaning**: Find Meaning In Your Life, and In Your Challenges
- **Faith**: Anchor Your Faith in Christ, and Come Unto Him