

Ten Ways to Stay Mentally and Physically Healthy

HCTC Student Success Tools

1. Do things that bring you a sense of fulfillment, purpose and well-being—that validate your worth. See your life as your own creation, and strive to make it a positive one.
2. Pay close attention to yourself. Tune in to your mental, emotional and physical needs and take care of them. Plan time for developing your mind, heart and body.
3. Let go of negative emotions—resentment, fear, anger and envy. Express your feelings appropriately: don't hide or hold on to them. Forgive yourself.
4. Hold positive images and goals in your mind, pictures of what you truly want in life. When fearful images arise, re-focus on those images that evoke feelings of purpose and well-being.
5. Learn to like yourself and everyone else. It saves a lot of time and energy.
6. Create fun, caring, and honest relationships with others in your life; make them stable and secure. Try to heal old wounds in past relationships, whether with friends, lovers, or parents.
7. Make a positive contribution to your community, through some form of work or service that you value or enjoy.
8. Make a commitment to health and well-being, and develop a belief in the possibility of total health. Draw on the support of experts to create your own wellness program of diet and exercise without being enslaved to it.
9. Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful. When you screw up, forgive yourself, learn what you can from the experience, and then move on.
10. KEEP A SENSE OF HUMOR!