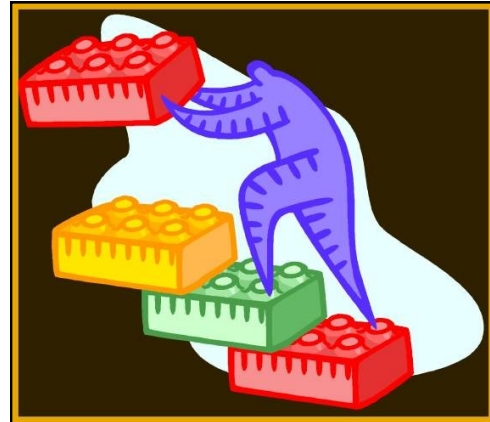


Building Blocks for Emotional Wellness—

Even in Challenging Times

—Carrie Maxwell Wrigley, LCSW



1) Physical

- **Nourishment**
- **Activity**
- **Rest**

2) Mental

- **Input**
- **Creativity**
- **Perspective**

3) Social

- **Connection**
- **Simplicity**
- **Respect**

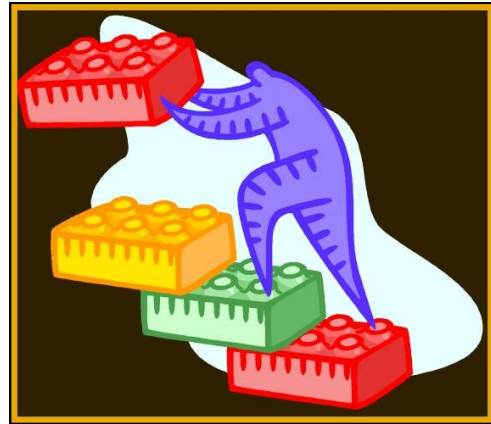
4) Spiritual

- **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*