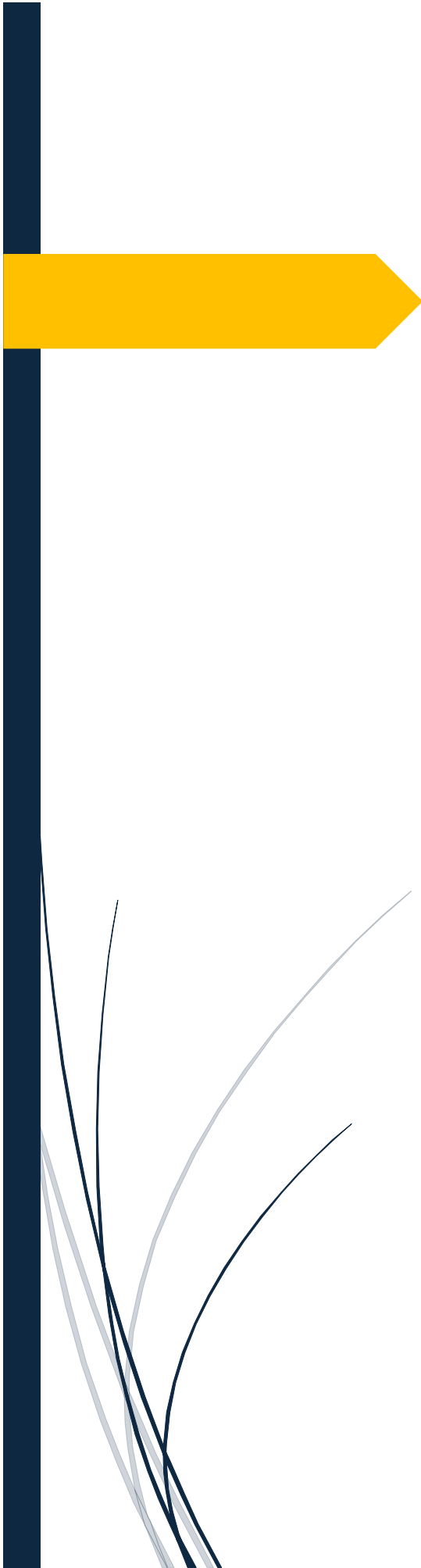




Taking Care of Your Life

A Practical Guide for Mental,
Emotional, Physical & Social
Well-Being

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There isn't one thing you need to get right to have a healthy life.

Life works more like a system.

Your thoughts affect your emotions. Your emotions affect your body. Your body affects your relationships. Your relationships affect your stress. Your habits affect your capacity. Your environment affects what you do. And all of it changes depending on what life is asking from you.

You don't need to do everything perfectly.

You need enough practices, people, resources, and flexibility around you to help you **respond to life as it changes.**

KNOW YOURSELF

Pay attention to your patterns.

Know your values, strengths, capabilities, vulnerabilities, triggers, needs, boundaries, habits, and the experiences that have shaped you.

Notice the stories you tell yourself and the assumptions you make.

Ask: **What am I thinking? What am I feeling? What is my body telling me? What do I need? What am I doing and is it working?**

Awareness gives you choices.

TAKE CARE OF YOUR CAPACITY

Your brain and body are part of the same system.

Protect the basics: **Sleep. Move. Eat. Hydrate. Rest. Recover. Get outside. Play.**

Pay attention when stress, stimulation, responsibilities, or expectations consistently exceed your capacity.

Sometimes the answer is to work harder.

Sometimes it's to: **Reduce. Delay. Delegate. Renegotiate. Simplify. Set a boundary. Ask for help. Recover.**

Rest isn't something you earn after you've exhausted yourself. It's part of maintaining your ability to function.

LEARN TO WORK WITH YOUR EMOTIONS

Emotions are information not instructions.

Notice them. Name them. Get curious about them. Regulate before reacting when you can.

Ask what may be underneath anger, anxiety, frustration, sadness, shame, resentment, or withdrawal.

Then decide what you want to **do** with the information. You can feel something strongly without allowing the feeling to make every decision.

BUILD RANGE

Your first response isn't your only response.

When something happens: **PAUSE → NOTICE → CREATE OPTIONS → CHOOSE**

Sometimes you need to speak. Sometimes listen. Sometimes act. Sometimes wait. Sometimes persist. Sometimes let go. Sometimes ask for help. Sometimes do something you've never done before.

Healthy functioning isn't having the perfect response.

It's having **more than one response available**.

BUILD A LIFE BIGGER THAN ONE THING

Don't make one domain responsible for your entire sense of worth.

Develop capabilities, relationships, interests, routines, purpose, work, learning, creativity, movement, play, community, and things you simply enjoy.

- A difficult day at work shouldn't mean: "**I'm failing at life.**"
- A relationship ending shouldn't mean: "**I'm unlovable.**"
- A mistake shouldn't become: "**I'm a failure.**"

Let setbacks be information about **one part of your life**, not definitions of your whole self.

TAKE CARE OF YOUR PEOPLE

Healthy relationships need more than good intentions. Listen. Get curious. Say what you need. Make requests instead of expecting mind-reading. Set boundaries. Respect other people's boundaries. Notice your impact. Allow yourself to be influenced. Express appreciation. Have fun. Make room for differences.

When you hurt someone: **Own it. Repair it. Learn from it.**

When someone matters to you, let them know.

Connection needs maintenance.

DON'T DO LIFE ALONE

Build different kinds of connection. Friends. Partners. Family. Mentors. Teammates. Coworkers. Community. Professionals when needed.

No single person should have to meet every emotional, relational, social, or practical need.

Learn to say: "**I need help.**" And become someone other people can safely say that to as well.

DESIGN YOUR LIFE DON'T RELY ONLY ON WILLPOWER

Make healthy behaviors easier to do.

- Build routines.
- Create guardrails.
- Change your environment.
- Put things on the calendar.
- Reduce unnecessary friction.
- Create reminders.
- Make expectations clear.
- Develop backup plans.

Prepare for predictable vulnerabilities.

Ask: "**What can I put around myself that makes the behavior I want more likely?**"

Good systems help you on the days when motivation doesn't.

KEEP DOING LIFE

Understanding yourself matters. But insight alone doesn't create change.

NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS

Try something. See what happens. Keep what works. Adjust what doesn't. **Try again.** Expect some new behaviors to feel awkward before they feel natural.

You don't need to master your life. You need to keep participating in it.

THE BOTTOM LINE

Take care of your **body**. Understand your **mind**. Listen to your **emotions**. Protect your **capacity**. Develop your **capabilities**. Stay connected to your **people**. Build a life with **meaning, play, purpose, and recovery**.

Ask for **help**.

Repair when things go wrong. Change what isn't working. Keep what is. And keep practicing.

A healthy life isn't a life without difficulty. It's a life with enough resources, relationships, flexibility, and capacity to work with what comes next.