Healthy Habits of Emotional Well-being

Take care
Eat well, sleep well, exercise

Check in
With family, friends & counselors

Engage
You can’t be healthy emotionally if your relationships aren’t

Relax
Be active, meditate, garden, dance, love, cook, sing...

Know
Know the Five Signs of emotional suffering

The campaign to change direction™
A Give an Hour Collective Impact Effort

VFW
Veterans of Foreign Wars

www.changemdirction.org
Copyright Give an Hour ©