



## Looking after your H.E.A.L.T.H

*Trinity Family - Taking care of our mental wellness to avoid mental illness*

*Six Steps to Wellness*

**H**

**Healing – Heal your hurt and pain. Deal with the past or existing issues that are currently causing you problems.**

**E**

**Energize – Empower your body and mind by looking after yourself. Eat well and exercise.**

**A**

**Awareness – begin to take notice of what you are experiencing i.e. your bodily reactions or change in mood.**

**L**

**Live – live and learn. Live life in all its fullness. Take opportunities and make opportunities. Look at life as a lesson, learn from your mistakes whilst moving on better equipped.**

**T**

**Time – make time for yourself. Find a comfortable balance, while doing the things you have to, as well as doing the things you enjoy.**

**H**

**Help – Help yourself as well as others. Be patient and kind to yourself. Believe in your value and that you are good enough.**

