

Creation & Purpose

- Creative expression (in form of meaningful career, artistic or musical expression, writing, gardening, cooking, or any other activity that engages us in useful and creative work)
- Understanding that we're part of a larger good and that our creativity serves that good
- Service to others

Connection & Support

- Family
- Friends
- Community
- Participation in social, religious or community groups

Emotional Health & Coping

- Positive outlook/gratitude
- Mindfulness/awareness of emotions
- Reaction to stress/adversity

Healthy Eating

- Eating mindfully
- Whole real food
- Organic/free of toxins
- Non-GMO
- Limited processed/refined foods

Healthy Environment

- Time spent in nature
- Air and water quality
- Non-toxic household & hygiene products

Physical Activity

- Aerobic exercise
- Stretching & flexibility
- Strengthening
- Varying intensity

Sleep & Self Care

- Adequate sleep
- Safety
- Preventive medical care



Rania Dempsey MD, LLC
Empowering Whole Health