

Seven Habits of Highly Well People

They



- Attend to their emotional health.
- Learn about, and do stuff that interests them.
- Hang out regularly with great friends.
- Align behaviors with their beliefs.
- Find meaning and reward in their work .
- Take care of their machine: Activity.
- Take care of their machine: Food.

Do the best you can, every day.

State of New Hampshire
Employee Assistance Program

