**Personal Well-Being**

**Create a visual representation of how you maintain your health!**

Health refers to the well – being of the ***entire*** individual. Mental, Emotional, Physical, Spiritual.

 *How are you going to be able to maintain* ***balance*** *in your life?*

* *Mental & Emotional*

Stress Management

Personality Traits, triggers, coping mechanisms

* *Physical*

Physical Activities as an outlet to reduce stress levels

* *Spiritual*

How will you remain connected to what is important in life?