

## **How to Stay Well or Get Better If You're Not So Well to Begin With**

1. Do things that bring you a sense of joy, fulfillment, and purpose, that validate your worth.
2. See your life as your own creation and strive to make it a positive one.
3. Pay close and loving attention to yourself, tuning into your needs at all levels.
4. Take care of yourself, nourishing, supporting and encouraging yourself.
5. Release all negative emotions, resentment, envy, and fear.
6. Express your feelings appropriately, don't hold on to them.
7. Hold positive images and goals in your mind; picture what you truly want in your life.
8. When fearful images arise, refocus on images that evoke feelings of love and joy.
9. Love yourself and everyone else.
10. Make loving the purpose and primary expression in your life.
11. Create fun loving honest relationships, allowing the expression and fulfillment of needs for intimacy and security.
12. Try to heal any wounds in past relationships, as with old lovers and parents.
13. Make positive contributions to your community through some form of work or service that you value and enjoy.

14. Make a commitment to health and wellbeing.
15. Develop a belief in the possibility of total health.
16. Develop your own healing program, drawing on the support and advice of experts without becoming enslaved to them.
17. Accept yourself and everything in your life as an opportunity for growth and learning -- be grateful.
18. When you screw up, forgive yourself, learn what you can from the experience, and move on.
19. Keep a sense of humor.

Taken from Peace, Love & Healing by Bernie Siegel, M.D.