

Emotional health is feeling,
expressing, and navigating our
emotions properly.

Relational health is our
closeness with friends and family
and how safe we feel to be
exactly who we are.

Physical health includes things like getting enough sleep, eating well, exercising, and practicing good daily hygiene, as well as sickness, injuries, and surrounding environments.

Therapeutic health is seeking help from doctors, scientists, psychologists, and therapists to find help and healing.