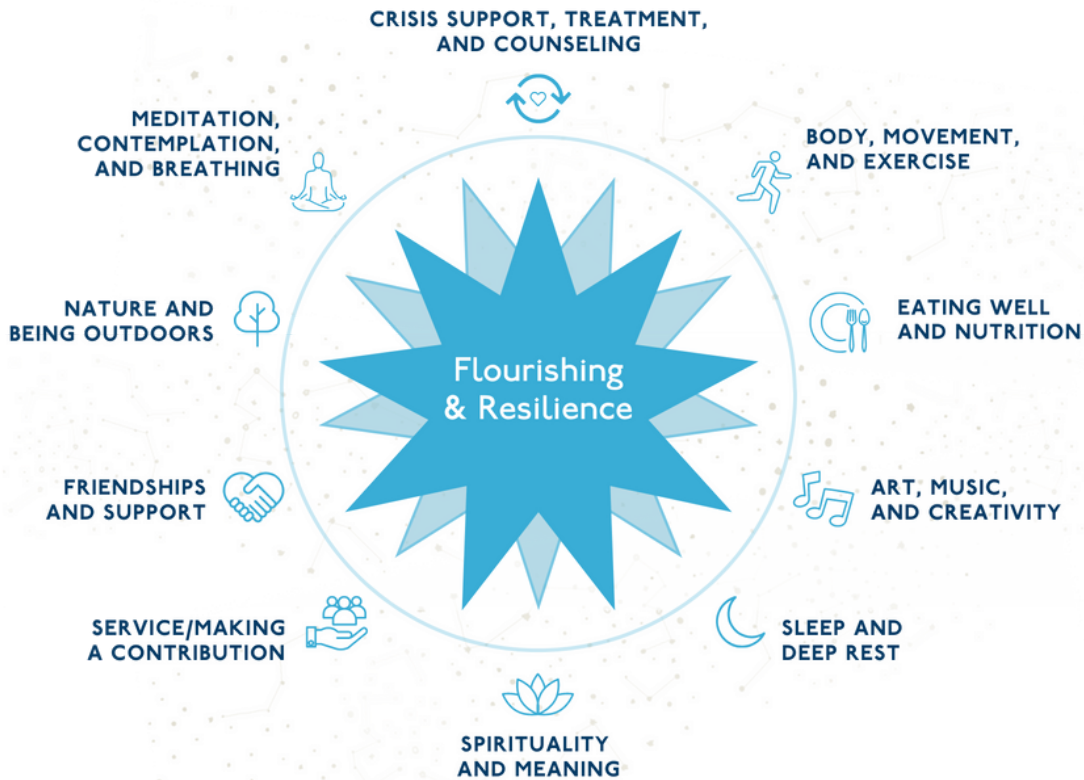


# MY WELL-BEING ECOSYSTEM

Mental health and well-being require an ecosystem of interacting components that you can build into your life, one step at a time. Build your own ecosystem by writing below what are you already doing in each of these areas, and what might you like to add. Include it in your vision board or put it on your wall, and commit to doing one or two things (or more) each day for your mental well-being. Visit [www.johnwbrickfoundation.org/](http://www.johnwbrickfoundation.org/) to learn more



CRISIS SUPPORT, TREATMENT, AND COUNSELING

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SPIRITUALITY AND MEANING

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BODY, MOVEMENT AND EXERCISE

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SERVICE/MAKING A CONTRIBUTION

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EATING WELL AND NUTRITION

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FRIENDSHIPS AND SUPPORT

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ART, MUSIC AND CREATIVITY

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NATURE AND BEING OUTDOORS

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SLEEP AND DEEP REST

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MEDITATION, CONTEMPLATION, AND BREATHING

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