



12x



EXAMINE YOUR LIFE!
DO YOU SEE ROOM FOR IMPROVEMENT?

Every step in the right direction
is a step forward,
often through trial and error!



PCR -> PCRS

Peace, cleanliness, regularity
->

- Cleanliness (biological, the foundation)
- Peace (psychological: emotions + mind aligned = willpower)
- Regularity (social: choosing which activities and contacts)
- Space (spiritual: gaining perspective, focusing on eternity)

Freedom underlines balance =
weighing considerations

BETTER BALANCE



*4x3 rules for
(mental) health*

AS THE FOUNDATION FOR A GOOD
LIFE AND A STARTING POINT FOR
OVERCOMING ADVERSITY



12 TIPS

4 dimensions x
3 tips for every day



Biological = your body: Good health



Psychological = your inner self:

Regulation



Social = your environment:

Integrity



Spiritual = the highest value God:

Perspective

= GRIP

biological

the relationship to your body

- Healthy eating and drinking (not too much or too little)
- Sufficient exercise (20 minutes per day of walking + sports)
- Enough sleep (7-9 hours per night)



social

the relationship to your environment

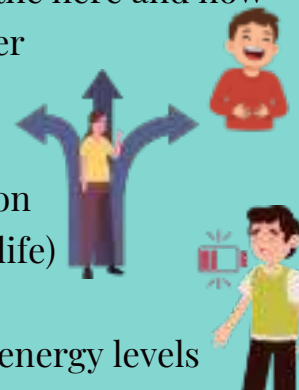
- Balance of work/school and free time
- Social contacts
- Commitment to society



psychological

the relationship to yourself

- Consciously living in the here and now (be aware of your inner and outer world)
- Take the reins based on overview (living your life)
- Pay attention to your energy levels (what drains you and what gives energy)



spiritual

the relationship to the highest value God

- Caring for creation, not seeking to control it
- Connecting with God or the greater whole
- Read the Bible and deepen your understanding

