

Signals of Health (and Unhealthiness) in Your Life

Consider the following areas of your life and ways in which you may be drifting toward unhealthiness.

- Sleep: take note of when you start sleeping a lot more or a lot less than usual

- Eating: pay attention to when you eat a lot more or a lot less than usual

- Interaction: watch for changes when you avoid social settings or avoid time alone

- Emotions: look for seasons when your emotions lead your decisions