

## What Do Healthy People Do?

### Healthy people:

- Rationally direct their own behavior.
- Are in charge of their own destiny.
- Are self-aware — they know themselves and accept their strengths and weaknesses.
- Are anchored in the present.
- Increase their tension through seeking new challenges, goals and experiences.
- Gratify their basic needs through acceptable behavior.
- Devote energies and thoughts to socially meaningful interests and problem beyond security, lovability and status.
- Think and act spontaneously rather than on fear based on past experiences.
- Have the ability to enjoy the moment.
- Have little interest in judging other people.
- Have little interest in interpreting the actions of others.
- Have little interest in conflict.

- Solve problems instead of worrying about them.
- Have frequent episodes of appreciation.
- Have a feeling of connectedness with others and nature.
- Smile often.
- Know when to let things happen and when to make things happen.
- Are susceptible to the love extended by others as well as have the urge to extend it.