

## **The 12 Warning Signs of Health**

1. Persistent presence of a support network.
2. Chronic positive expectations combined with a tendency to frame events in a constructive light.
3. Episodic peak experiences.
4. Sense of spiritual involvement.
5. Increased sensitivity.
6. Tendency to adapt to changing conditions
7. Rapid response and recovery of adrenaline system due to repeated challenges.
8. Increased appetite for physical activity.
9. Tendency to identify and communicate feelings.
10. Repeated episodes of gratitude and generosity.
11. Compulsion to contribute to society.
12. Persistent sense of humor.

## **WHAT IS HEALTH?**

Health is a person's internal ability to maintain homeostasis by efficiently and effectively adjusting to physical, social, and spiritual changes in their environment.