

**HEALTHY PARTS HAPPY SELF**

**Erin Susan Quinlivan**

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By doing so, your health, happiness, and well-being are sure to improve drastically.

But taken to the extreme, social comparison can become an unhealthy, unhappy competition. But the five essentials of health, money, relationships, contentment at work and self acceptance form the basis for creating happiness for .

Whenever I find myself trusting only my own strengths, I get insecure. Try putting them into practice and see what changes they bring to your life. If you want to live a healthy and happy life with low levels of emotional and physical stress, you must strive to nurture and balance each of the 7 dimensions of wellness.