

Physical and Emotional Health



What am I doing each day to care for my body?

AVOID ANY DRINK, DRUG, CHEMICAL, OR DANGEROUS PRACTICE THAT IS USED TO PRODUCE A "HIGH" OR OTHER ARTIFICIAL EFFECT THAT MIGHT HARM YOUR BODY OR MIND.



Your body is a TEMPLE, a gift from God

Addictions harm your physical, mental, emotional and spiritual well being.

Avoid dangerous activities that put your body at risk of injury.



Blessings!

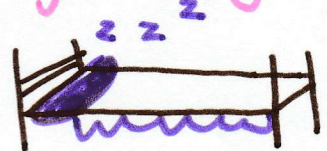
- healthy body
- alert mind
- guidance of the Holy Ghost

W
o
r
d
of
i
s
s
d
o
m
→ WOW

When you are obedient to this law, you remain free from harmful addictions and have control over your life.



Eat nutritious food, exercise regularly, and get enough sleep...



Avoid extremes in diet.

In all aspects of your life, seek healthy solutions to problems. Do all you can to safeguard your physical and emotional health so that you can fulfill your divine potential