Where to Focus to Feel Your Best!

**SELF-CARE**
Get enough sleep. Find your stress reliever. Take breaks and be your own best friend.

**NUTRITIONAL**
Drinking water, eating fruits and vegetables with balanced meals can help you stay healthy.

**SPIRITUAL**
Spirituality is a state of mind. It’s a way to find meaning, hope, comfort, and inner peace in your life.

**PHYSICAL**
Walking 4 times per week for 15 minutes can increase your lifespan, ease depression and much more.

**MENTAL**
Never underestimate the power of positive thinking. Your outlook can influence how you feel.

**SEXUAL**
You have the right to decide what you do with your body. This includes family planning, contraceptives, and education.

**FINANCIAL**
Take control of your money by making a plan and keeping track of your spending.

**OCCUPATIONAL**
Strive for a work/life balance that promotes healthy satisfaction and is financially rewarding.

Zanesville-Muskingum County Health Department thanks Butler County General Health District for the creation of these materials.
Did You Know?

- Preconception health, or your health before becoming pregnant, can affect your health as you grow older.
- Interconception health, or your health between the births of children, can affect the health of your future children.
- Health means different things to different people. You have a right to be healthy in whatever stage of life you are in.

Health Resources to Be a Healthy Woman

At the Whole Women Project, we want to help connect women with educational resources, tools, and guidance for women's health needs so they can be the best version of themselves.

Grab Your Resources Below
Start Your Better Health Journey Today

ZMCHD.org/The-Whole-Woman-Project