

Qualities of Emotionally Healthy People

Below is a list of qualities some people might believe are possessed by people who are emotionally healthy. This list may help you come up with ideas in your Wellness Profiling exercise.

1. Confidence
2. Patience
3. Stable housing
4. Physical safety
5. Social life
6. Good relationships
7. Rewarding job
8. Neatly groomed and dressed
9. Spiritual beliefs
10. Financial security
11. Good sleep
12. Physical comfort
13. Optimism
14. Confidence
15. Well controlled imagination
16. Positive expectations
17. ...