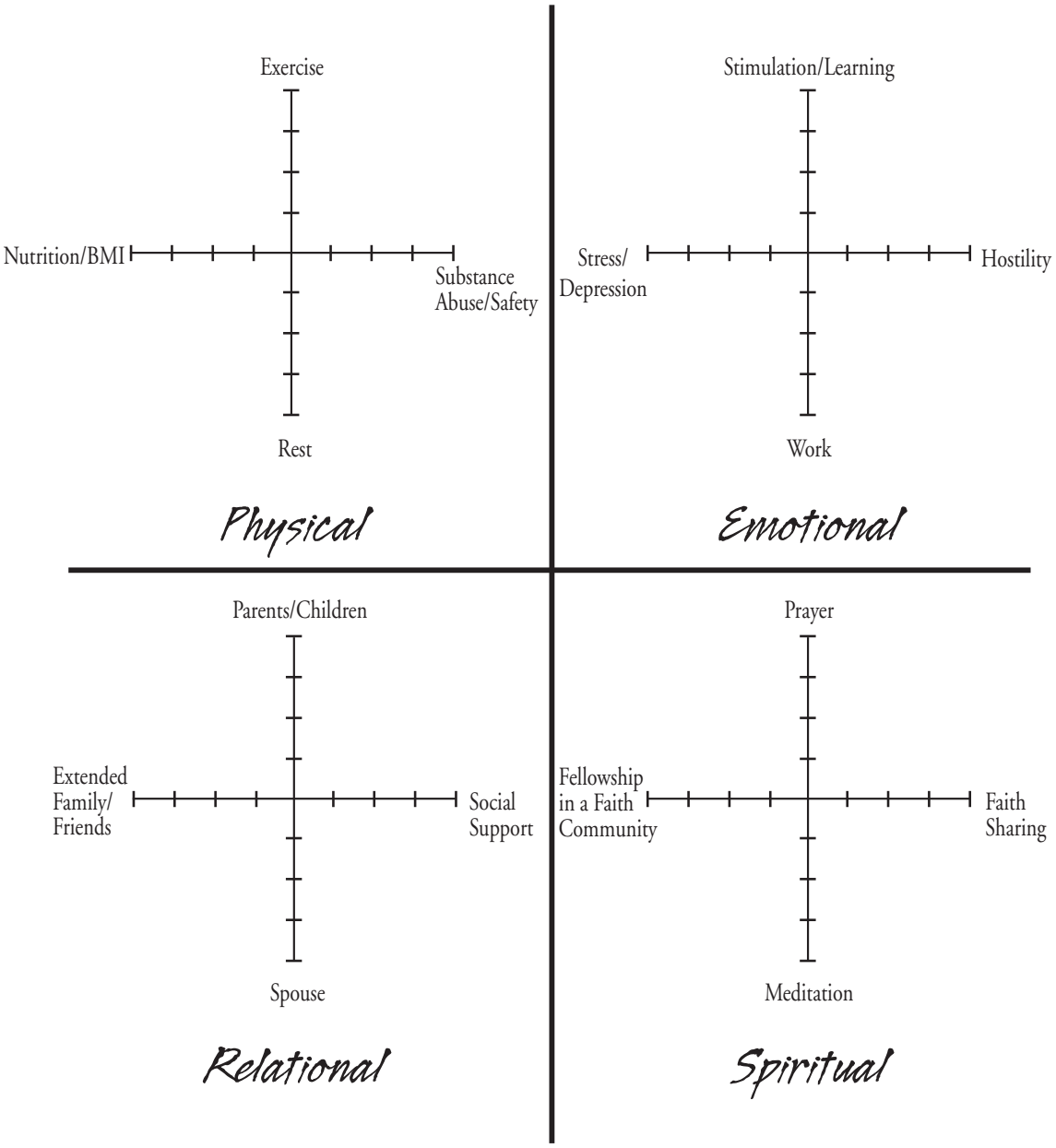
Exercise
Nutrition/BMI
Substance Abuse/Safety
Rest
Physical
Stimulation/Learning
Stress/ Depression
Hostility
Work
Emotional
Parents/Children
Extended Family/ Friends
Social Support
Spouse
Relational
Prayer
Fellowship in a Faith Community
Faith Sharing
Meditation
Spiritual