Foundational Principles of Wellness

Hope

First, believe you can.
Then, set goals.
Then, keep believing.

Personal Responsibility

Take action toward the goals you set. Make good choices.

Education

Get good information.
Use info to make decisions.

Support

Lean on others for encouragement.

Depend on others to hold

you accountable.

Self-Advocacy

Communicate effectively.

Change methods based on different situations.

Spirituality

Find meaning and purpose in your life. Identify what matters to you the most.

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