



### Fundamental Health Domains

The How's Your 5? domains - work, love, play, sleep and eat - are consistently cited in health research (including studies of longevity) as being essential for a balanced and healthy lifestyle. Although the How's Your 5? domains do not address all factors that support healthy and balanced lifestyles, their use as topics of conversation create opportunities to discuss and share challenges and solutions with friends, family and co-workers.

Research has demonstrated that physical health, wellness and happiness are comprised of an array of personal, interpersonal, environmental and societal factors that interact with each other to affect an individual's overall health and well-being.

### Get Started Today!

If you have questions about How's Your 5? and how it can have a positive impact on your organization, please contact us. We'll be happy to discuss the details and develop a plan to launch the program within your organization.

We have a full range of training materials and program merchandise to promote and support the program.

Contact us:  
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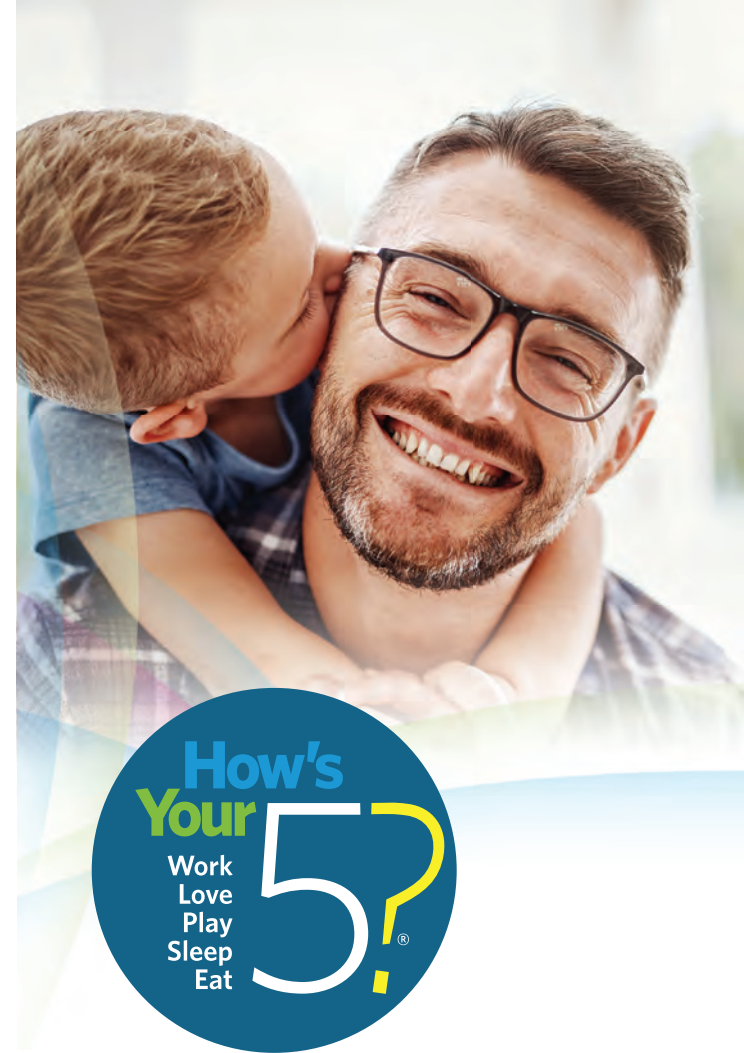
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*This guide is not intended to replace appropriate diagnosis and/or treatment, when indicated, by a qualified mental health professional or physician.*



Your life is our life's work.

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# How's Your 5?<sup>®</sup>

A Community Resilience and  
Public Mental Wellness Conversation



Your life is our life's work.



## What is How's Your 5?<sup>®</sup>

How's Your 5? creates a common language to support each other across five fundamental domains of human experience:

**Work** – employment/school

**Love** – relationships/social support

**Play** – self-care/joyful activities

**Sleep** – sleep habits

**Eat** – food and drink

**How's Your 5?** can help create a “buddy system” that supports family, friends, neighbors and co-workers in maintaining a healthy lifestyle and state of mind.

## Creating Awareness

We live in a very busy world. Our lives can be like riding a fast train where people, places and moments pass by in a blur. We are moving so fast that we don't take the time to care for ourselves or other people.

How's Your 5? creates a shared community awareness of the importance of a healthy work space (work/school), supportive relationships (love), joyful activities (play), refreshing sleep (sleep), healthy eating and moderation in alcohol consumption (eat).

The How's Your 5? logo is a colorful and simple reminder that helps create awareness of the five fundamental domains so you can “check in” with yourself and those around you.



## Getting Beyond “I’m Fine”

How many times have you asked someone “How are you?” and they answered “fine” or “good,” ending the conversation? Asking “How's Your 5?” is specific. Asking “How's Your 5?” will begin conversations about work, love, play, sleep and nourishment.

Sharing our challenges and successes can lead to creative solutions to help live healthier lives. If you really want to know how someone is doing, ask “How's Your 5?” You may be surprised by how much you learn about yourself and those around you.

## Making Connections

Engaging in conversations about healthy living, mental wellness and resiliency strengthens our connections with others. By using “How's Your 5?” as a conversation starter, you can strengthen the relationships and support networks you have with your family, friends, neighbors and co-workers.

## Starting Conversations

When people discover how easy and effective How's Your 5? is at getting people to open up about their lives and well being, they enthusiastically invite others to join the conversation about healthy living, mental wellness and resiliency.

## Conversation starters and ice breakers should be causal and feel natural. Here are some to get you started.

### Work

How's school? Are you employed? Are you working too much, too little? Is it difficult? Are you in a new job or new school and having trouble adjusting?

### Love

How's your family? Friendships? Are you getting along with other people? Do you have relationships that are difficult or strained? Do you feel loved by someone?

### Play

Are you taking the time to have fun and do the things that bring health and joy to your life? When's the last time you had fun?

### Sleep

Are you sleeping too much, too little? Do you have trouble going to sleep, staying asleep or waking up?

### Eat

Are you eating too much, too little, not the right things? Are you drinking too much, using drugs or alcohol to help cope with your stress?