

# Well-Being for Editors: Physical, Emotional, Spiritual

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## Resources

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This is a general article and doesn’t include spiritual well-being.

### Physical Well-Being

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### Emotional Well-Being

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**Disclaimer:** Susan K. Stewart is not a doctor or health care professional. This information is intended for educational and entertainment purposes. Susan’s workshop, website, and handout material is NOT a diagnostic tool and cannot be used to suggest, confirm, or rule out any medical diagnosis. If you think you might have a specific medical condition or symptoms, contact your health care provider.

- “Does What You Eat Affect Your Mood.” January 12, 2021. Cleveland Clinic. <https://health.clevelandclinic.org/bad-mood-look-to-your-food/> (accessed April 26, 2023)

#### —Exercise

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### Spiritual Well-Being

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” I Cor. 10:31 ESV

- Lillian Kwon. June 29, 2006. “The Connection Between Spiritual Health and Physical Health.” The Christian Post. <https://www.christianpost.com/news/the-connection-between-spiritual-health-and-physical-health.html> (accessed April 23, 2023)

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