12 Signs of Psychological Health

* Persistent presence of a support network
* Consistent optimistic outlook and positive expectations
* Frequent peak experiences
* Spiritual involvement
* Sense of humor
* Able to adapt to changing conditions
* Rapid response and recovery of adrenaline system due to repeated challenges
* Likes physical activity
* Communicates well with others
* Frequent gratitude, generosity and related emotions
* Increased sensitivity
* Altruism and contribution to others and to society

