



## The Ten Principles of The Eden Alternative®

**Principle One:** Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.

**Principle Two:** A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.

**Principle Three:** We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.

**Principle Four:** We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.

**Principle Five:** We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.

**Principle Six:** Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.

**Principle Seven:** We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.

**Principle Eight:** Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.

**Principle Nine:** Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing, and adapting.

**Principle Ten:** Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.