The Whole Health Approach

Emphasizes living our best lives in alignment with what matters most to us.

Includes conventional treatment, but also focuses on empowerment and self-care to reduce the risk of chronic illness and optimize health and well-being.
Self Care Areas

Self-Care Areas can impact physical, emotional, and mental health

• Movement/physical activity
• Healthy eating
• Sleep/rest
• Healthy relationships
• Healthy surroundings
• Spiritual health
• Personal development

If ready to make a change, reflect on your Motivation and Ability

TED Talk Tiny Little Habits, B.J. Fogg: https://www.youtube.com/watch?v=AdKUJxjn-R8
Motivation

What REALLY matters to you in your life? What brings you a sense of joy and happiness? What do you want your health for?

- These questions help us reflect on what’s important to us in life
- Can motivate and inspire us towards better health
Ability

What am I able and willing to do?
What are my strengths?
What are my challenges?

- These questions help us reflect on our strengths and challenges
- Recognizing our abilities can help us work toward behavior changes
Effective Goals are:

• Linked to what’s important to you in life
• Based on small steps to change a behavior or habit
• Are SMART: **Specific**, **Measurable**, **Action-oriented**, **Realistic**, **Time-bound**
• More likely to succeed with support and resources