

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

When You're Ready: Setting a Goal

Effective Goals are:

- Linked to what's important to you in life
- Based on small steps to change a behavior or habit
- Are SMART: **S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic, **T**ime-bound
- More likely to succeed with support and resources

