## 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





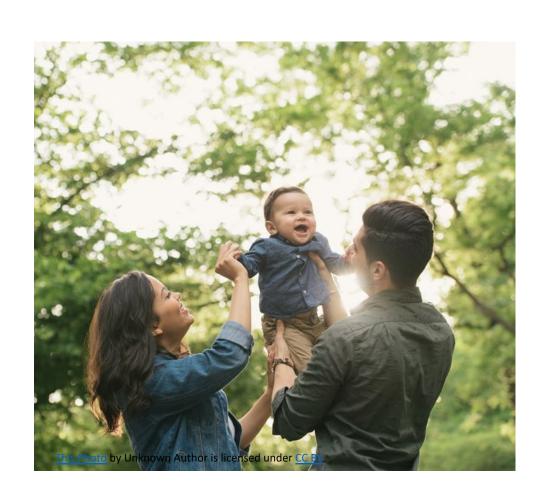
# Self-Care Areas can impact physical, emotional, and mental health

- 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

### 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: Specific, Measurable,
   Action-oriented, Realistic, Time-bound
- More likely to succeed with support and resources

