

## TAKECARE'S WHOLE HEALTH MODEL

Too often we think of health as only something physical. Whole Health is about creating a sense of health and well-being in all aspects of our lives: Mind, Body, Spirit, and Community. Through simple, small steps in these four areas, anyone can create new practices for their Whole Health journey.

In this Whole Health Model, each area is connected to the other. No one area is more important than the other. You have a relationship with each one as they represent your relationship with yourself.

- **Mind: The Stories We Believe**

Your thoughts and feelings can impact your health and well-being. Becoming more self-aware can help you manage and respond to your emotions in a healthy and constructive way, which can help you think differently and create healthier habits.

- **Body: The Actions We Take**

Oftentimes, your body is the first thing you notice when you are not feeling well. Paying attention to how you keep your body fit with movement and proper nutrition is essential to creating health and well-being.

- **Spirit: The Strengths We Have**

Connecting to your Spirit is about finding your inner strength, your resilience. You might discover this through your faith, nature, music, poetry, art, a friend, just being in the moment, and many other ways personal to you.

- **Community: The Relationships We Share**

Community is your relationship within the larger context of friends, family and the environments in which you live, learn, work, play, and pray.

