



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

ON HOLISTIC WELLNESS

PHYSICAL, EMOTIONAL, MENTAL, & SPIRITUAL WELLBEING

WHAT IS HOLISTIC WELLNESS?



Holistic Wellness is the integration of your own self-care into values-aligned behaviors.

- It comprises four 'quadrants' of self:
 - Physical
 - Emotional
 - Mental
 - Spiritual

PHYSICAL WELLNESS: YOUR 3-LEGGED STOOL

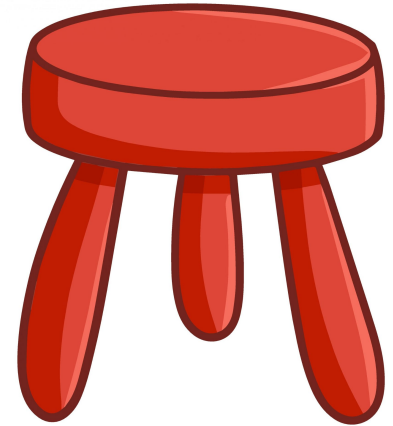


LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

Everyone has a stool that they are sitting on top of.

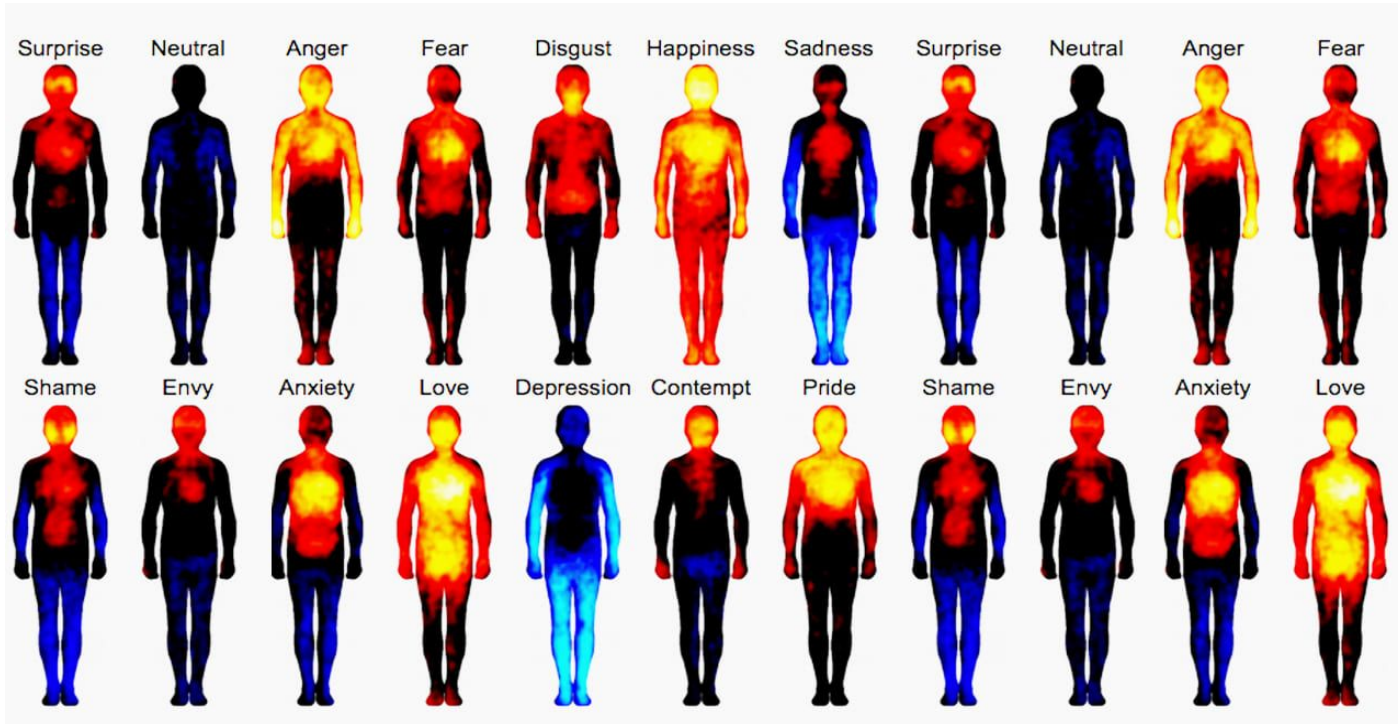
1. Sleep
2. Nutrition
3. Exercise

Lose 1 or more, and the stool tips over! Yikes!



Remember: You get to decide what is healthiest for you!

EMOTIONAL WELLNESS: EMOTIONS IN YOUR BODY



EMOTIONAL WELLNESS: (CONT'D)



1. Recognize the body cue
 - a. (ie - where are you feeling emotion in your body)
2. Identify the emotion
 - a. (ie - chest is tight, might be anxiety)
3. Figure out when you started feeling this way
 - a. (ie - when I saw my ex at the grocery store)
4. Choose a response
 - a. (ie - I am going to breathe for 1-minute in the chips aisle)

Remember: When you allow yourself to feel your emotions
THEY WILL PASS IN 30 SECONDS TO 3 MINUTES!

MENTAL WELLNESS: THOUGHTS ON YOUR THOUGHTS



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

A few notes about your brain:

- We are only present 50% of the time.
- The rest of the time we are thinking about the future, or the past, or telling ourselves stories (untruths) about the present.
- Your mental processes are *conditioned*, meaning they have been created to **help you survive**.
- **Mindfulness** can help rewire your brain

MENTAL WELLNESS: ON MINDFULNESS



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

So ... why Mindfulness?

- One of the quickest ways to rewire your brain.
- 30-minutes a day (non-consecutive) for 8 weeks is enough to change your brain on a MRI scan.
- LOTS of resources available for mindfulness practices

Remember: It is easier to be mentally well when your emotions are lower, you feel in spiritual connectivity, and are in a sense of physical health.

SPIRITUAL WELLNESS: A SENSE OF CONNECTION



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

- Spirituality means something different to everyone
 - You are allowed to define it however you want!
 - I think of it as **connection** vs **disconnection**
- Ways to grow your spiritual practice include:
 - Gratitude practice
 - Meditation & mindfulness
 - Intentional time in nature / community / etc
(the key here is intentional)



REMEMBER ...

HOLISTIC WELLNESS INCLUDES ALL PARTS OF
YOURSELF!



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

REFERENCES



Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., Carmody, J., Segal, Z. V., Abbey, S., Speca, M., Velting, D., & Devins, G. (2004). Mindfulness: A proposed operational definition. *Clinical Psychology: Science and Practice*, *11*(3), 230–241.
<https://doi-org.proxy006.nclive.org/10.1093/clipsy.bph077>

Doucleff, M. (2013, December 30). *Mapping emotions on the body: Love makes us warm all over*. NPR. Retrieved January 8, 2022, from <https://www.npr.org/sections/health-shots/2013/12/30/258313116/mapping-emotions-on-the-body-love-makes-us-warm-all-over>

Goleman, D. (2003). *Healing emotions : conversations with the Dalai Lama on mindfulness, emotions, and health*. Shambhala.

Miller, G. (2020). Integrating substance abuse and pain management into counseling approaches: Counselors can create a safe place for clients to speak openly as they try to navigate the complicated landscape of their struggles with substance use and pain management issues. *Counseling Today*, *63*(5), 50–54.

Ohrt, J. H., Clarke, P. B., & Conley, A. H. (2019). *Wellness counseling : a holistic approach to prevention and intervention*. American Counseling Association.

Thomas, B. (2019). *Creative Coping Skills for Teens and Tweens : Activities for Self Care and Emotional Support Including Art, Yoga, and Mindfulness*. Jessica Kingsley Publishers.

Thornton, L. (2013). *Whole person caring : an interprofessional model for healing and wellness*. Sigma Theta Tau International.