



How practicing Whole Person Health can facilitate growth and health.

Now more than ever, it is important to find ways to practice whole person health. We all know how important it is to care for our bodies, but well-being also includes caring for the spiritual, emotional, intellectual, social, environmental and vocational aspects of our health, among others.

Today, we offer ways “whole person health” can support resiliency. Whole person health promotes the concept of moderation. Yet we all know how challenging it has been to practice moderation in the midst of the pandemic.

Not everyone is comfortable going to gyms, and staying indoors as winter approaches will probably find us opening the fridge door more often than we might otherwise wish to check what’s inside. Living in close proximity with family can be both a blessing and increase the emotional tensions in our lives. Conversely, living alone in the context of social distancing can heighten loneliness. With our world opening up, more people have jobs again but many are still unemployed or under-employed.

In the following days, we will offer suggestions to nurture your spiritual health. Today we are offering a few tips that we hope will deepen your motivation and ability to care for the other six aspects of whole person health:

Emotional Wellbeing

Practice Gratitude.

Be mindful and live in the moment. Notice something for which you are grateful each day. Let someone know if they said or did something for which you are grateful.

Intellectual Wellbeing

Boost your Brain.

Engage in creative and stimulating activities which help keep your mind active and your brain healthy and happy. Read a book, take an on-line course, play board games, listen to podcasts that offer interesting and positive information on a variety of subjects.

Physical Wellbeing

Move More. Eat Better.

If you enjoy being outside year-round in Manitoba, you are set. If not, the number of on-line videos offering great work outs in one room of your house is increasing. Find one that works for you. Try to find a balance between exercise, eating nutritious foods, getting enough sleep and moderating your alcohol consumption.

Social Wellbeing

Connect with Others.

Personal connections contribute to a long and fulfilling life. When you nurture relationships with family and friends, you create healthy support networks for life. We’ll suggest some ideas for this tomorrow.

Environmental Wellbeing

Love the Earth.

There are many ways we can contribute to the well-being of our earth. Chose one you know you can do regularly. It will help you to know you are passing along a healthy world to the next generation.

Vocational Wellbeing

Live with Purpose.

If you are finding yourself employed, you are a fortunate person and be a team player at work. If you are unemployed or underemployed, we hope that our social safety nets will be sufficient for you in this time. We also hope that with time, you will find yourself employed.

When team-players retire, they have a sense of satisfaction not only in what they did for a living but also in how they treated their co-workers.



SOMETHING TO WATCH

A **Walking Meditation** is designed to bring body and mind in sync. [**Meditation & Mindful Movement**](#)

SOMETHING TO DO

[**Wellness Wheel Activity**](#)

This activity assesses the wellness dimensions in which you have strengths and the dimensions that will benefit from your attention. Once you have completed the activity, evaluate what factors have led to your areas of strength. Consider how you can capitalize on those strengths to improve in the wellness dimension(s) that you feel you are not performing as well in.

Change your outlook and enjoy less stress: [**Finding Silver Linings**](#)

Get happier by seeing the humor in life: [**Three Funny Things**](#)

Mental PPE in Long-Term Care: Arming Yourself with Psychological Strategies During the COVID-19 Pandemic:

[**How to build a learning management system with life**](#)

SOMETHING TO READ

[**Wellness Dimensions**](#)

[**Walking Meditation: The Ultimate Guide**](#)

By referring you to specific web pages, WRHA Spiritual Health Services and IHCAM do not necessarily endorse the full content of the website.