



What is Wellness?

Herbal Gardens Wellness, 501c3 NPO

Community Healthcare Education



Please take out a favorite pen,
journal or sheet of paper.

Follow along with the slides. Sketch, doodle, write out your ideas and thoughts.

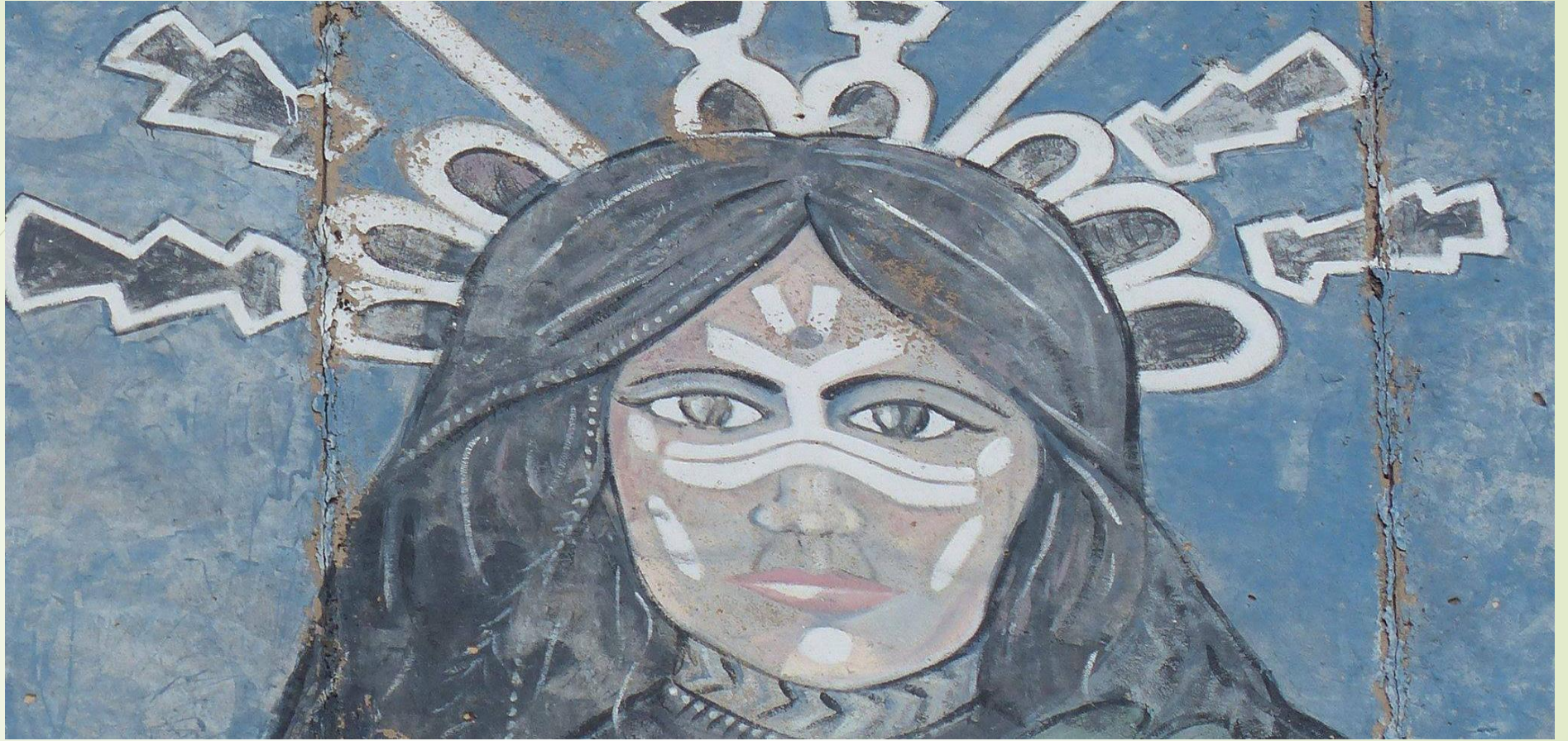


Wellness



➡ How do you define wellness?

- ➡ Wellness is...
- ➡ I feel well when...
- ➡ Wellness, schmellness...
- ➡ unicorn
- ➡ To me wellness means...



How can we experience Wellness?

What does experience mean to you?

Word Art an experience that makes you think of Wellness.

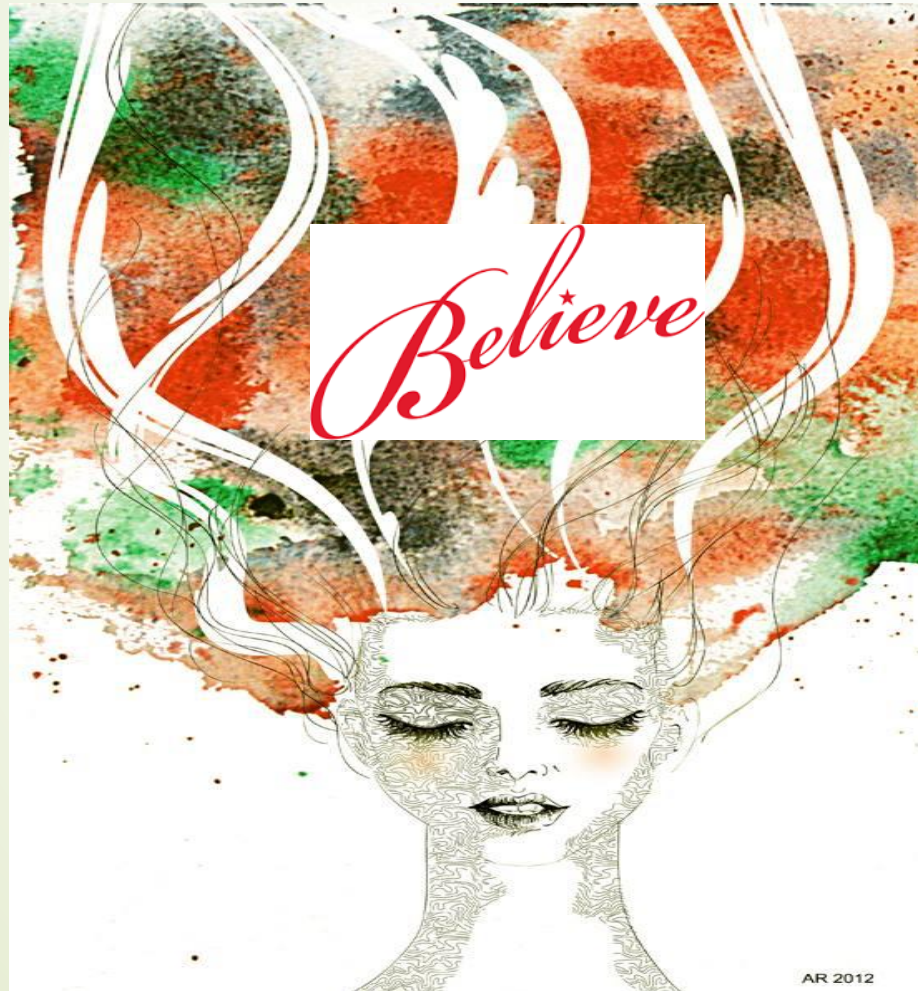
Write out 5 Wellness
Experiences that will nourish
your Spirit

Take a
moment and
take a deep
breath. Relax
your shoulders,
and exhale.
Repeat three
times.

- Is Wellness a *static* state?
- Is Wellness physical, mental, emotional, or spiritual?
- Is Wellness fluid?



**Identify your top three stressors.
Write these down, in black ink, and
then take your colorful pens and
doodle positive words to counteract
them.**




Top Causes of Stress in the U.S. Factors

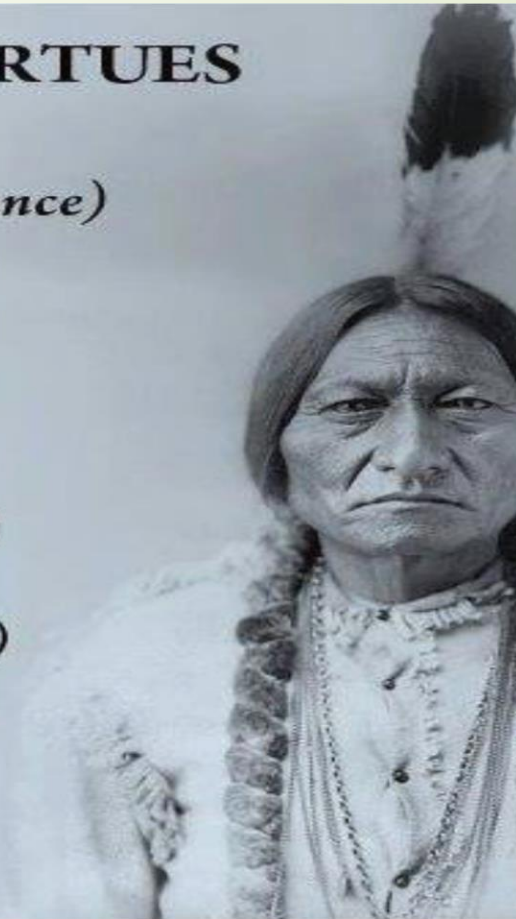
- 1
Job Pressure: Co-Worker
Tension, Bosses, Work Overload
- 2
Money: Loss of Job, Reduced
Retirement, Medical Expenses
- 3
Health: Health Crisis, Terminal or
Chronic Illness
- 4
Relationships: Divorce, Death of
Spouse, Arguments with
Friends, Loneliness
- 5
Poor Nutrition: Inadequate
Nutrition, Caffeine, Processed
Foods, Refined Sugars
- 6
Media Overload: Television,
Radio, Internet, E-Mail, Social
Networking
- 7
Sleep Deprivation: Inability to
release adrenaline and other
stress hormones

THE 12 LAKOTA VIRTUES

- 1 Unsiiciyapi (*Humility*)
- 2 Wowacintanka (*Perseverance*)
- 3 Wawoohola (*Respect*)
- 4 Wayuonihan (*Honor*)
- 5 Cantognake (*Love*)
- 6 Icicupi (*Sacrifice*)
- 7 Wowicake (*Truth*)
- 8 Waunsilapi (*Compassion*)
- 9 Woohitike (*Bravery*)
- 10 Cantewasake (*Fortitude*)
- 11 Canteyuke (*Generosity*)
- 12 Woksape (*Wisdom*)



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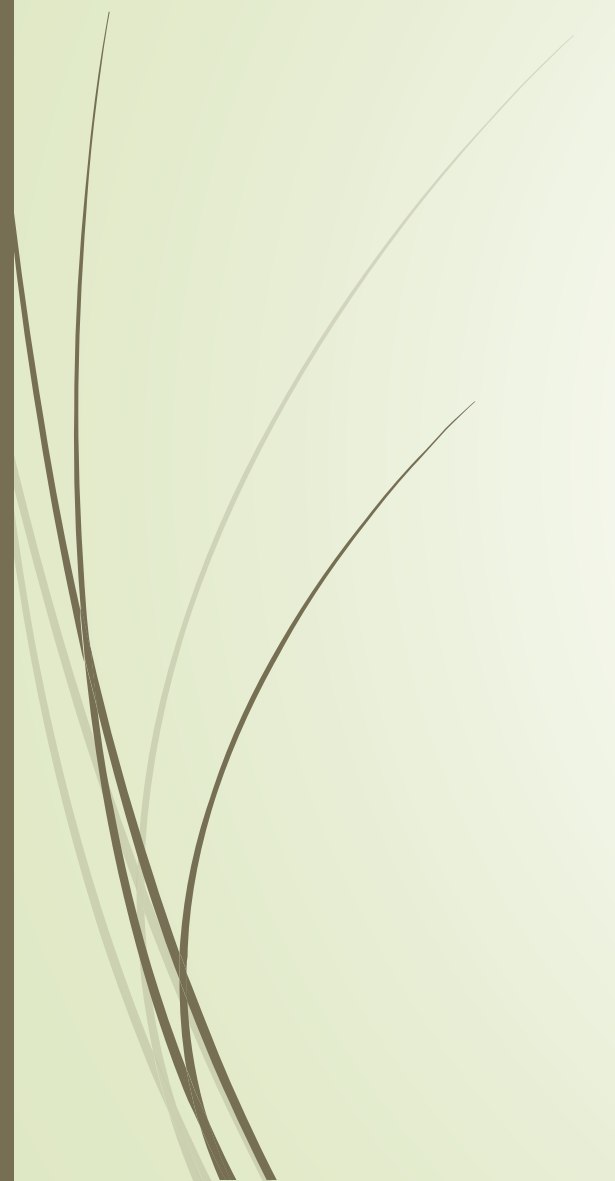


Balance in life comes from harmony with virtues. These are from the internal guidance that connect us to each human and living beings. We call this peace.



Wellness Definition

"Wellness is a process of becoming aware of and making choices toward a more successful existence". NWI



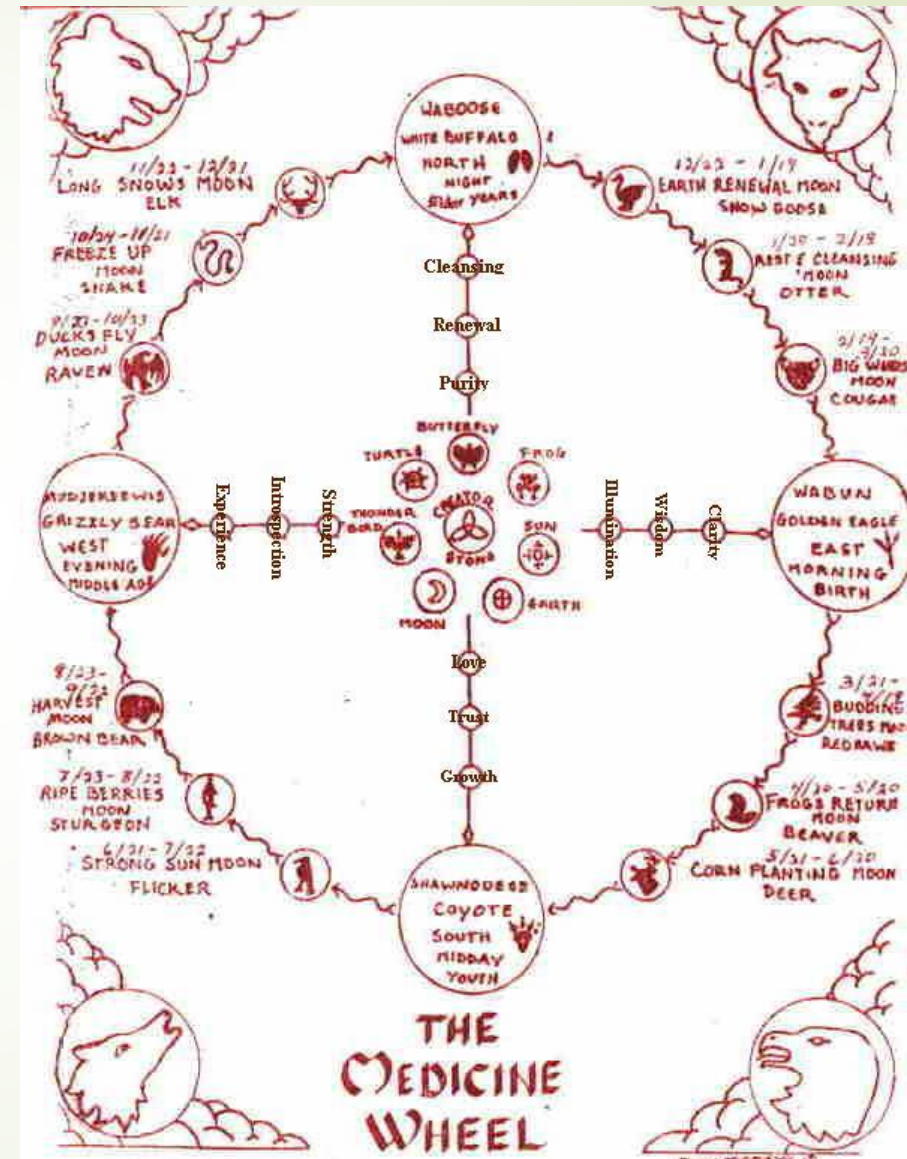


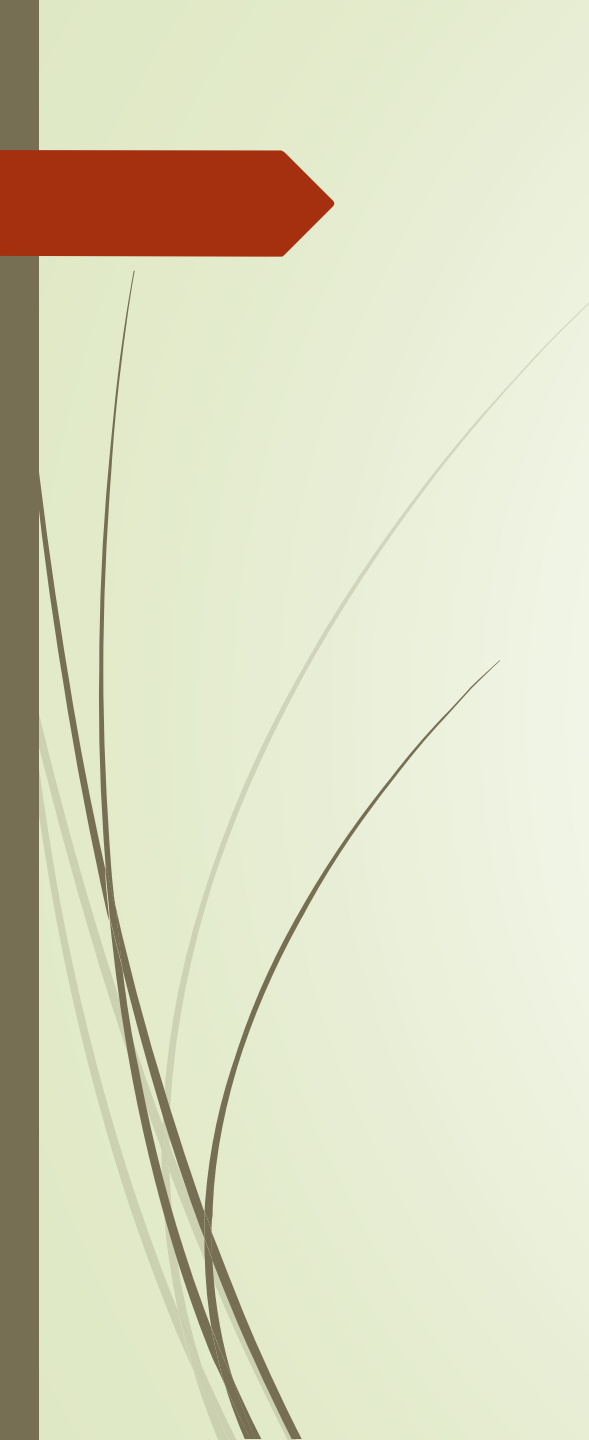
When balance is present a flow, or fluid good feeling carries us.

Write your own wellness statement.

**Wellness is a sense of
connectivity to all living
beings around us.**

"The land is sacred.
These words are at the core of your being.
The land is our mother,
the rivers our blood.
Take our land away
and we die. That is,
the Indian in us dies." -
Mary Brave Bird,
Lakota





"We learned to be patient observers like the owl. We learned cleverness from the crow, and courage from the jay, who will attack an owl ten times its size to drive it off its territory. But above all of them ranked the chickadee because of its indomitable spirit." - Tom Brown, Jr., The Tracker

Inter - Connectedness

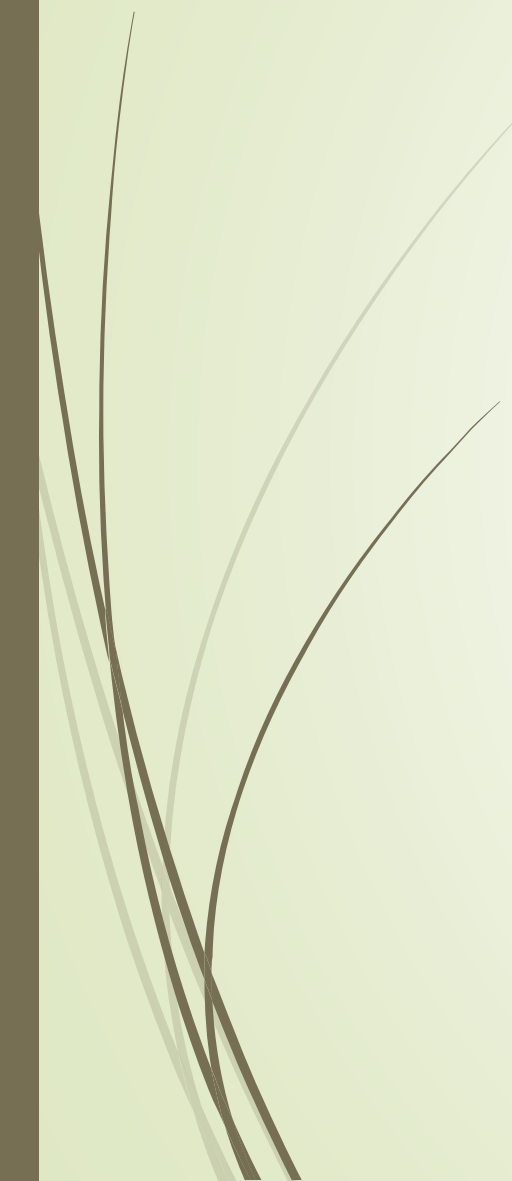

What does this look like to you?

Sign your name in the center of the page.

Sketch, doodle, write, attach photos of every living being you

love.





" Health is more than the
absence of dis-ease. Health
is a state of optimal
wellbeing."

WHO-World Health Organization

THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

DOWNWARD SPIRAL LNF

8. Boredom

9. Pessimism

10. Frustration /
Irritation / Impatience

11. "Overwhelm"

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred / Rage

20. Jealousy

21. Insecurity / Guilt
Unworthiness

22. Fear / Grief / Depression
Powerlessness/
Victim



Thank you!



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