

# **Effectiveness – The Whole Health Approach!**

Feel Your Best and Be Your best While Leading and Serving Others.

## **Overview of Presentation**

Whole Health is looking at the whole person through the lens of physical, emotional, nutritional, environmental, social, and spiritual elements. Lifestyle medicine is proving to aid in overall wellness and prevention. Through this presentation, we will discuss evidenced-based research and studies conducted and results concluded through living a healthy lifestyle.

Lifestyle Medicine

Feeling Well

Health Outcomes

- Studies Conducted
- Well-Being Index for each state in our country
- What is working and where

## **Leader Care – Taking Care of Yourself to Feel Your Best to Be Your Best!**

Individual Self-Health Assessment and Results

- Whole Health
- Stress Management
- Blue Zones
- USDA Guidelines and Additional Opposing Views
- Too Much of Everything – Busyness, Material Possessions, Sugar, Portions
- Best Practices Toolbox

## **Wellness Program for Volunteer Services**

For the Mind, Body and Spirit of the Volunteer

- Wellness Programs and activities to offer
- Tangible things to have in the office
- Support from the hospital
- Things to encourage volunteers to do
- Attitude created within the office
- Volunteer Positions
- Recruiting and retention through wellness