

THE WHOLE PERSON WELLNESS APPROACH:

WHAT DOES WHOLE PERSON WELLNESS INVOLVE?

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The Whole Person Wellness Approach

1. To become a whole person, we need to understand what wellness and disease is all about.
2. Our wellness is made possible through healthy lifestyles.
3. We develop healthy lifestyles more effectively when we are a part of a lifestyle support group.

The Whole Person Wellness Model

1. To become a whole person, we need to understand what wellness and disease is all about.

THE “WHOLE PERSON” HEALTH PHILOSOPHY



HEALTH IS *WHOLENESS*
OR HARMONY BETWEEN:

1. aspects of the self
- (mind, body and spirit)
2. self and others
3. self and the natural environment
4. self and God or a “Higher Power”

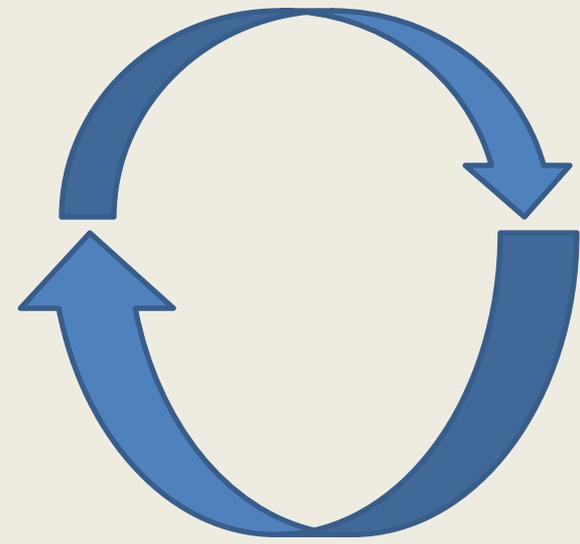
THESE ARE “THE CIRCLES OF WELLNESS”™

**All these aspects of self and life *interact*.
If one is affected all are affected**

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If one is affected all are affected**

- *Emotional stress promotes physical diseases*
- *Physical diseases promote emotional stress*
- *Either set of illnesses can worsen each other*
- *Both emotional stress and physical illnesses can undermine the social and spiritual aspects of our lives*

- If even one aspect of our whole person is affected, this aspect affects all the other aspects.
- Then all the affected aspects begin to affect each other. It is like when one car gets in an accident on a busy highway, this can lead to many other cars becoming involved in their own accident, and the whole highway is a confusion. This is called a vicious cycle.
- This vicious cycle in the body leads a deterioration of health
 - This is what disease is all about.



IMPLICATIONS OF THIS INSIGHT

- Thus it is not just not just one aspect of ourselves that is ill at any time, It is really **the whole person.**
- Thus to prevent or cure illness and achieve wellness, we need to attend to **all aspects** of the person **at the same time**
- This is called **keeping a healthy balance.**
- We can achieve this **healthy balance** through **healthy lifestyles** for the whole person.

The Whole Person Wellness Approach

2. Our wellness is made possible through healthy lifestyles.

This provides growth and empowerment of the whole person

EXAMPLES OF
HEALTHY
LIFESTYLES:

“The Hand of Wholeness”

Our Wellness through healthy lifestyles lies in our “Hands”

THE “HAND OF WHOLENESS”™

(For self-help responsibility promotion)



For us to carry out these healthy lifestyles effectively, we will need to set up our own **healthy lifestyle program.**

SETTING UP YOUR HEALTHY LIFESTYLE PROGRAM

These are the following steps:

1. **Do a self assessment** of your present lifestyle habits
2. Based on your assessment, **set specific goals and make a plan**
3. **Seek support** from others (for encouragement or joint activities). Have a “*healthy lifestyle buddy*”
4. **Carry out** your plan
5. **Monitor your lifestyle changes** (for example using a diary or journal). Then **evaluate your success** and **reward yourself!** - Give yourself a treat! (eg. going to a movie or buy yourself a present). **Update** your plan as necessary

Remember:

1. Assess

2. Plan

3. Seek Support

4. Carry out

5. Monitor

The Whole Person Wellness Approach

3. We develop healthy lifestyles more effectively when we are a part of a lifestyle support group.

***Community is the Most Effective
Human Agent of Healing***

How to form a support group

- You could name your group “*Healthy Eating, Active Living, (HEAL) club.*”
- *Form clubs in the best setting where you find yourself. This could include your:*
 - *Family*
 - *Neighbourhood or community*
 - *School*
 - *Work place*
 - *Church or other religious centre*

3.1 What can your group do to help to motivate members?

The group could start:

- 1. **Classes about healthy meal preparation***
- 2. **Exercise sessions such as aerobic, strengthening and flexibility routines***
- 3. **Sponsoring cultural, recreational, sports and social events involving healthy eating and active living.***

3.2 Your group can lobby government and non-government agencies for public lifestyle amenities

This could include:

- ***Green spaces (such as parks) for exercise, playing, relaxing, hiking, enjoying nature etc***
- ***Sports facilities***
- ***Gymnasiums***
- ***Recreation and arts and craft centres***
- ***Youth camps***
- ***Backyard gardening assistance***

- So, let us each try to develop the whole person approach for our wellness and healing.
- Let us encourage others to do the same.
- Let us remember that:...

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CAN WE DO IT?

YES WE CAN!