




Wellness SAFE: Leading edge strategy to achieve natural health and wellness

Reclaiming health and well-being is not only a possibility but a necessity for a better life. It all matters, your choices and habits determine wellness. Take charge of your life and begin the path to restoring healthy living. You can be the envy of all your friends and the champion of your family.

[**Start Now**](#)

 Completion time: 15 min

Wellness

- Wellness is not genetics or pure luck, it's a pattern of lifestyle choices and habits
- Wellness sets the stage for healing
- Improving wellness requires change in behavior
- The pillars of wellness are interconnected, nothing is for nothing

Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness. Laurette Gagnon

Wellness SAFE

1

Sleep: The body mechanic

2

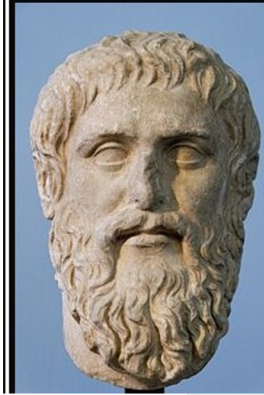
Activity: Loads tissue and enhances nutrition

3

Fitness of mind and spirit is the best defense against negative lifestyle stressors

4

Eating a balanced and nutritious diet is fuel for tissue health



The part can never be well unless the whole is well.

(Plato)



Sleep activates the human body mechanic

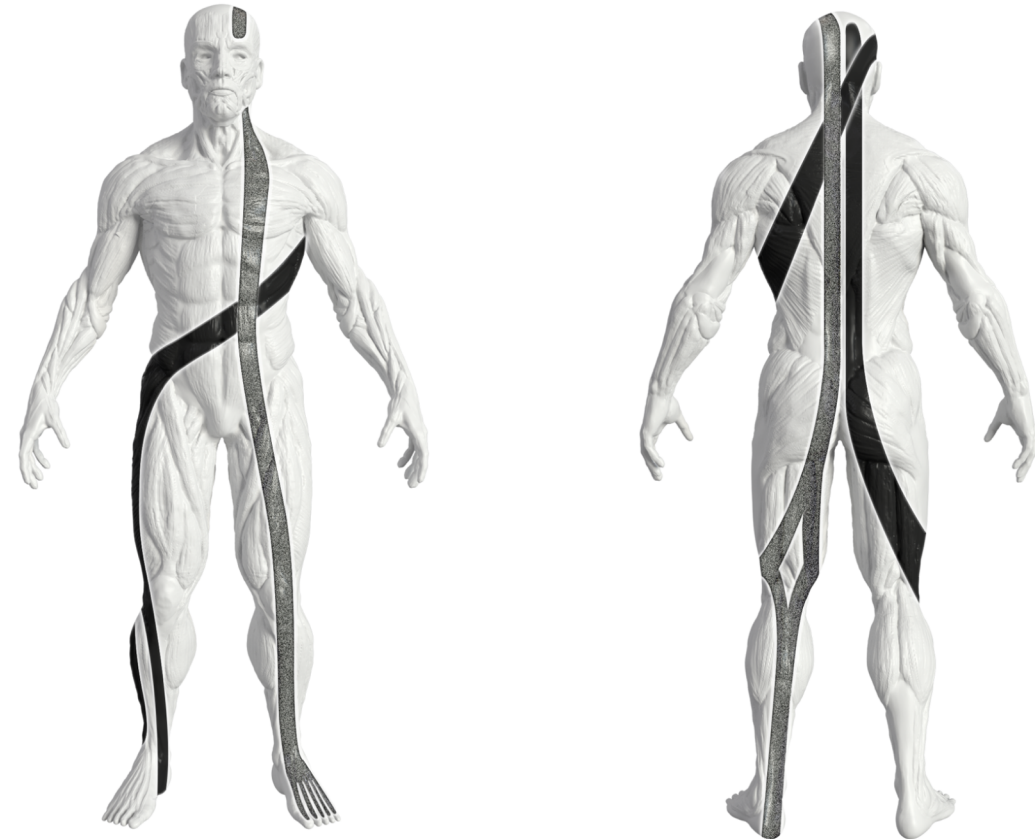
- [CDC](#): More than 35% of adults are not getting enough sleep on a regular basis
- [American Academy of Sleep Medicine](#) recommends that adults sleep at least 7hrs each night
- Sleep restores optimal health and well-being
- Sleep triggers healing and enhances tissue nutrition
- Sleep recovers balance of hormone levels and keeps your appetite in check
- Sleep strengthens the immune system and allows the brain to resolve stress

Develop a sound sleep strategy

- Establish a routine for good [sleep hygiene](#)
- Routine aerobic [exercise helps improve sleep](#)
- [Conservative methods](#) to resolve sleep apnea

Activity loads tissue and enhances nutrition

- Variable activity with 3D motion challenges the integrity of the neuromuscular system
- Myofascial loops require load to maintain tissue health
- Tissue nutrition is dependent upon 3D movement
- Lack of activity increases risks for disease and injury



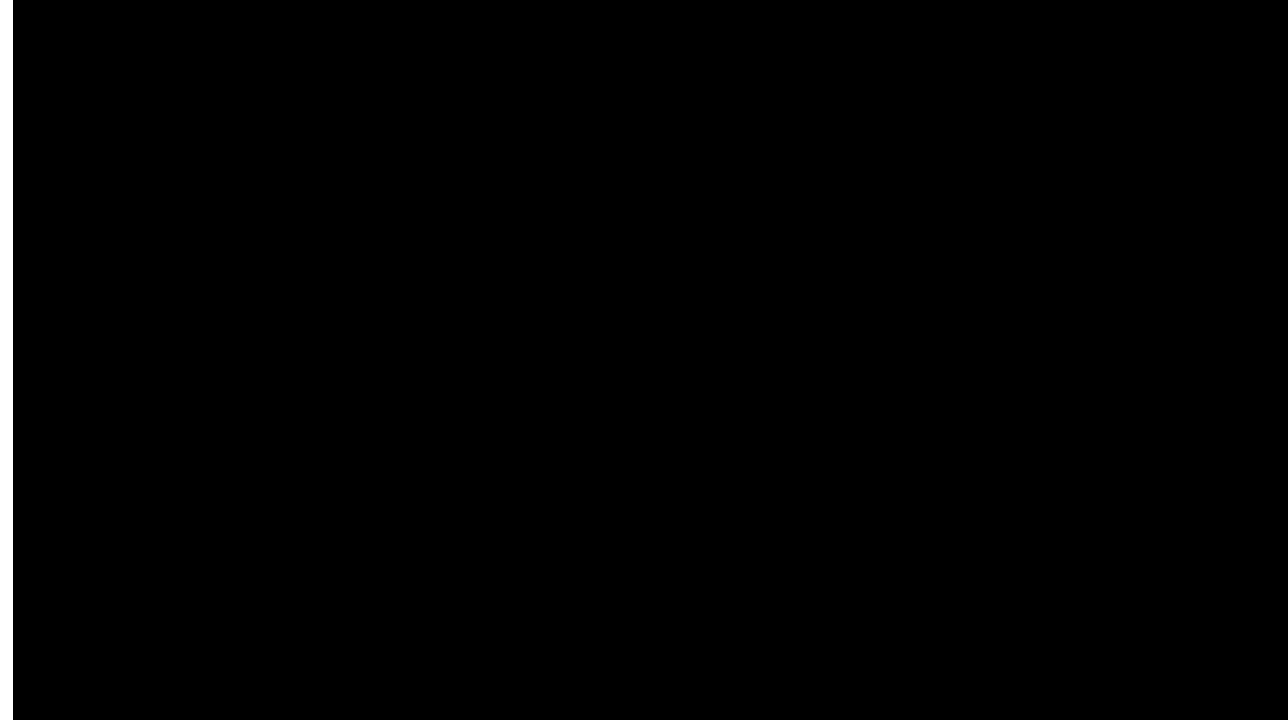
Develop an activity strategy

- Daily endurance activity "[Sweat it out](#)"
- New and challenging 3D exercises
- Balanced loading of Myofascial Loops
- Consider group exercise programs
- Be consistent and pace yourself



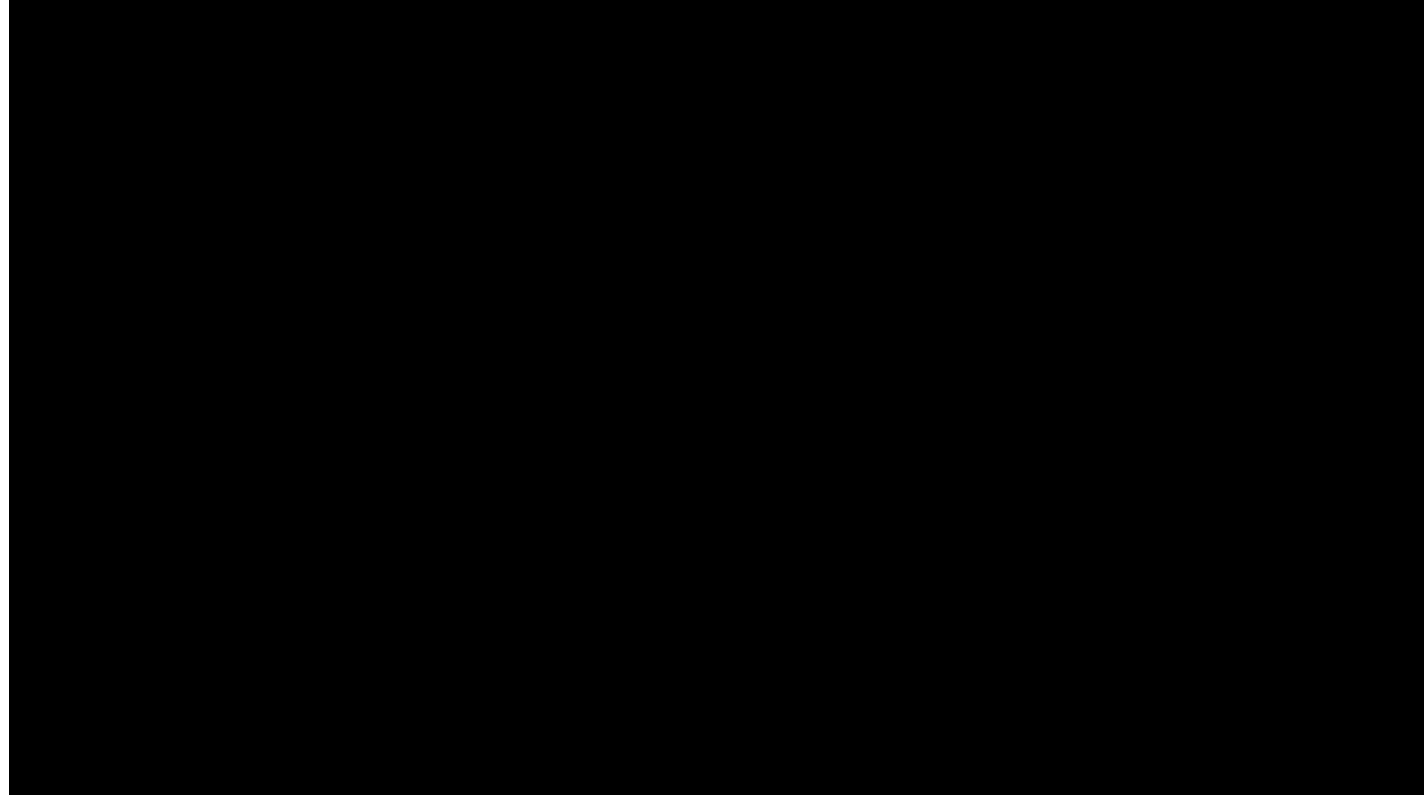
Fitness of mind and spirit

- Get along with others to enjoy yourself
- Learn to love everything about you
- Laughter is a fun way to [reduce stress](#)
- Consider group therapy sessions to explore better mental health
- [Prayer and meditation](#) can be worthwhile endeavors



Eat a healthy and balanced diet

- [Food is not medicine](#)
- Eat responsibly
- Drink more fluids
- Change something about your diet



Summary

1

The pillars of Wellness are interconnected

2

Wellness is the foundation for Healing

3

Complete the Wellness Screen

Wellness SAFE

The pillars of wellness are interdependent and impact your healing potential. Musculoskeletal pain is a signal of opportunity to promote your overall well-being by improving one or more pillars of your Wellness SAFE.

Sleep

Sleep is restorative for the mind and body, yet more than 35% of adults do not get enough sleep on a regular basis. Getting 7 hours of sleep each night promotes optimal health. Regularly sleeping fewer than 7 hours is associated with increased risk for obesity, diabetes, high blood pressure, heart disease, stroke, and mental illness.

Activity

Health benefits of physical activity include improved bone health, weight status, cognitive function, sleep, quality of life, and decreased risk of musculoskeletal injury, cancer, and chronic diseases. Physical activity has also shown to reduce risk of dementia, anxiety, and depression. Yet 80% of American adults and adolescents do not meet physical activity recommendations.

Fit soul





Poor general health is 3 times more common for people who report emotional distress. Neglecting your mental health may contribute to increased risk of high blood pressure, high cholesterol, obesity, diabetes, asthma, and other chronic conditions.

Eat well

Unhealthy diet and physical inactivity are the leading global risks to health. A healthy diet helps to protect against diseases such as diabetes, heart disease, stroke, and cancer. Eating a balanced diet fuels our bodies and provides the nutrients we need for optimal healing potential.

Wellness SAFE Screen

Based off your current behaviors, where would you rank yourself for each pillar of wellness?

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Sleep	<table><thead><tr><th>NEEDS IMPROVEMENT</th><th>COULD BE BETTER</th><th>GOOD</th></tr></thead><tbody><tr><td><ul style="list-style-type: none"><5 hours of sleep per nightWake up feeling exhaustedSleep schedule changes constantly</td><td></td><td><ul style="list-style-type: none">7 hours of sleep per nightWake up feeling well-restedStick to a nightly routineAvoid screen time before bed</td></tr></tbody></table>	NEEDS IMPROVEMENT	COULD BE BETTER	GOOD	<ul style="list-style-type: none"><5 hours of sleep per nightWake up feeling exhaustedSleep schedule changes constantly		<ul style="list-style-type: none">7 hours of sleep per nightWake up feeling well-restedStick to a nightly routineAvoid screen time before bed
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Action Plan: What pillars of wellness have you identified need improvement? Come up with attainable goals to focus on to improve your overall well-being.

- 1.
- 2.

Time is on your side

The Wellness SAFE Screen is an excellent tool to identify areas requiring lifestyle changes to enhance Wellness

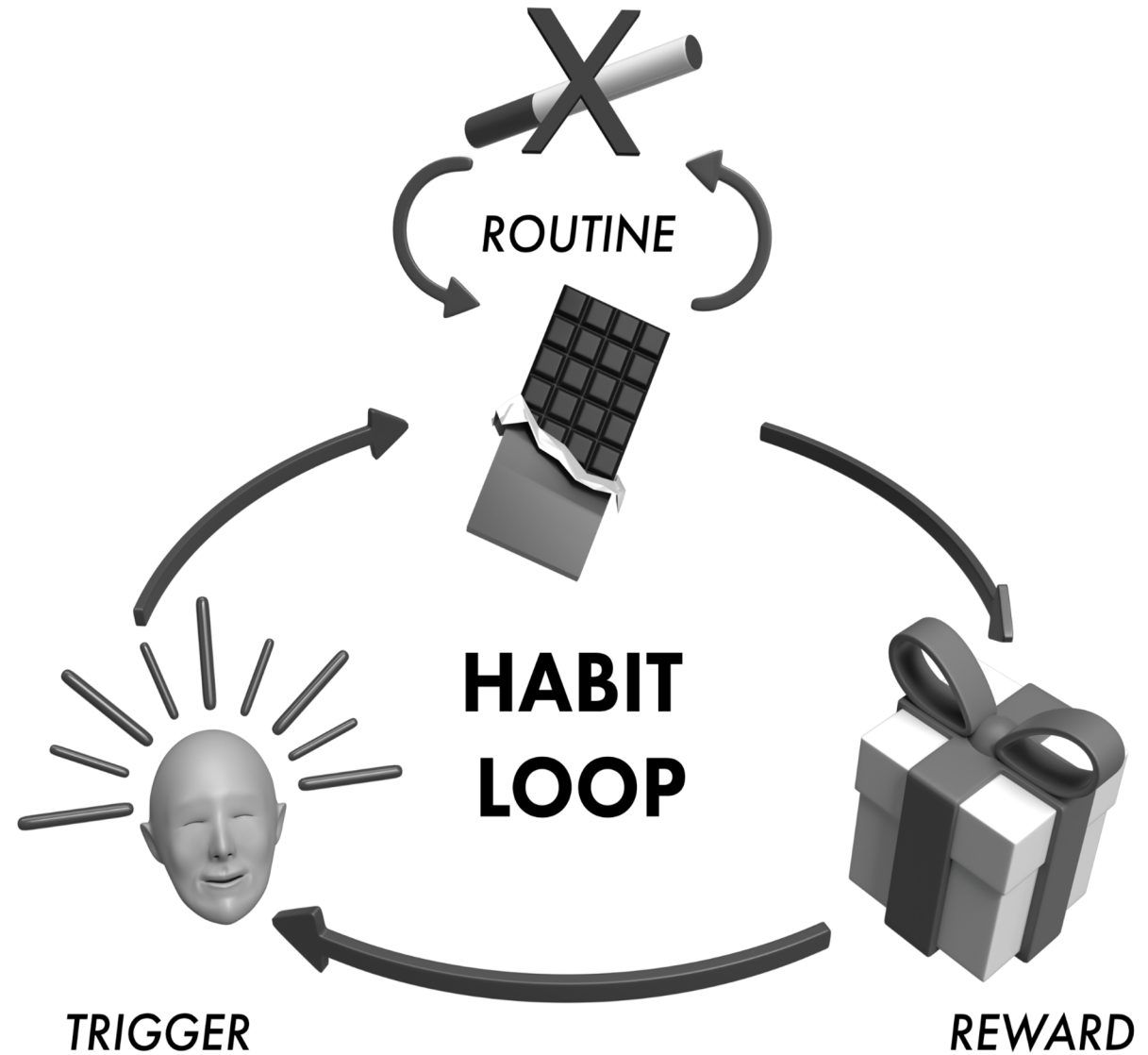
Change takes time and consistency. Be patient and Pace yourself.



You hold the keys

You may be your own worse enemy. Addictive behaviors are detrimental to Wellness

Tackle one habit at a time and establish a healthy habit loop



Summary

1

Identify 1 or 2 pillars of Wellness to improve

2

It takes time and pacing for change to be relevant

3

You hold the keys to better wellness

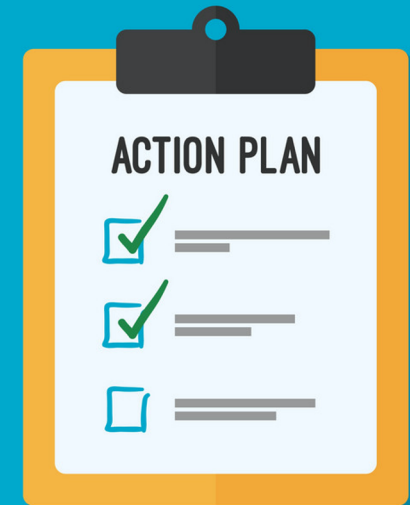
Action Plan

Complete the Wellness Screen

Identify areas requiring lifestyle changes

Set a reasonable timetable with milestones

Include a Habit Loop if necessary



Quiz Slide

1. What are the 4 pillars of Wellness
2. Improved Wellness requires _____ changes
3. Impaired Wellness limits _____ potential
4. Change requires _____ to take action