

Duke Integrative Medicine -Wheel of Health Current & Desired States

For each area, please take a moment to consider where you are and where you would like to be. In each “current” box, briefly note the reasons you chose your number.

Mindful Awareness	
Awareness of the present moment; paying attention to what you are doing while you are doing it.	
<p>CURRENT – WHAT’S SO? On a scale of 1 (low) - 10 (high), how would you rate this area of your life? 1 2 3 4 5 6 7 8 9 10</p>	<p>DESIRED STATES Improvements, changes or enhancements. What would make this area a “10” for you?</p>
Movement, Exercise & Rest	
Activities of daily living like cleaning and gardening as well as dancing, yoga, walking, running, cycling balanced with adequate rest and relaxation.	
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Nutrition	
Eating a balanced, healthy diet.	
<p>CURRENT – WHAT’S SO? On a scale of 1 (low) - 10 (high), how would you rate this area of your life? 1 2 3 4 5 6 7 8 9 10</p>	<p>DESIRED STATES Improvements, changes or enhancements. What would make this area a “10” for you?</p>

Physical Environment

Spaces where you live/ work (light, noise, toxins, color), as well as landscapes surrounding those spaces.

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DESIRED STATES

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Relationships and Communication

Spending time with family, friends and/or coworkers who are supportive and with whom you communicate effectively.

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Spirituality

Seeing purpose and meaning in something larger than one’s self; may include religious affiliation or other areas such as nature or the arts.

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Personal and Professional Development

Growing and developing one’s own abilities, talents and interests, both in ‘being’ and ‘doing’, and living with both in balance.

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Mind-Body Connection

Paying attention to the interconnectedness of the mind and body and the effects they have on each other. Using techniques such as breathing practices, meditation, progressive muscle relaxation or guided imagery to activate the body’s relaxation and healing response.

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Professional Care: Prevention and Intervention; Conventional and Complementary Approaches

Routine screenings such as mammograms, prostate screenings, colonoscopies, pap tests, dental exams, along with prescribed use of vitamins and supplements; Following treatments recommended by your conventional medical care providers as well as recommended complementary approaches such as acupuncture, massage, hypnosis, osteopathy.

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