

Holistic Wellness

WHAT IT MEANS & HOW DIFFERENT PARTS OF LIFE WORK TOGETHER

Holistic wellness means looking at the whole person—not just one symptom, struggle, or part of life. A holistic approach recognizes that body, mind, relationships, environment, creativity, spirituality, and rest are interconnected. Wellness does not require perfect balance. It means noticing what needs support and responding with intention.

A whole-person approach to wellbeing.



Holistic Wellness Wheel

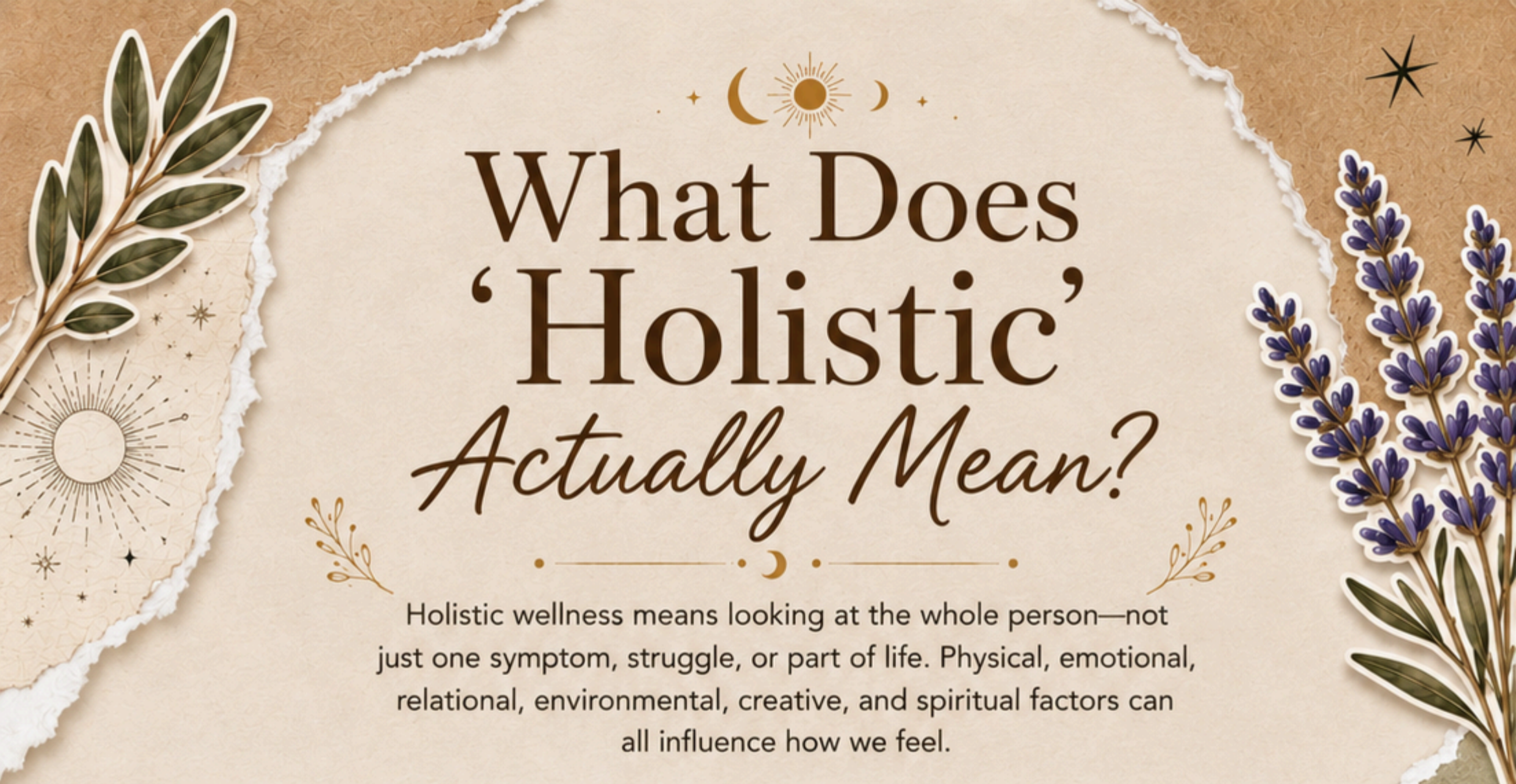
Wellness is more than physical health. A holistic approach recognizes that different parts of life are interconnected. When one area feels depleted, other areas may feel the effects.



Which part of your wellness wheel feels supported right now—and which part is asking for a little more care?



What Does 'Holistic' Actually Mean?



Holistic wellness means looking at the whole person—not just one symptom, struggle, or part of life. Physical, emotional, relational, environmental, creative, and spiritual factors can all influence how we feel.



BODY

movement, sleep,
nourishment, breath,
and body awareness



MIND

reflection, emotional
processing, coping
skills, and
mindfulness



CONNECTION

healthy relationships,
community, belonging,
boundaries, and
support



ENVIRONMENT

creating spaces
that feel supportive,
comfortable, and
safe



EXPRESSION

music, art, movement,
writing, play, and
creativity



MEANING

values, spirituality,
culture, ritual, and
personal purpose



REST & RESTORATION

giving the body and
nervous system
opportunities to slow
down and recover



Holistic doesn't mean 'alternative.'
It means recognizing that people are
complex and interconnected.

A Whole-Person Approach to Support

A whole-person approach shifts the focus from fixing one symptom to understanding what the full person may need in order to feel supported, resourced, and well.

Instead of asking:

'What symptom do we need to fix?'

VS.

Try asking:

'What does this whole person need to feel supported?'



CLINICAL & PRACTICAL SUPPORT

therapy, medical care, coping skills, structure, and resources



BODY-BASED SUPPORT

movement, breath, rest, nourishment, and sensory regulation



CREATIVE & SPIRITUAL SUPPORT

music, sound, ritual, mindfulness, meaning, and self-expression



RELATIONAL & ENVIRONMENTAL SUPPORT

community, boundaries, safe spaces, nature, and connection

Reflection

- ★ What area of support feels strongest right now? _____
- ★ What area could use more attention? _____
- ★ What is one small supportive step you can take today? _____

Wellness doesn't have to be perfect to be meaningful. Small acts of support matter.