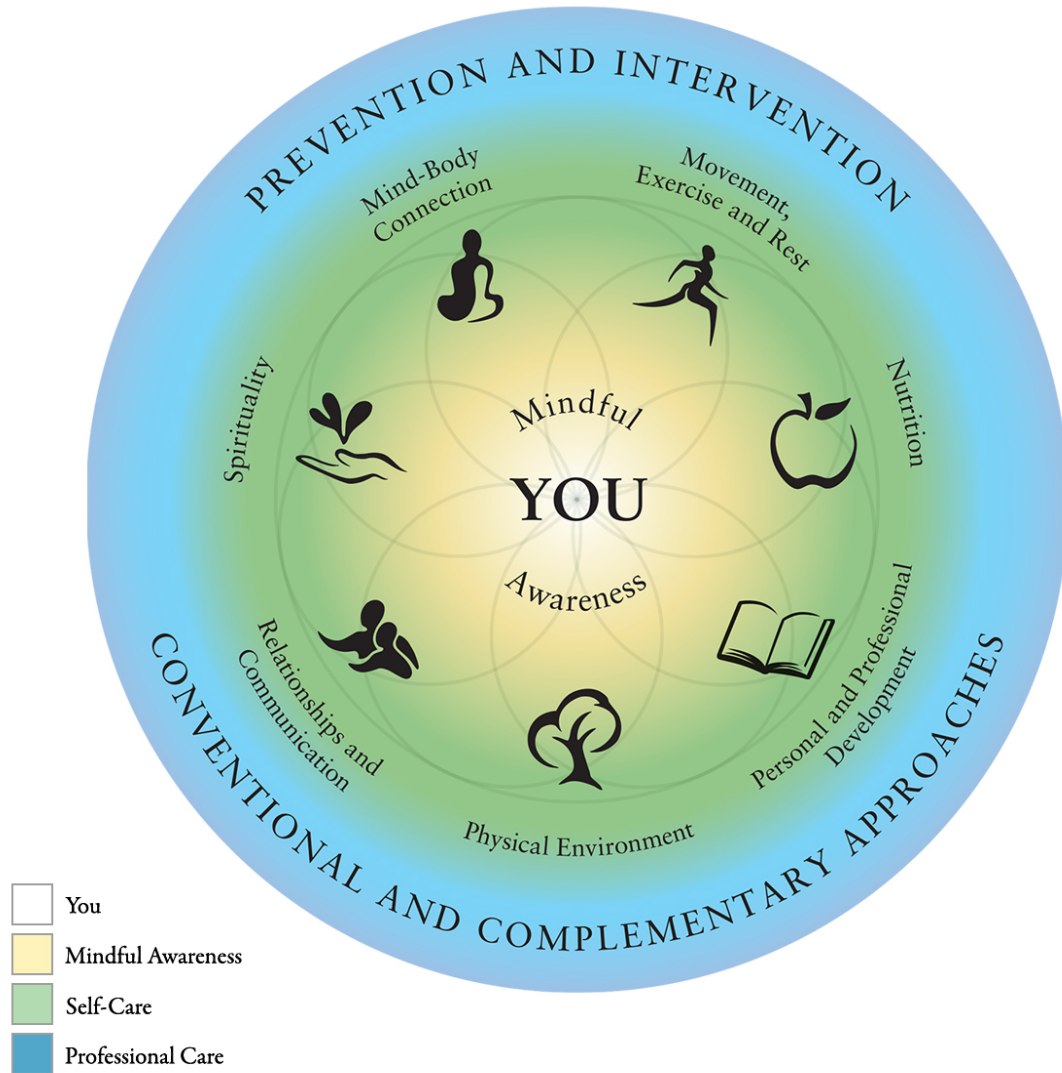


# WHEEL OF HEALTH



 **Duke Integrative Medicine**

Copyright © 2010 by Duke University on behalf of Duke Integrative Medicine. All rights reserved. MCOC-8720

**Colors around the Wheel of Health denote important areas of focus.**

**Yellow:** *You* are the central focus of the Wheel of Health. Mindful Awareness of physical, mental, social, and spiritual well-being is the key to start the process of positive change.

**Green:** *Self-Care* resonates deeply in all aspects of your health and well-being, and is reflected in lifestyle, priorities, motivation, and habits. Recognizing the impact of lifestyle on your basic health, and how it supports basic functions in your life, allows you to rebuild a healthier life from the ground up.

**Blue:** *Professional Care* includes therapies that are aimed at staying healthy (Prevention) as well as treating conditions that arise (Intervention). Integrative Medicine combines evidence-based therapies from both conventional (Western or Allopathic medicine) and complementary therapies. Providers include physicians, nurses, nutritionists, and other conventional health care workers, as well as integrative health coaches, acupuncturists, massage therapists, psychologists, mind-body therapists, and a wide range of other complementary health care providers.

## Self-Care

**Mind-Body Connection:** Taking advantage of complex connections between state of mind and basic physiologic functions in the body, many mind-body skills can have a profound impact on your health. Breathing techniques, meditation, progressive muscle relaxation, guided imagery, and other therapies are used to activate the body's automatic healing response and reduce the harmful effects of stress.

**Movement, Exercise, and Rest:** Exercise supports your health in maintaining weight, blood pressure, reducing lipids, releasing stress, and improving mood and focus. Developing a sustainable, appealing plan that meets your needs and keeps you strong, flexible, balanced, and happy is ideal. You must also balance physical activity with rest, healthy sleep, and restorative relaxation.

**Nutrition:** Attending to what you eat can boost your body's natural healing potential. An integrative nutrition approach includes developing healthy eating habits, eating foods that support your health and fit your lifestyle, selecting dietary supplements that provide support for various issues in your health, and regulating substances you ingest that may impact health such as caffeine, alcohol, nicotine, etc.

**Spirituality:** Developing a deep understanding of the purpose and meaning in your life supports all aspects of physical and emotional health. Religion, prayer, and spiritual connections in traditional healing systems complement conventional medicine and offer positive effects on health and well-being.

**Personal and Professional Development:** An ongoing assessment of where you are with personal, career or life goals—especially important at times of transition, milestones, and tipping points in life—can reinforce healthy behavior and lifestyle choices. Taking a deeper look at work-life balance, financial goals, and personal growth supports optimal well-being.

**Physical Environment:** Evolving science suggests that your surroundings can influence your health in many ways. It is important to give some thought to how your environment can support your health: creating a nurturing space that facilitates relaxation, or a special place to build your mind-body practices; arranging workspaces and selecting furniture that supports your body; exploring options for dealing with concerns you may have about toxic exposure, safety, noise, clutter and other aspects of your environment.

**Relationships and Communication:** Building a supportive community and maintaining healthy connections with your family, co-workers, and friends is important to your life and your health. It is vital to identify the ways in which you need support, and to communicate them effectively to those around you.

## **The Seven Dimensions of Self-Care**

Self-care is personal health maintenance and includes choices that you make which affect your physical, mental and emotional well-being. The following seven dimensions contribute significantly to your overall health and well-being, and they reflect your values, lifestyle habits and motivation. Evaluating your current and desired states in each of these dimensions of self-care helps you to create a healthier life from the ground up.

### **Movement, Exercise & Rest**

You can optimize the performance of your body through appropriate movement, exercise and rest, which can produce needed strength, flexibility, endurance and restoration. Developing a sustainable, appealing plan that meets your needs and keeps you strong, flexible, balanced, restored and happy is ideal.

### **Nutrition**

Attending to what you eat and drink can nourish and strengthen your body and mind. An integrative approach to nutrition includes developing healthy eating habits, eating foods that sustain your health and fit your lifestyle, selecting dietary supplements that support your health goals, and regulating substances like caffeine, alcohol, nicotine and the like.

### **Physical Environment**

Evolving science suggests your surroundings at work and home can nurture your physical, mental and emotional health. Considering how the environments you regularly inhabit affect your well-being can enhance your overall health. This may include creating a nurturing, healthy environment that enlivens each of the senses; creating a special place to build your mind-body practices; arranging spaces and selecting furniture to support your body; or exploring options for addressing concerns you have about toxic exposures, noise, clutter, and lighting.

### **Relationships & Communication**

Research demonstrates that supportive relationships with your family, friends, co-workers and colleagues based on open, respectful communication can have a dramatic and beneficial effect on your health. By honestly evaluating your relationships, you can identify ways in which you need support and communicate those needs effectively to those around you.

### **Spirituality**

Developing a deep understanding of the purpose and meaning in your life benefits all aspects of your physical, mental and emotional health. This can be religion or prayer, or other expressions such as art or nature. All have been shown to enhance health and well-being.

### **Personal & Professional Development**

An ongoing assessment of where you are with personal, career and life goals – especially important times of transition, milestones, and tipping points in life – can reinforce healthy behavior and lifestyle choices. Taking a deeper look at work-life balance, financial goals and personal growth supports optimal health and well-being.

### **Mind Body Connection**

You can strengthen and utilize the connection between the mind and the body to nourish every aspect of who you are. Mind-body skills such as breathing techniques, meditation, guided imagery and others have been shown to activate the body's automatic healing responses and reduce the harmful effects of stress. Mind-body practices can help you reconnect your body and mind so that you can optimize your health, performance and life.

### **Professional Care**

The many dimensions of the Wheel of Health are held within a ring of Professional Care that encompasses Conventional and Complementary approaches to both prevention and intervention.

### **Prevention & Intervention**

The optimal goals of healthcare include health optimization, disease prevention, early detection, and when necessary, intervention.

### **Conventional & Complementary approaches**

An integrative medicine model of care employs a broad base of conventional and complementary evidence-based treatments and therapies.