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## **Integrative Wellness**

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### **Integrative Wellness**

Integrative Wellness includes a comprehensive and holistic model offering an analytical assessment of personal wellness aimed at creating mind-body balance. Assessment results are used to draft an personalized Wellness Plan outlining strategies to build areas of weakness.

Wellness Plans are developed collaboratively considering the clients life circumstances to ensure the plan is achievable and realistic. Wellness plans are flexible and will be reviewed and amended based on client feedback and reflection.

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### **Areas of Wellness**

Body- exercise, nutritional intake, sleep hygiene

Mind- cognitive process, flexibility, creativity

Circle- social supports, connections, experiences

Space- external influences, environment, sensory input

Energy- emotions, perception, awareness

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