

# East Missouri Action Agency, Inc. Head Start

## A HOLISTIC APPROACH TO HEALTHY LIVING

To approach healthy living from a positive perspective, it is helpful to think in terms of wellness, which is best promoted by a holistic (whole person) approach. A holistic approach means that all of a person's needs are met: physical, emotional, social, intellectual, occupational, and spiritual.

The *physical* aspects of healthy living include:

- Physical health
- Good nutrition habits
- Fitness and exercise
- Dental health

The *emotional* aspects encompass our ability to:

- Express our feelings
- Master negative emotions (anger, jealousy, insecurities)
- Love
- Cope with stress
- Have a sense of humor

The *social* aspects include our ability to:

- Form meaningful relationships
- Develop our interpersonal skills
- Make and keep friends
- Behave in socially acceptable ways

The *intellectual* area involves:

- Challenging ourselves
- Our ability to learn new skills
- Curiosity and an interest in learning
- Problem-solving skills

The *occupational* aspects allow us to:

- Develop our productivity so contributions can be made to community and society
- Qualify for better paying and/or more satisfying work
- Feel society values our contributions

The *spiritual* aspect provides:

- Internal guides for living
- Respect for ourselves, so that we might respect others

**East Missouri Action Agency, Inc. Head Start  
HEALTHY LIVING CHECKLIST**

To approach healthy living from a positive perspective, it is helpful to think in terms of wellness, which is best promoted by a holistic approach. A holistic approach addresses all of an individual's needs: physical, emotional, social, intellectual, occupational, and spiritual.

*Take time (yes, time is one of these items that stress a person out!) to go through each of these items. What can you do to improve your well being?*

|  |  |  |        |
|--|--|--|--------|
| O<br>F<br>T<br>E<br>N<br><br>Y<br>E<br>S | S<br>O<br>M<br>E<br>T<br>H<br>I<br>N<br>G<br><br>S<br>O<br>M<br>E<br>T<br>I<br>M<br>E<br>S | S<br>O<br>M<br>E<br>T<br>I<br>M<br>E<br>S<br><br>O<br>R<br><br>N<br>E<br>V<br>E<br>R | N<br>O |
|--|--|--|--------|

**PHYSICAL WELL BEING**

- |  |  |  |  |
|--|--|--|--|
| a. Do you have health complaints?  |  |  |  |
| b. Do you have sleep problems?   |  |  |  |
| c. Have you had a change in appetite or feel that you do not eat nutritious foods? |  |  |  |
| d. Do you feel that you don't have the energy you need to cope with daily life?    |  |  |  |
| e. Do you have dental problems?  |  |  |  |
| f. Do you feel that you should get more exercise?                                  |  |  |  |

**EMOTIONAL WELL BEING**

- |  |  |  |  |
|--|--|--|--|
| a. Do you have trouble expressing your feelings to others?                     |  |  |  |
| b. Is it difficult for you to handle your anger, jealousy, insecurities, etc.? |  |  |  |
| c. Do you have trouble showing your love for your family?                      |  |  |  |
| d. Do you get stressed-out?  |  |  |  |
| e. Do you take life too seriously?   |  |  |  |

**SOCIAL WELL BEING**

- |  |  |  |  |
|--|--|--|--|
| a. Does your family like you?                            |  |  |  |
| b. Do you listen effectively to what others have to say? |  |  |  |
| c. Do you make friends easily?                           |  |  |  |
| d. Do you keep friends for a long time?                  |  |  |  |
| e. Do you find that people rarely get angry with you?    |  |  |  |

**INTELLECTUAL WELL BEING**

- |  |  |  |  |
|--|--|--|--|
| a. Are you interested in learning and doing new things?  |  |  |  |
| b. Do you catch on easily to something new?              |  |  |  |
| c. Do you feel that you try to do the best that you can? |  |  |  |
| d. Are you able to solve most of your problems?          |  |  |  |

**OCCUPATIONAL WELL BEING**

- |   |  |  |  |
|---|--|--|--|
| a. Do you find your job satisfying?                                     |  |  |  |
| b. Do you feel that you are appreciated at work for your contributions? |  |  |  |
| c. Do you work to help your friends, your community, your church, etc.? |  |  |  |

**SPIRITUAL WELL BEING**

- |  |  |  |  |
|--|--|--|--|
| a. Do you feel that you were given a clear sense of how to do the right thing in life? |  |  |  |
| b. Do you respect yourself?  |  |  |  |

**East Missouri Action Agency, Inc.  
HEALTHY LIVING CHECKLIST  
HEAD START STAFF**

Your name: \_\_\_\_\_ Center/HB Program \_\_\_\_\_

**Directions:**

1. Read through “A Holistic Approach to Healthy Living.”
2. Fill out the “Healthy Living Checklist” to help you think through your approach to healthy living.
3. Fill out and give this page to the Healthy Living Counselor. This page will *not* be left at the center or discussed with any other Head Start staff, unless you give permission to do so.

The “Checklist” and “Holistic Approach” are for you to keep and reflect on. If you would like some encouragement, ideas and/or inspiration, you may find it helpful to talk with the Healthy Living Counselor and/or a fellow staff member.

| <b>RATE YOUR WELL BEING</b>  | <b>Excellent!</b> | <b>Good</b> | <b>Needs improvement</b> |
|--|-------------------|-------------|--------------------------|
| <b>PHYSICAL</b><br>My physical well being—health, sleep, diet, teeth, energy, exercise—is:                                 |                   |             |                          |
| <b>EMOTIONAL</b><br>My emotional well being—handling my feelings and not feeling stressed-out—is:                          |                   |             |                          |
| <b>SOCIAL</b><br>My social well being—my ability to meet and get along well with family and friends—is:                    |                   |             |                          |
| <b>INTELLECTUAL</b><br>My intellectual well being—enjoyment of learning something new and working to solve problems—is:    |                   |             |                          |
| <b>OCCUPATIONAL</b><br>My occupational well being—satisfying work to make a living and/or to help others—is:               |                   |             |                          |
| <b>SPIRITUAL</b><br>My spiritual well being—feeling grounded in my beliefs and with a deep sense of respect for myself—is: |                   |             |                          |

Each of us can improve our well being. I plan to:

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