



**VA Boston Healthcare System
1400 VFW Parkway
West Roxbury, MA 02132**

WHOLE HEALTH TRAINING: MINDFULNESS AND WHOLE HEALTH GROUP

MINDFULNESS AND WHOLE HEALTH GROUP

Learning objectives:

1. Define mindful awareness and summarize the key research findings supporting it's benefit for health and wellbeing
2. Identify the 8 elements of self care
3. List 3 services available to veterans that support improved self-care

OVERVIEW OF MINDFULNESS AND WHOLE HEALTH GROUP

Introduction to Whole Health:

Circle of Health: Components of proactive health and wellbeing

1. Mindful awareness
 - Compassion Practice Meditation
 - Summary of key research findings: general, physiologic, immune system, psychiatric, chronic pain, etc.
 - Reflection Questions
2. Elements of self care that can impact health
 - Working your body "Energy & Flexibility"
 - Surroundings "Physical & Emotional"
 - Personal development "Personal Life & Work Life"
 - Food & Drink "Nourishing & Fueling"
 - Recharge "Sleep & Refresh"
 - Family, Friends, & Co-workers "Relationships"
 - Spirit & Soul "Growing & Connecting"
 - Power of the Mind "Relaxing & Healing"

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