



## Employee Whole Health Educational Tools

The VA is undergoing a cultural transformation that focuses on each Veteran as a Whole person and employees hold the center of this transformation. Employee Whole Health provides tools and training that connect employees to the personal benefits of Whole Health and also help develop a deeper connection with the health and well-being of Veterans.

### Quick-start Tools

**The Human Condition: VA employees, like Veterans, derive the same Whole Health benefits through the educational resources initially designed for Veterans. When used by VA Employees, these materials hold the same transformative power to increase resilience, enhance clinical skills and improve health and well-being.**

- [Whole Health: Overview](#) (5 min) - Introduction to the Whole Health Video Series
- [Whole Health: What Matters to You](#) (2 min) - A brief video explaining VA's Whole Health approach and how this puts Veterans in the center of their health care plans
- [Shift Towards Health video](#) (13 min) - Engaging TED-style talk about what Whole Health is
- [Personal Health Planning](#) - Learn more about making your Personal Health Plan
- [Peer Facilitator Materials](#) - Includes topics such as mindful awareness, food and drink and all eight areas of self-care. Also includes the five signs of suffering for use during sessions or self-study
- [Whole Health Foundations](#) (1 hour) Online Course Educates participants how to implement the foundational elements of Whole Health into their own lives (TMS 41929)
- [Clinician Self-Care](#) (1 hour) - Honors the importance of clinician health and well-being and provides tools for preventing burnout and improving resilience (TMS 29697 or [TRAIN 1068296](#))
- [Whole Health Skill Building](#) - One-hour classes for each of the eight areas of the Circle of Health that include a faculty guide, slides, mindful awareness script and a participant handout. Created for Veterans, but equally applicable to VA staff
- [Employee Whole Health Hub](#) - Provides tools and materials needed by Employee Whole Health Coordinators and resources for individual employees, to address and improve overall health and well-being
- [Live Whole Health App](#) – Discover what matters with the new VA app; Download on the VA App store- [Live Whole Health App](#)
- Questions about Employee Whole Health. Ask our email group - [VHAemployeewellness@va.gov](mailto:VHAemployeewellness@va.gov)
- Whole Health Blog – Check out the weekly Whole Health Blog at [#LiveWholeHealth](#)
- **Around the Circle of Health**
  - [Whole Health: Mindful Awareness](#) (6 min)
  - [Whole Health: Moving the Body](#) (3 min)
  - [Whole Health: Surroundings](#) (4 min)
  - [Whole Health: Personal Development](#) (3 min)
  - [Whole Health Food & Drink](#) (4 min)
  - [Whole Health: Recharge](#) (4 min)
  - [Whole Health: Family, Friends and Co-workers](#) (4 min)
  - [Whole Health: Spirit and Soul](#) (3 min)
- **Mindful Awareness**
  - [What is mindfulness?](#) (part 1 of 5), (7 min)
  - [Why mindfulness for the VA?](#) (part 2 of 5), (8 min)
  - [Four ways to cultivate mindfulness](#) (part 3 of 5), (4 min)
  - [Beginning a mindfulness practice](#) (part 4 of 5), (5 min)
  - [Mindfulness and compassion](#) (part 5 of 5), (4 min)

### Additional Tools to Explore Further

- [Employee Whole Health Resources](#) - Compilation of resources designed to aid Veterans on their Whole Health journey but applicable for employee skill development or individual use
- [WH102 or 102F \(Flagship-focused\): Whole Health for Employees](#) (4 hours) Focus on Employee Whole Health as the health and well-being of staff is central to VA mission success. This is a half day course on applying Whole Health in your own life.
- [Whole Health Library](#) - Web-based comprehensive resource.
- [Passport to Whole Health](#) - Reference manual on wide range of Whole Health Topics including evidence reviews and more.

### Veteran Programs to Adapt for Employees

These courses were created for Veterans, but may be equally applicable to VA staff in furthering their own WH. [Taking Charge of My Life and Health](#): This core program explores what matters most, each area of self-care, and asks participants to consider areas in their lives they wish to enhance and to create and attain goals.

[Whole Health Skill Building](#) – One-hour classes for each area of the Circle of Health that combine knowledge with practical experience, tools, and local resources.

Facility POC: \_\_\_\_\_

VISN POC: \_\_\_\_\_