



HOLISTIC APPROACHES FOR OUR TIMES



FOUR DIRECTIONS WELLNESS

AFFILIATED WITH THE GW CENTER FOR INTEGRATIVE MEDICINE

Connecting Body, Mind, Emotions & Spirit
Supporting Your Health & Wholeness

Individual Sessions * Classes * Employer Wellness * Group Sessions



Health Care Paradigm Shift

“In the future, Americans will be healthier, because our health-care system will treat us as whole persons. That is, the artificial separations between physical, behavioral and mental-health care will have disappeared.”

Wall Street Journal's "The Future of Therapy Lies in Treating the Whole Person"
(April 26, 2016)

Whole Person:

- Physical
- Emotional
- Spiritual
- Intellectual
- Occupational

Source: www.yukonwellness.ca





STRESS IN THE U.S.

Most Common Sources of Stress

	Cause	Percentage
1	Future of our Nation	63%
2	Money	62%
3	Work	61%
4	Political Climate	57%
5	Violence/Crime	51%

Source: American Psychological Association,
2017

Mind/Body Stress Symptoms

Symptom	Percentage
Fatigue	51%
Headache	44%
Upset Stomach	34%
Muscle Tension	30%
Change in Appetite	23%
Teeth Grinding	17%
Change in Sex Drive	15%
Feeling Dizzy	13%
Irritability or Anger	50%
Feeling Nervous	45%
Depressed/Crying	35%

Source: American Psychological Association,
2017

Social Isolation During COVID

- More than 1 in 4 adults (50 to 80 years) feels isolated
- Physical and mental health problems include: heart disease, diabetes, anxiety and depression – with 26% increase for early death
- Chronic conditions with physical or cognitive limitations, more than two times feel socially isolated

Source: *The Commonwealth Fund*, 2020



HEALTHCARE PARADIGM SHIFT



Complimentary and Alternative Medicine

- Acupuncture,
- Chiropractic,
- Homeopathy,
- Massage,
- Reiki,
- Energy healing therapies,
- Tai Chi,
- Yoga,
- Spiritual care,
- Meditation,
- Traditional healers and more

Healing Modalities



India:

Yoga, Chakras

China:

Qigong, Acupuncture,
Meridians

Native Americans:

Shamanism

Greeks/Romans:

Meditation/Guided
Imagery

Japan:

Reiki

Personal Self Care

What supports YOU? What are your Passions?

- Being out in Nature
- Reading
- Exercising
- Yoga
- Cooking
- Gardening
- Painting
- Playing Music
- Dancing
- Playing Sports



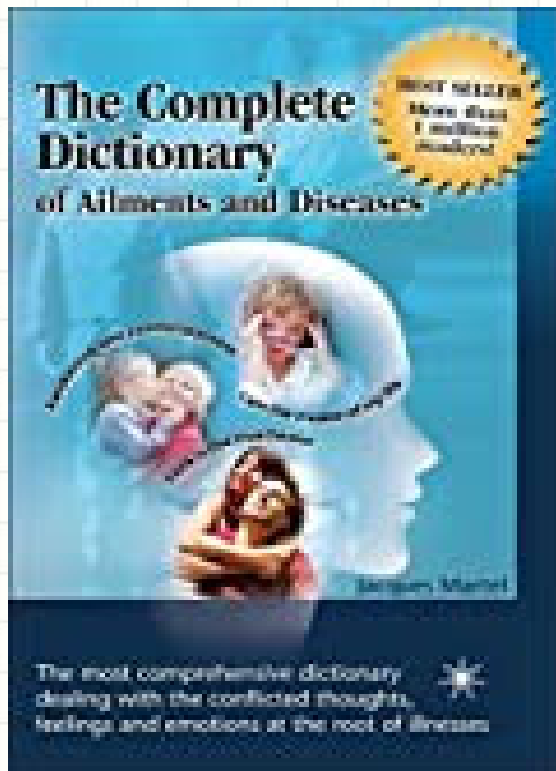


Mindfulness & Meditation Apps

All of the Apps now focus on
Sleep, Stress, Kids & More

- **Calm:** Free Calendar of Offerings
Paid Services
- **Headspace:** 2 Weeks Free
10 Minute Meditations
- **Insight Timer:** Free and Subscription
30,000 Meditations

The Must Have Book!



The **Complete** Dictionary of
Ailments and Diseases by
Jacques Martel (April
30,2012)
Jacques Martel



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