



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 mentalhealth care will have disappeared."

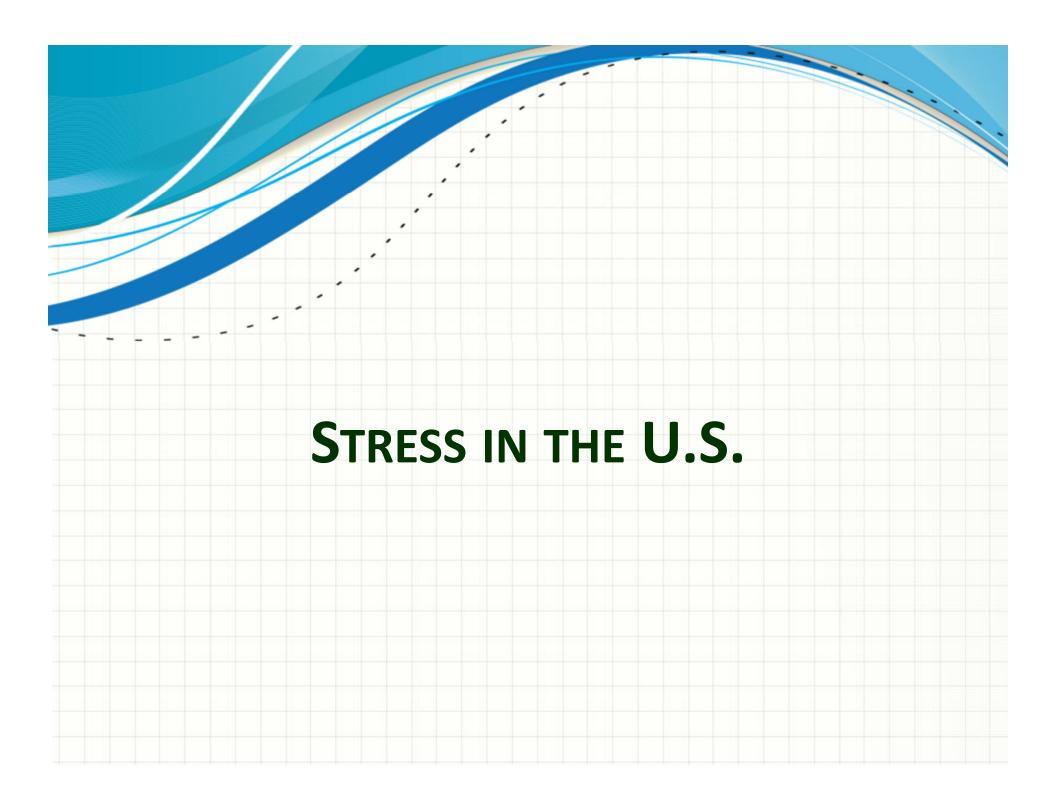
Wall Street Journal's "The Future of Therapy Lies in Treating the Whole Person" (April 26, 2016)



- Physical
- Emotional
- Spiritual
- Intellectual
- Occupational

Pathways to WELLNESS. . died and about others · being connected occupational engaging in rewarding activities making good use of time · having satisfying work · being self aware being a volunteer having a positive · being creative outlook managing feelings well accepting yourself being active having good coping skills eating well being an active member of the community wellness getting enough sleep · finding meaning in life being safe and secure experiencing connection with the land and nature appreciating life, joy and beauty · being a life-long learner · practicing your faith sharing knowledge & celebrating experiences cultural · mastering new skills identity having intimate and meaningful relationships expanding knowledge intellectual

Source: www.yukonwellness.ca



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



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

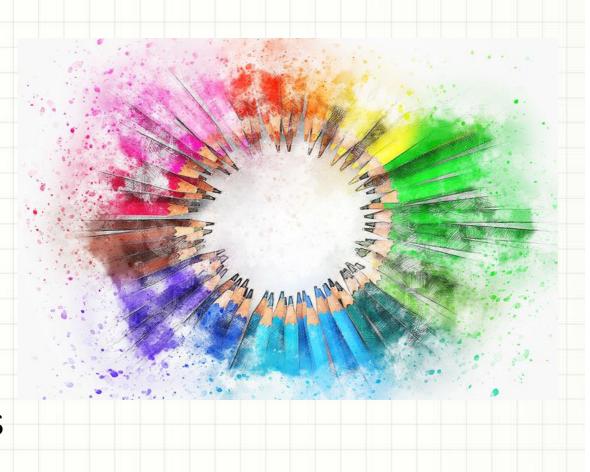
Greeks/Romans: Meditation/Guided Imagery

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:

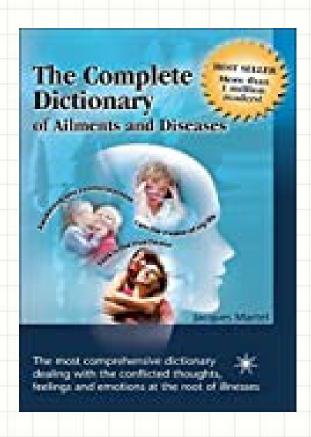
2 Weeks Free

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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Individual Sessions, Classes, Group Sessions & Employer Wellness - Check out the FDW Special Packages!

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