

# Module 2: Multidimensional Aspects of Physical Health

Whole-person health is multidimensional. It includes physical, emotional, mental, and spiritual elements, which are interconnected. Considering these four aspects all together, no matter which area of health you're focusing on, will help you find approaches that boost your overall quality of life. There are many ways to improve your health holistically, and exploring the cross section of these areas of health can help you discover new ways to think about your health.

Now that you've completed Module 2, consider the role physical health plays within your whole-person health.

## STEP 1

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Choose an area or topic from the Physical Health module to focus on and put it in the center of the Wheel of Whole-Person Health on the following page.

**For example:**

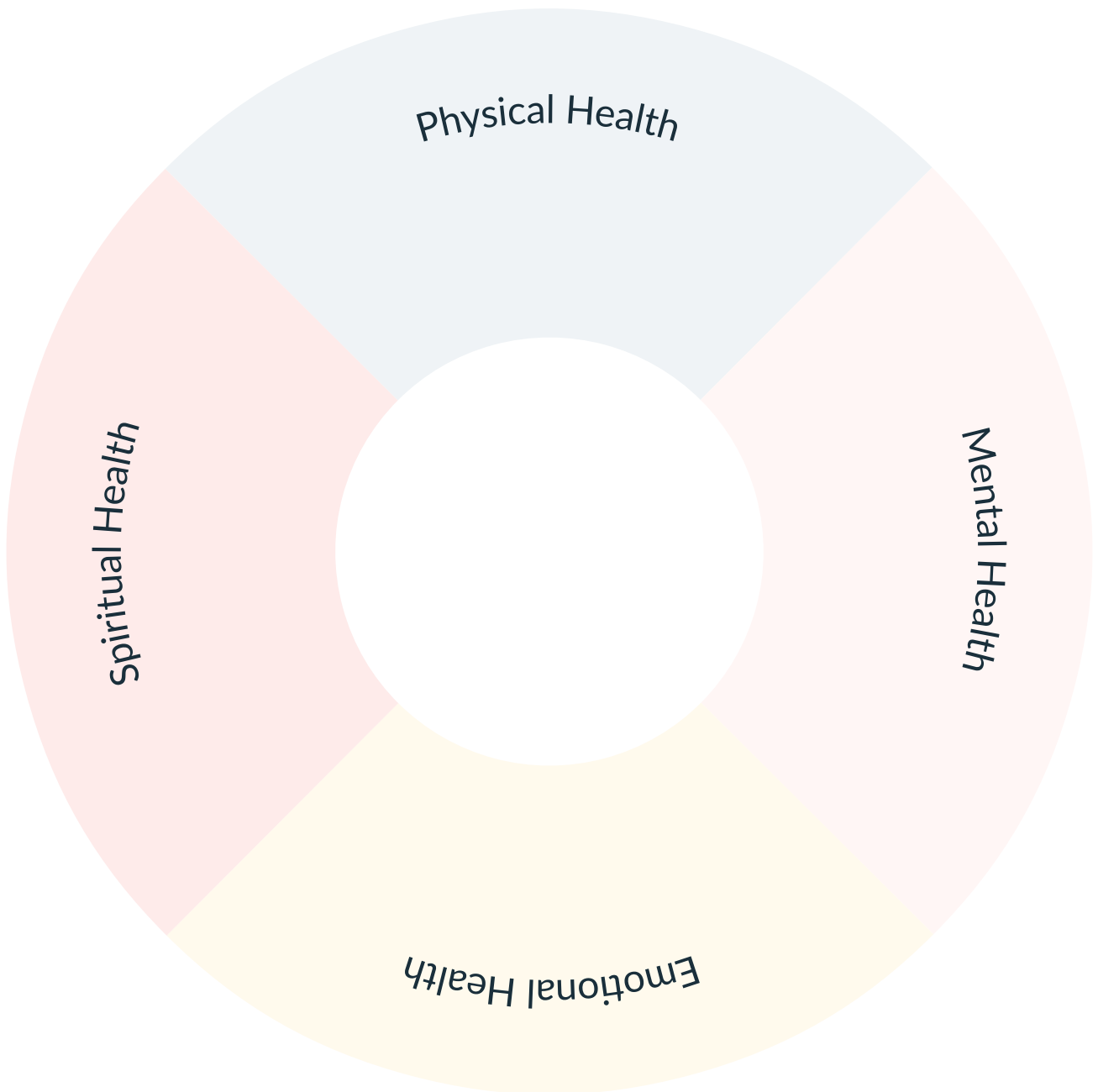
- The bio-individuality of nutrition
- Healthy basics and lifestyle choices that affect physical health
- Honoring your body's need for rest through ultradian rhythms
- Getting adequate amounts of high-quality sleep regularly



## STEP 2

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Use the wheel to brainstorm how this area affects your physical, mental, emotional, and spiritual health.



## REFLECT

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Which aspects of multidimensional health did you feel more confident brainstorming? Which aspects did you feel less confident in? Why?

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What is one thing you learned from this exercise about the interconnectedness of your health that you had not previously recognized?

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