

Module 3: Multidimensional Aspects of Mental 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 3, consider the role mental health plays within your whole-person health.

STEP 1

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

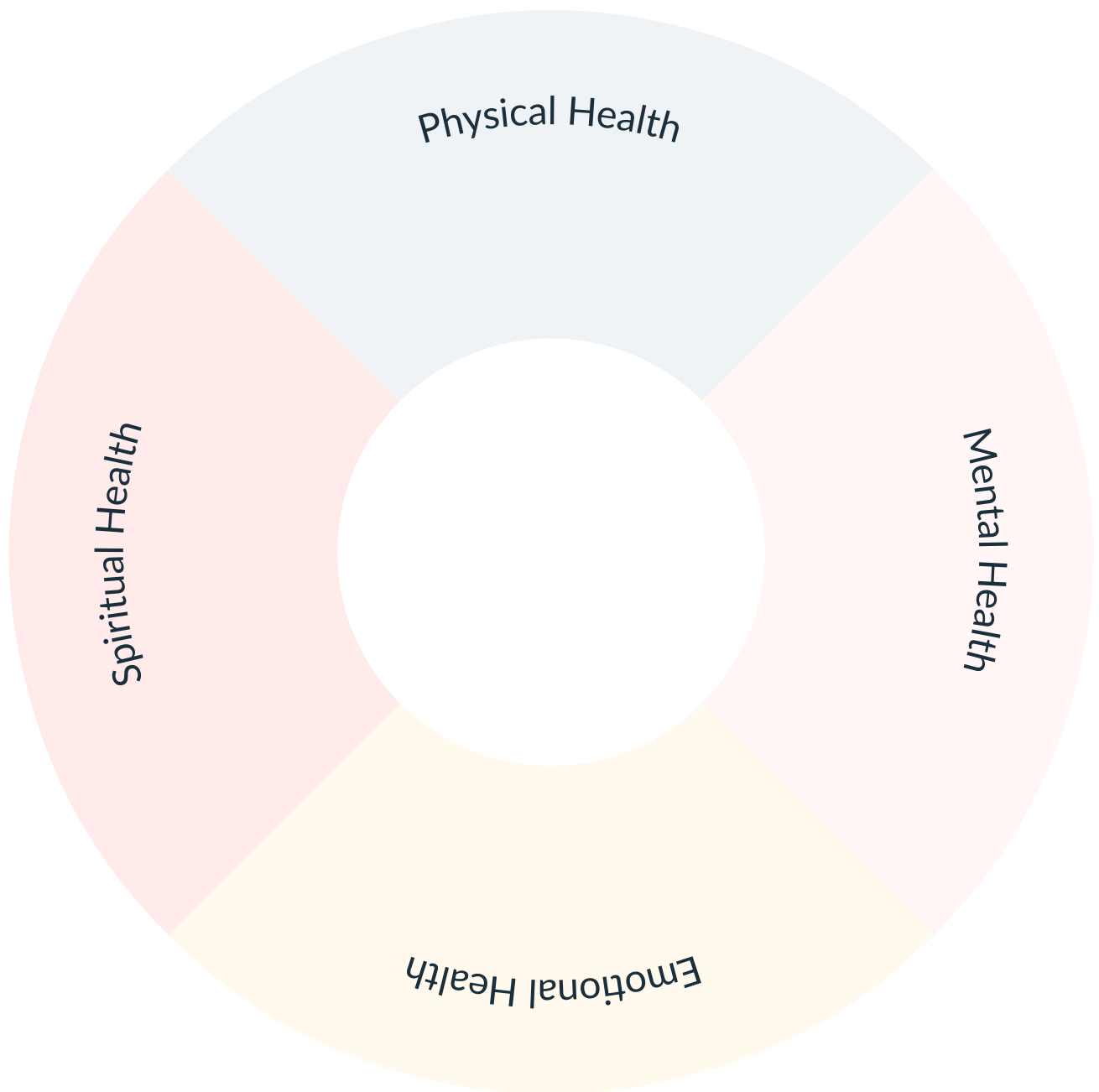
For example:

- The physical response to stress
- The mental response to stress
- Widening the gap between the physical response to stress and the mental story
- Creating time and space to process emotions
- Building resilience to support personal growth



STEP 2

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



REFLECT



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



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