

# Module 4: Multidimensional Aspects of Emotional 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 4, consider the role emotional health plays within your whole-person health.

## STEP 1

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

For example:

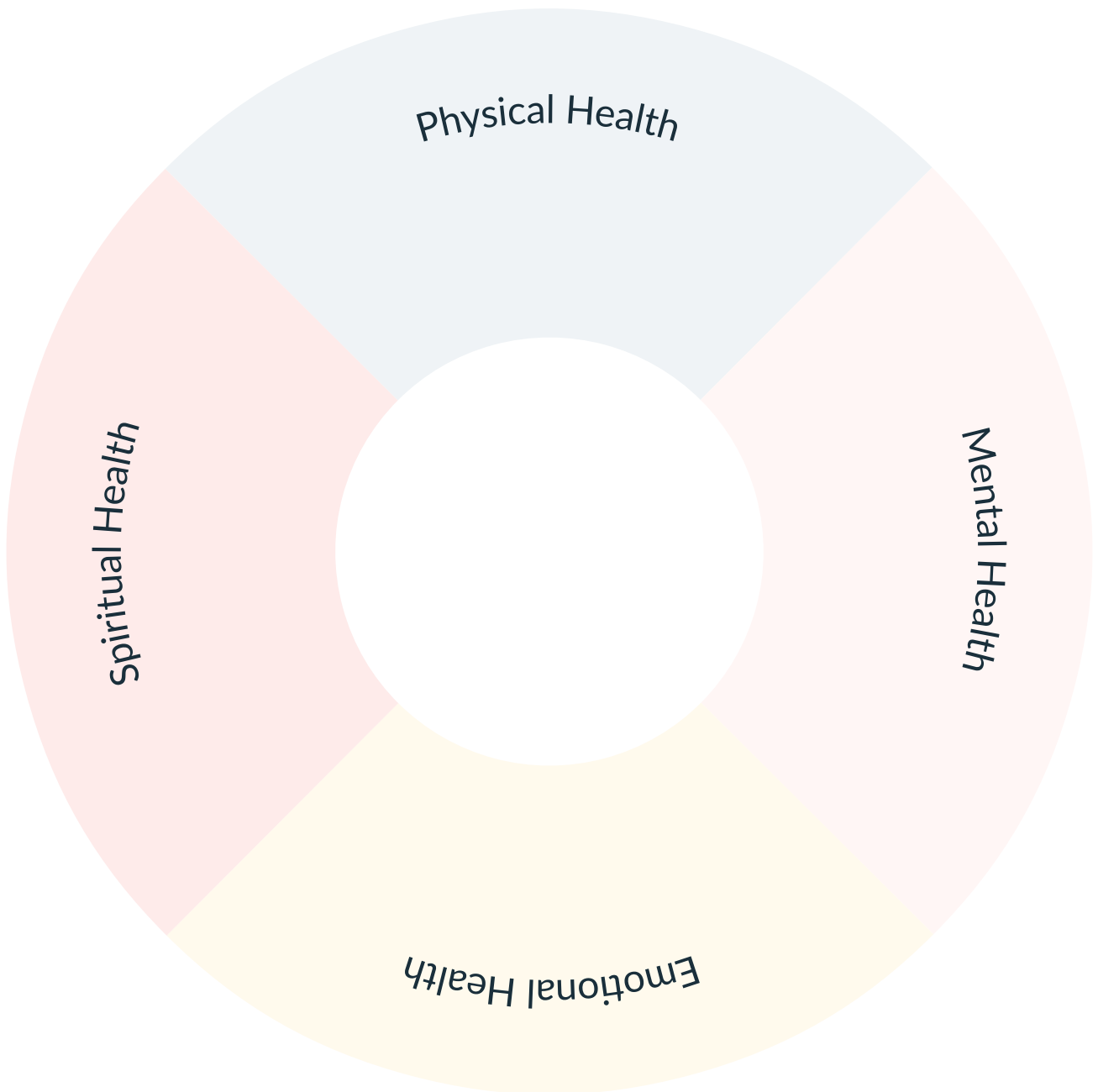
- Strengthening your relationship with yourself
- Approaching your emotions with kindness and compassion
- Acknowledging past experiences to heal and grow from trauma
- Connecting with others in more meaningful ways



## 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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