

## THE HOLISTIC HEALTH PLAN

The idea of maintaining a healthy lifestyle is to pursue a balanced way of living which so many people ignore today for many reasons and pressures. By not pursuing a balanced lifestyle, stress and the response to stress may not find an appropriate outlet and may lead to a blockage of energy within the Spirit, Mind, Body system.

The following plan is similar to what most complementary / alternative therapists aim to find out from their patients in order to establish what needs balancing within their lives. The word 'healing' actually relates to balance; when the Spirit, Mind, Body system is in balance and harmony then cure often takes place.

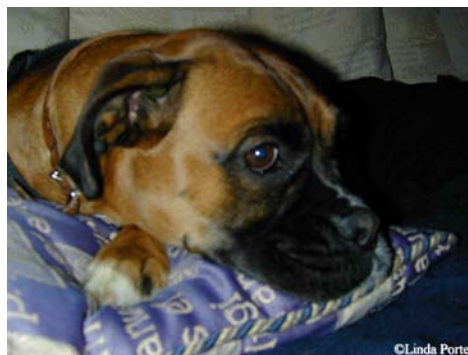
The following plan requires you to complete each of the balancing aspects of lifestyle and establish where there are any areas of imbalance. Having done this exercise it is necessary to state what needs to be done and when and how in order to maintain healthy, balanced lifestyle.



**Exercise and play**



**Good diet**



**Relaxation**

The purpose of completing this questionnaire is to undertake an audit of your current lifestyle. In undertaking this exercise you will identify aspects of your life which require balancing.

Complete the column heading 'Holistic Health Care Audit' and then go back to the beginning again.

- As you read through the questionnaire for the second time indicate under the column headed 'Holistic health Care Action Plan' any balancing activities that need to be undertaken, when and how you propose to do this.
- For example if you have no exercise you might consider a gentle walk for half an hour, three or four times a week
- (Be sensible and if appropriate consult your Doctor / therapist!)
- If you don't take time out to laugh or have fun each day, choose something to make you feel this way, watch a comedy show, spend time with someone who makes you feel happy, read something that will cheer you up.
  
- Read back over your questionnaire for a third time. Consider your definition of work: did you include your paid employment / voluntary work and the time spent on domestic chores in the home, looking after others, etc.?
- Consider your definition of 'play'; is this just another aspect of work or is it something completely different?

Do any of your activities overlap? I.e., play might mean exercise, etc.

## HOLISTIC HEALTH CARE PLAN

### Part 1 - Work

| HOLISTIC HEALTH CARE AUDIT   | HOLISTIC HEALTH CARE ACTION PLAN |
|--|----------------------------------|
| <p data-bbox="204 353 743 389">Describe the type of work that you do</p> <p data-bbox="204 685 743 757">How many hours a day are spent working?</p> <p data-bbox="204 1052 743 1160">Describe the type of activities undertaken at work, <i>e.g., mental, physical, emotional, etc.</i></p> <p data-bbox="204 1456 743 1527">What pressures or stresses are you under at work?</p> |                                  |

## HOLISTIC HEALTH CARE PLAN

### Part 2 - Diet

| HOLISTIC HEALTH CARE AUDIT  | HOLISTIC HEALTH CARE ACTION PLAN |
|---|----------------------------------|
| <p>Describe your diet.</p> <p>What did you have to eat yesterday?</p> <p>Do you eat between meals?<br/>If so, what and when?</p> <p>How many cups of tea or coffee do you drink in a day?</p> <p>What else do you drink during the day?</p> <p>How many units of alcohol do you consume in a week?</p> <p>Do you smoke?<br/>How many a day?</p> |                                  |

## HOLISTIC HEALTH CARE PLAN

### Part 3 - Social life

| HOLISTIC HEALTH CARE AUDIT   | HOLISTIC HEALTH CARE ACTION PLAN |
|--|----------------------------------|
| <p>How much time do you spend each day / week socialising?</p> <p>How do you spend this time?</p> <p>How much time do you spend each day / week with your:<br/>Partner?</p> <p>Family?</p> <p>Friends?</p> <p>How do you spend this time?</p> <p>How many times today have you laughed, felt happy or had fun?</p> <p>How many times this week have you cried or lost your temper?</p> |                                  |

## HOLISTIC HEALTH CARE PLAN

### Part 4 - Creative time

| HOLISTIC HEALTH CARE AUDIT  | HOLISTIC HEALTH CARE ACTION PLAN |
|---|----------------------------------|
| <p>How much time have you devoted this week to learning or doing something new?</p> <p>When is the last time you learned something new?</p> <p>What is your last achievement?</p> <p>What do you do to unwind?</p> <p>How much time each day do you spend playing?</p> <p>How much time do you spend each day meditating, doing visualisation or relaxation exercises?</p> <p>How much time do you spend each day doing something just for you?</p> |                                  |

## HOLISTIC HEALTH CARE PLAN

### *Part 5 - Leisure time*

| HOLISTIC HEALTH CARE AUDIT  | HOLISTIC HEALTH CARE ACTION PLAN |
|---|----------------------------------|
| <p>What are your hobbies?</p> <p>How much time in the last week have you spent on your hobbies?</p> <p>How much leisure time do you have?</p> <p>How do you spend your leisure time?</p> <p>How much time do you spend reading or writing for leisure?</p> <p>How much time do you spend watching television / radio?</p> <p>Listening to music?</p> <p>Doing some kind of craft pursuit?</p> <p>How much exercise do you take in a day / week?</p> |                                  |

*Holistic Health Care Plan*

Summary

List all the positive outcomes you achieved yesterday.

What aspects of your life need changing?

How can you make your life more positive?

Review your action points.

What will you have achieved by the end of tomorrow?

What will you have achieved by the end of this week?

What will you have achieved by the end of this month?

Undertake this exercise again in 3 months

## ENVIRONMENTAL CARE PLAN ACTIVITY

Having focused on putting the balance back into your own lifestyle, we can now focus on how you relate and interact with the environment. Is it possible to put the balance back into this aspect of your life?

Within the mind, body, spirit concept, we can see that it is possible to become part of the 'oneness' through the meditational process. To appreciate the universal flow of energy we need to become more aware of that which is around us, our environment. By respecting and loving the environment, we are respecting and loving ourselves.

The following activity requires you to devise your own environmental care plan in a similar way to the holistic health care plan. This time you will design your own questions and give the audit action plan to others to carry out.

You might choose to include questions such as the following examples. You can make it as comprehensive or as basic as you like:

- How often and when do you recycle items that you no longer need / use?
- How do the consumer items, which you buy, help protect the environment?
- What do you do voluntarily to help the community
- Do you use public transport / walk / cycle?
- How do you conserve energy? E.g., *buying energy saving light bulbs.*
- What biodegradable alternatives do you use?
- What plants, herbs, vegetables, fruits, trees, etc., do you grow?
- How do you keep the environment tidy?
- How much time a week do you spend walking / appreciating nature around you?
- How do you help the wild life?



*ENVIRONMENTAL CARE PLAN*

| ENVIRONMENTAL CARE AUDIT | ENVIRONMENTAL CARE ACTION PLAN |
|--------------------------|--------------------------------|
|                          |                                |