

# The Circle of Health & Harmony

Reflect on Your Health

**U OF** CENTER FOR HEALTHY  
AIR, WATER AND SOIL



# Welcome to Harmony & Health

**The Circle of Harmony & Health is a framework for a New Vision of Health.**

This framework considers your total health in balance.

The Circle of Harmony & Health includes **multiple, interconnected forms of health**; nutritional, economic, environmental, psychological, intellectual, spiritual, cultural, and physical.



# Learning Objectives



1. The Circle of Harmony and Health is a framework to that represents **total health**.
2. There are **multiple forms** of health.
3. Each form of health is **interconnected**, each one is related to and depends on the others.

# Applying What You Learned



1. Remembering that health is more than the absence of disease. It is a state of balanced physical, mental, and social wellbeing.
2. Reflecting on your health often, we can help you do this through the Harmony & Health text service.
3. Making decisions through a lens of health. Consider how your decisions could make you, your family, and your world healthier.

# Your New Vision of Health

We'll help you apply what you learned—

Sign up for our text messaging service to receive a text message every other day asking you to reflect on your health.



## Active Reflection: The Circle of Harmony & Health

### Reflect on your health regularly

This framework considers your total health in balance; nutritional, economic, environmental, psychological, intellectual, spiritual, cultural, and physical.

Over the next two months, every other day, you will receive text messages asking to reflect on different aspects of your health during daily life. You'll even be able to share why you responded the way you did.

We invite you to reflect on your health regularly, Enroll Now.

This free text messaging-based program is offered by the University of Louisville through Agile Health, Inc., text and data rates may apply. Text STOP at any time to stop the program.

# Physical Health

Physical health is taking care of your body, providing it with adequate exercise, sleep, and nutrition.

Physical health means being attuned to your body's natural rhythms and listening to its changing needs across your lifetime.



## Nurture your physical health

- Exercise
- Manage stress
- Practice good sleep habits
- Limit tobacco, alcohol, and medications
- Eat lots of fruits, veggies, nuts, and grains
- Maintain a healthy weight



*When you see the text icon on the following pages, it will show the question that will be asked.*

# Nutritional Health

Nutritional Health is practicing healthy eating habits; choosing fruits and vegetables, grains, dairy, and proteins that reflect your preferences, culture, traditions, and budget.

Nutritional health means enjoying a variety of fresh, natural foods and beverages and limiting packaged and processed foods.



## Nurture your nutritional health

- Keep fruits and veggies within easy reach in the fridge.
- Eat mostly fresh, healthy, and local foods
- Drink lots of water
- Try new, healthy recipes
- Only occasionally eat processed, sugary, fatty, or salty food, and then only in small amounts

# Economic Health

Economic health is having the financial ability and opportunity to meet basic needs; including food, housing, utilities, healthcare, transportation, education, and childcare.

Economic health means having financial security; the ability to make economic choices, prepare for financial shocks, achieve goals, and build assets and wealth.



## Nurture your economic health

- Budget your income
- Identify financial stressors and make a plan
- Recognize how you deal with stress related to money
- Ask for professional support by contacting credit counseling services and financial planners
- Consider less-expensive alternatives







# Environmental Health

Environmental health is protecting the natural realm and ensuring clean air, water, and soil by limiting the impacts of pollution and civilization on the earth.

Environmental health means acting as a steward of natural resources, using them efficiently, and leaving a small footprint on the earth.

## Nurture your environmental health

- Visit a park near you
- Choose public transportation, walking cycling, or electric vehicles
- Volunteer for a neighborhood, creek, or forest clean-up
- Advocate for better emissions standards and industrial pollution protections



Psychological health is taking care of mental, emotional, and social needs to be at peace with the person you are and want to become.

Psychological health means being able to realize aspirations, coping with stresses, finding fulfillment in work, and contributing to your community.



## Psychological Health

Nurture your psychological health

- Talk about your feelings
- Make a friend
- Stay positive
- Volunteer to help others





## Intellectual Health

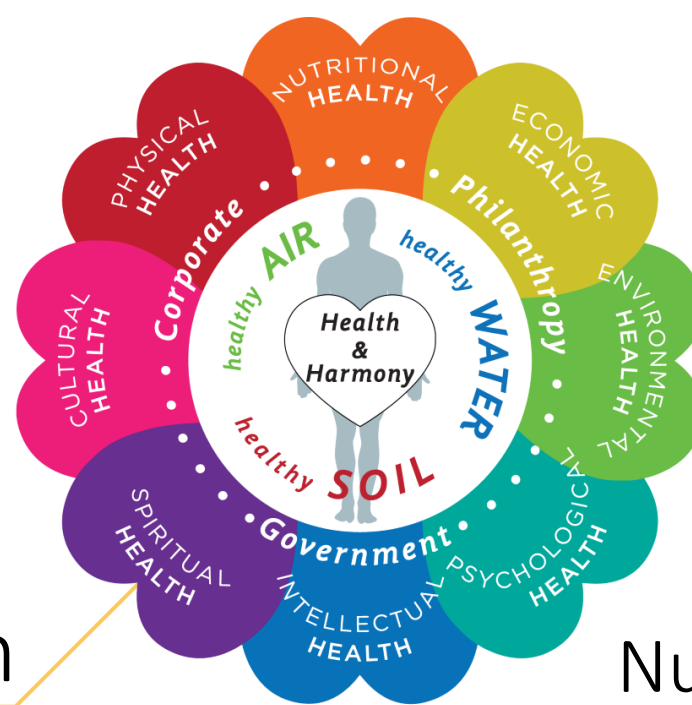
Intellectual health is the ability to engage in activities that expand creativity, knowledge, or skills and sharing that learning with others throughout life.

Intellectual health means looking for new experiences and building a culture of curiosity, creativity, and wisdom.

## Nurture your intellectual health

- Make time to play
- Be curious about new experiences, ideas, cultures, and environments
- Start a new hobby, workshop, or class
- Learn a new language or instrument
- Watch a documentary
- Visit a museum or cultural center





# Spiritual Health

Spiritual health is nurturing your soul and spirit and seeing yourself as a connected part of the larger world.

Spiritual health means giving meaning and purpose to experiences through inner reflection and experiencing awe through arts, the natural world, and appreciating what cannot be readily explained or understood.

## Nurture your spiritual health

- Look for every-day things to appreciate
- Give people the benefit of the doubt
- Allow yourself (and those around you) the freedom to be who they are
- Practice mindfulness, meditation, or yoga
- Listen with your heart and live by your principles

# Cultural Health



Cultural health is celebrating the vibrancy and diversity of art, tradition, and customs of a community or place while understanding the unity of humankind.

Cultural health means seeking out new opportunities to learn about other ways of life.



## Nurture your cultural health

- Visit a museum, theater, park, heritage center, festival, event, or concert
- Think about how your culture and upbringing affects how you think and act
- Travel and read to learn about different cultures and expand your horizons
- Make friends with people who are different than you and learn about their culture and experiences