

Holism

is balancing all areas (physical, mental, spiritual, and emotional) of your health and you community's health.

Fill in the spaces with your plan to take care of you and your community. Read the examples and come up with your own ideas. What do you already do? What other things could you do?

ex. Listen to stories,
connect with the land

Spiritual health

ex. Write in a journal,
spend time with friends

Mental health

ex. Laugh,
be a role model

Emotional health

Physical health

ex. Get plenty of sleep,
take a walk



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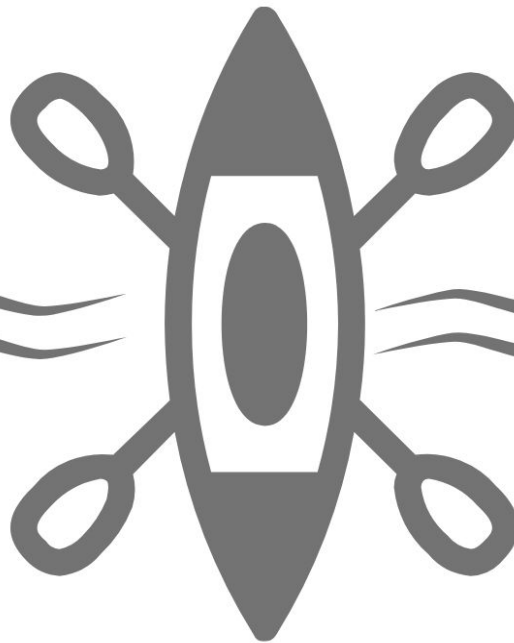
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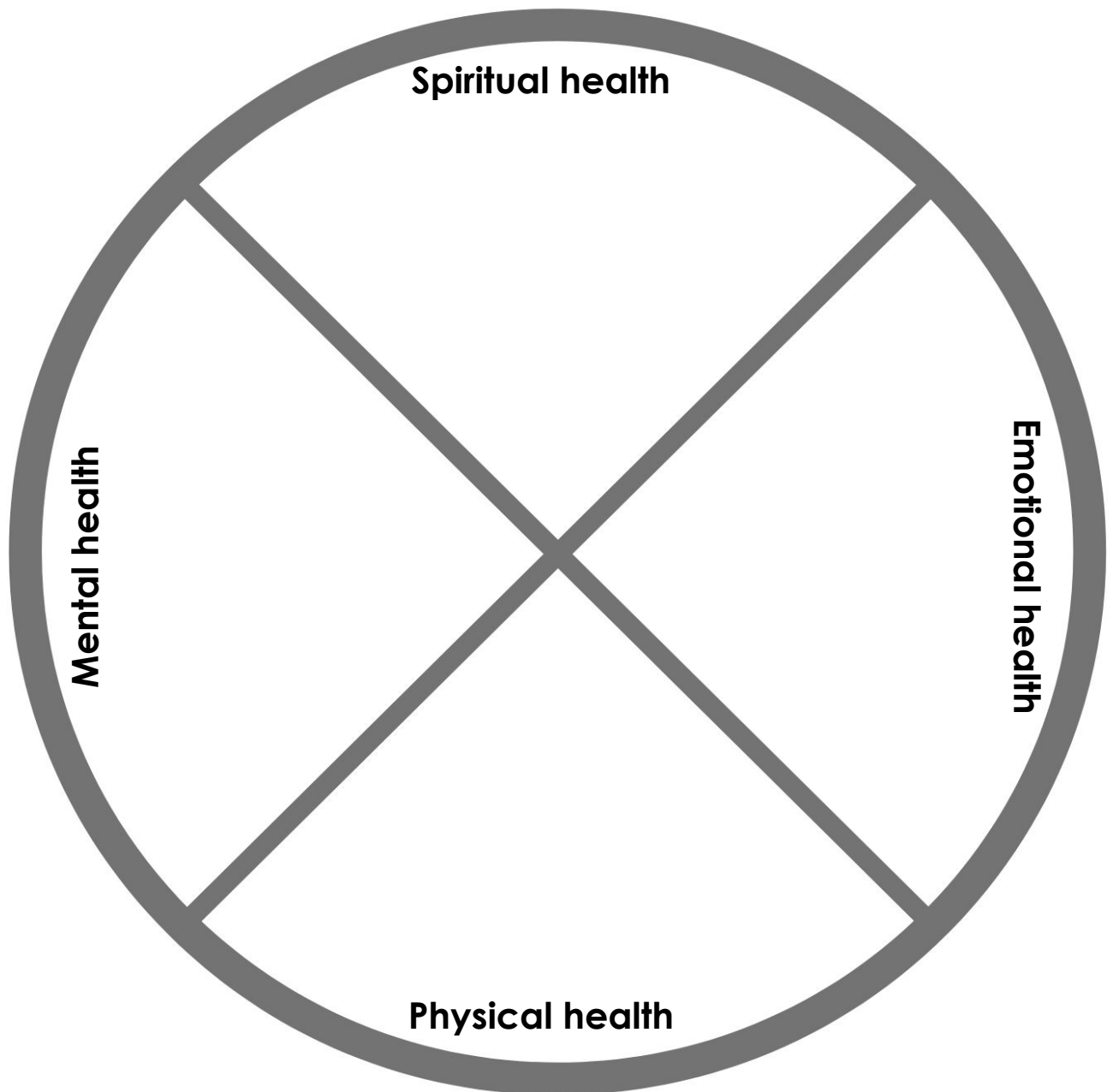
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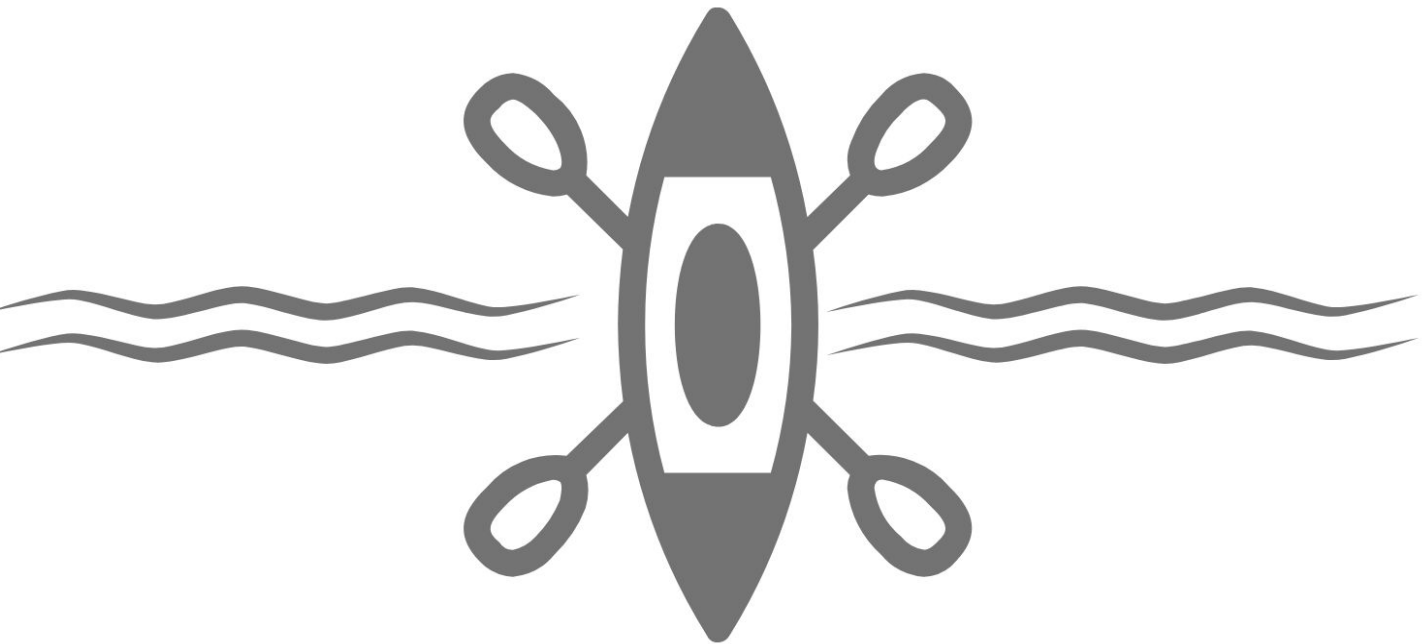
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