Name:

Date:

Referred by

Whole Health education and advocacy serves you through the model of Whole Person Care.
You are unique and while your challenges may seem similar to others, no two people are the same. That is why we co-create an individualized plan to achieve your health and wellness goals.

The model or approach to Whole Person Care that will be utilized is Whole Health Education®.
There information provided will speak to *The 5 aspects of Whole Health™* and include: Physical, Nutritional, Environmental, Emotional and Spiritual components of health. These elements play an important part in your health and wellness.

The goal is to provide you demystified health information which enables you have the knowledge and ability to discern choices regarding the How and Why of your current health focus and What you may wish to choose for your self-care. The questions that are asked during your interview are created to assist in identifying what your health information needs are, and what goals you would like to achieve for better health and wellness. Whole Health and You identifies these aspects as your Heart, Mind, Soul, Body and your Environment.

The discussion regarding your heart will include your emotions. The shared discussions will include your Mind which will include the interaction between your emotions, thoughts, feelings and how they affect your mind and how you are thinking. Our Soul discussion will explore your spirituality and how you connect with your soul or feelings of spirituality. Also discussed will be your body and how nutrition, exercise, interact with your heart and mind and all your body systems. We will also discuss the important aspects of your environment.

**Let’s start with your Body: Including your nutrition, exercise and your physical systems.**

What has interested you in understanding more about your body?

What is your understanding of the reason or reasons you are in your current state of health?

Please describe your medical history and any medications you may be currently taking.

What do you envision for your health improvement?

Do you generally feel well rested? How many hours of sleep do you generally have?

Do you feel well-nourished from the foods you eat or drink?

Are you following any particular dietary regimen?

Do you exercise? What type of exercise do you participate in?

Are you currently taking vitamins, Herbal, or Homeopathic remedies?

Do you have any known food sensitivities or allergies?

Do you smoke or consume Alcohol?

**Your Heart-** We know the Heart is not just an Organ! Let’s delve into the emotional intelligence of the heart and its energy:

How would you describe your family background and the way you were raised?

Are you aware of any relationship patterns that are causing you discomfort, and may be being carried into your current relationship(s)?

Have your identified any specific emotional issues that you are currently working through with either counseling or on your own?

How do you de-stress? Is it challenging for you to relax? What types of stressors are you able to identify in your life?

Do you have any Heart issues that you have identified?

Are you interested in learning more about the heart and its relationship to the mind, and emotions?

Your Mind: -- **What are you thinking? -**

Do you have challenges with racing thoughts and being unable to focus?

Are you more of a thinker than a feeler?

Do you sometimes feel foggy or unable to focus?

Would you consider yourself forgetful?

Are there any other concerns about your mental functioning?

Your Soul or your Belief system- How do you identify spiritually?

How would you describe your particular belief system?

Do you regularly attend any religious or spiritual services?

Do you subscribe to any type of spiritual practice, Yoga, Chanting, prayer or meditation?

 **Your Environment** – What surrounds you, your home, the outdoors, your work.

Do you think that there are aspects of your environment that have an impact on your health?

How would you describe your social environment?

Are you currently involved with a work Environment? IF so, do you like your work?

What environment are you most comfortable being in?