



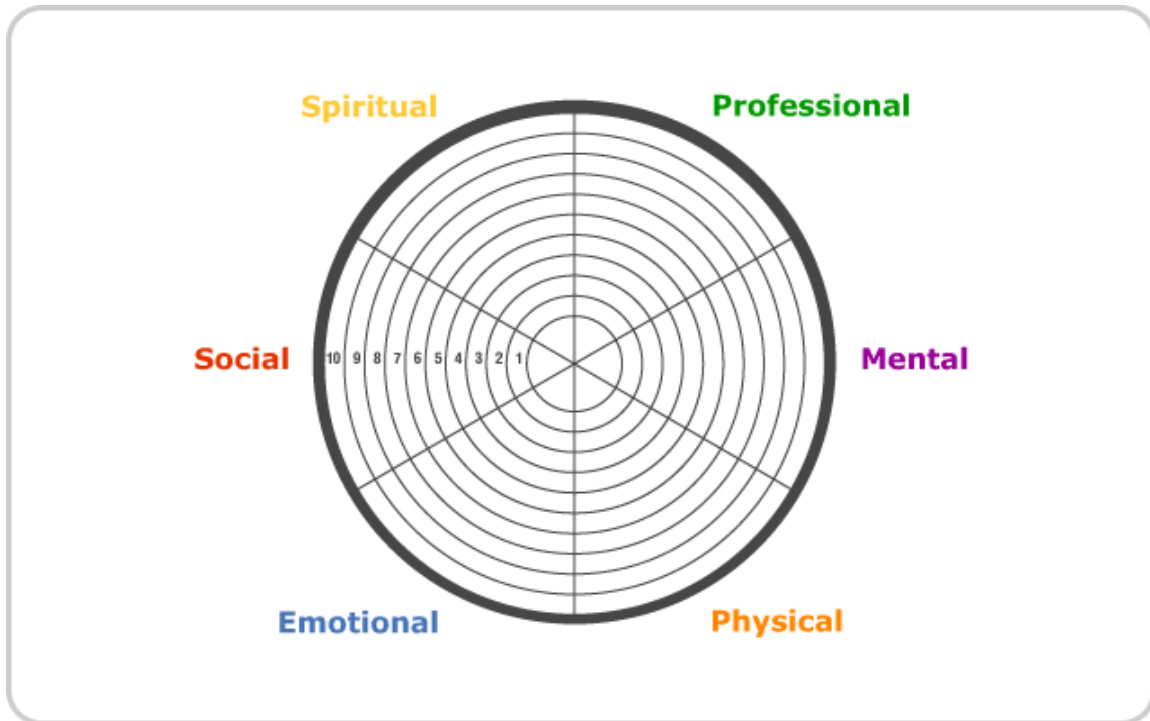
Using Integrative Health Collaborations to Build an Effective Summer Program

National Conference on Summer Learning

November 18, 2014

Understanding Integrative Health

Wellness Wheel



Spiritual

- Cross-cultural practices & disciplines
- Creativity and self-expression
- Making a difference

Professional

- Work & Leisure
- Having a dream and goal setting
- Financial planning

Mental

- Literacy
- Mental health and illness
- Lifelong learning

Physical

- Nutrition
- Exercise
- Body image

Emotional

- Regulation
- Anger/stress management
- Supporting and being supported

Social

- Family and friendships
- Communication and conflict
- Oppression and privilege



Please list any organizations that can support or strengthen areas of your wellness wheel that need more attention.

Spiritual:

Professional:

Mental:

Physical:

Emotional:

Social:
