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:

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Professional:

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Mental:

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Physical:

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Emotional:

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Social:

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