

Sacred Health

# Everyday Wellness

Create a life of healthy routines and habits

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## **I want help with...**

Discovering balance, holistic routines, engaging in productive habits, learning customized dietary, exercise, and lifestyle recommendations, finding a sense of community, and managing stress. Everyday Wellness is designed with a journey towards impacting your mind and body in a positive way. In Ayurveda we manifest this through developing daily routines in our lifestyle and diet. When we discover more about who we are from the inside, we can realize positive changes throughout our whole lives.

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## Dimensions of Wellness

The term wellness has been applied in many ways. Although there might be different views on what wellness encompasses, Sacred Health shares a community based interpretation and model of wellness.

Even if specific details differ, we all agree that:

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming
- Wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

**Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.**

### Multicultural Competency

A society that truly applies a wellness approach as a pathway to optimal living is by nature inclusive and multicultural. However, not every culture considers wellness by the same standards and we strive to increase inclusiveness by advancing multicultural competency within wellness best practices, and to assist with the development of knowledge, awareness, and skills to deliver equitable and culturally appropriate programs and services for wellness practitioners, organizations, underserved populations, and communities.

### Applying Wellness

A person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living when they begin to appreciate wellness in this way. This holistic model explains:

- How a person contributes to their environment and community, and how to build better living spaces and social networks
- The enrichment of life through work, and its interconnectedness to living and playing
- The development of belief systems, values, and creating a world-view
- The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and when to seek medical attention
- Self-esteem, self-control, and determination as a sense of direction
- Creative and stimulating mental activities, and sharing your gifts with others



## Areas of Wellness

- Social - Developing a sense of connection, belonging, and a well-developed support system.
- Environmental - Good health by occupying pleasant, stimulating environments that support well-being, and caring for the planet that we all occupy.
- Occupational - Personal satisfaction and enrichment from one's work.
- Spiritual - Expanding a sense of purpose and meaning in life.
- Financial - Satisfaction with current and future financial situations.
- Emotional - Coping effectively with life and creating satisfying relationships
- Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills
- Physical - Recognizing the need for physical activity, healthy foods, and sleep

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## How can Sacred Health help?

By addressing these areas of wellness, and considering solutions within some or all of them, we can create a reality of wellbeing and health in our lives. At Sacred Health, we strive to consider all areas of improvement, and offer movement classes, workshops, educational speakers, and providers that can assist you with these needs in many dimensions of wellness. For Everyday Wellness we would consider the following options:

### Physical

- Movement/Yoga Classes
- Yoga Workshops and Intensives
- Individualized SomaYoga Appointments with Atha! Soma Yoga/Pam Steinck
- Ayurvedic Assessments to determine the diet and exercise for your mind/body type
- Nutritional Assessments with Discovery Nutrition Therapy/Casey Webster, FNTP
- Workshops on topics surrounding sleep hygiene, sexual education, and Ayurvedic Diet
- Massage Therapy with Budding Roses/Shannissy Catron, LMT

### Emotional

- Mental Health Counseling with Maggie Bannikatti
- Meditation Classes with Rich Webster
- Reiki Sessions with Reiki + Sound/Maggie Bannikatti
- Yoga Nidra with Somatic Embodiment/Marcus Walsh
- Intuitive Healing with Satori Healing House/Ashleah Dumdei
- Releasing the Shame Support Group (Body Image/Shame) with Celeste Watson
- Find Hope Group (Sexual Trauma) with Shannissy Catron and Maggie Bannikatti
- Men's Group with John Cecil

### Social

- Friday Night Elixirs
- Game Nights with Dealt Hand
- Outdoor trips/camping during the Spring, Summer, and Fall
- New activities planned and released on a regular basis
- Facebook Groups that correlate with our areas of focus, moderated by community members to connect individuals on the same wellness journey into one place

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## **Intellectual**

- Friday Night Elixirs Presentations
- Guest Speakers and Presenters
- Documentary Viewing Parties
- New opportunities planned and released on a regular basis

## **Outside Referrals**

For a variety of other topics that we do not feel that we can strongly represent, we offer outside referrals to providers, business, and individuals that we feel strongly represent the mission and goals of Sacred Health. We have information on people who can help with Financial, Occupational, and Environmental needs. We also provide referrals to other individuals that may fit the current needs we offer better for individualized cases. Please do not hesitate to contact us for more information on finding the right resource for you.

## **Holistic Case Management**

Everyone has a unique journey, and a different story to tell. If you so desire, you can sit down with Sabbath Schrader, RN and determine a holistic case plan to determine your areas of need. After a plan is determined, the correct resources and referrals can be made for you, or sought out as the case suggests. We have ties and referrals to many providers across the city that understand and appreciate the wellness approach. Please do not hesitate to consider this individualized plan of care.

## **In Closing....**

We continue to strive for ways to help everyone on their health journey. At Sacred Health we believe that we are all designed for wellness. We will continually be working on ways to help your mind, body and spirit live to its fullest potential. We thank you for choosing to focus on improving your own health and for allowing us, in whatever way you see fit, to be a part of that journey.