

CREATING WELLNESS

An Integrative Approach

An Introduction to the Natural Approach
to Preventive Healthcare for Families,
Athletes and Seniors



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David P. Sniezek

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Creating Wellness ⌘ Stump et al.

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NOVA

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A talk with John Stump, DC, PhD, EdD on Wellness

Creating Wellness

- What is wellness?
- Our definition: “Leading a meaningful and fulfilling life through conscious and self-directed behaviors, focused upon living at one’s fullest potential.”

Creating Wellness

- Wellness is a multifaceted approach to lifestyle that promotes being healthy in all areas of life.
- It's more than just the absence of disease or illness that has described it for decades.
- Being well requires active engagement, making the choices that support health and wellness.
- Wellness is unique to each individual and involves a dynamic process that changes with every new experience of life.

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- We (the authors) believe it is important to work across all dimensions of wellness.
- This approach addresses the whole person by acknowledging that a lack of health or well-being in one area of a person's life affects their overall sense of well-being.
- When you open multiple doors to wellness, you can create personal and organizational momentum that translates into sustained healthy behavioral changes.
- Let's look at how choices can affect many organizations.

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- The most prominent, preventable cause of death and disability in Alabama and America relate to tobacco use and obesity.
- Tobacco use is the leading preventable cause of death in the United States.
- More than 480,000 deaths annually
- 278,544 deaths annually among men
- 201,773 deaths annually among women
- Cigarette smoking causes premature death:
- Life expectancy for smokers is at least 10 years shorter than for nonsmokers.
- Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.

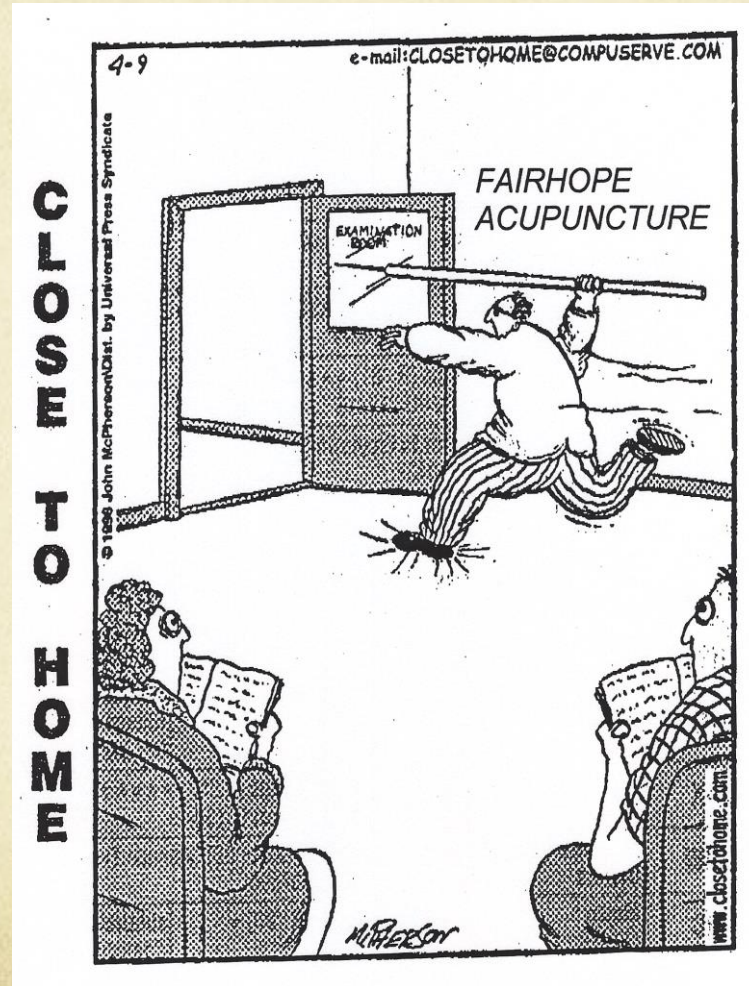
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- Obesity is associated with nearly 1 in 5 US deaths, according to a study published 8/15/15 in the *American Journal of Public Health*.
- The new data suggest obesity's toll on Americans is more than 3 times previous estimates.
- "We believe that it is imperative for the US public and those who construct policy for the public to recognize that population health and more than a century of steady gains in life expectancy are being jeopardized by the present obesity epidemic."
- Evidence has already implicated high rates of obesity as a significant contributor to the United States' relatively low life expectancy among high-income countries.

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- Life expectancy in the United States is now at a high of 77.6 years (Japan 83.7); if the researchers' predictions hold true in the next 50 years, it would be the first reversal in human life expectancy since the government started keeping track in 1900.
- About 18 percent of kids today are obese, and 15 percent more are at risk of becoming obese, which increases their chance of ailments such as type 2 diabetes, high blood pressure and high cholesterol.

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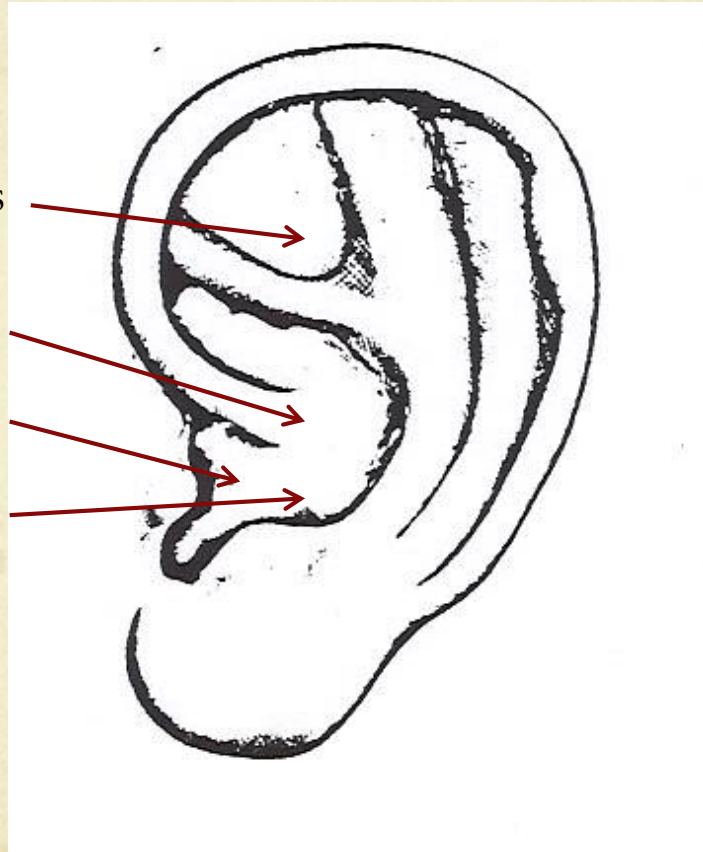
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Mental disorders

Eating disorders

Lung problems

Liver problems



Auricular Therapy

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- These are just two issues you can control that may be jeopardizing wellness and health.
- We work with both issues each day and it is real.
- Now, let's talk about other issues.
- Emotional Wellness involves awareness of your emotions as they occur. Expressing and processing your emotions in a productive and positive way.
- This is where mental decline and Alzheimer's is most apparent, typically in the graying generation.

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- Environmental Wellness involves living and working in environments that are safe and healthy and facilitate your sense of well-being.
- Our environments have a big impact on how we feel, it is important for it to be pleasing and comfortable.
- Free from exposure to toxins, sprays, additives in everything everywhere... (TMA) report.
- Financial Wellness involves accessing your financial resources and knowledge to direct financial decisions and planning.
- Intellectual Wellness involves engaging in mentally stimulating activities, creativity, and expanding your personal and professional knowledge and skills.

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- SEP Occupational Wellness involves finding personal satisfaction and fulfillment through work.
- It entails using your talents and skills to their fullest extent through your career, as well as understanding the need to balance personal and work time...
Workaholic!
- Physical Wellness involves being aware and taking

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- Social Wellness involves creating meaningful interpersonal relationships and friendships that feel supportive and satisfying.
- Spiritual Wellness involves having a belief system that is meaningful and matches your values.
- Work toward establishing a life that feels purposeful.
- Be considerate and compassionate towards others.
- Spiritual wellness does not necessarily mean one's concentration on religion; rather it focuses on your ability to attribute meaning to life and your day-to-day interactions.

Where would you like to be?



Health results from the sum total of our choices!

Source: Sarafino - Health Psychology
Forleo, J. - Health is Simple

Creating Wellness Foundations

- You can see that wellness and health is not as simple to maintain when you try to balance, mind, body and emotions with spirit, occupation and intellectual endeavors in our lifestyle.
- But it benefits us all to attempt this stability in our lifestyle everyday.
- It is a proven fact that a wellness lifestyle saves you money (Time Magazine, 1965. US Bureau of Stat, 1972.W.H.O, 1985. US Public Health Dept, 1998. US News & World Report, 2005.
- The End *****Questions