

Holistic Model of Health Reflection

Recommended Age: 14+

Goals

- To illustrate how the heart, mind, body, and spirit are all interconnected.
- To show how both positive and negative things affect all aspects of ourselves.

Have Ready

- Paper and pencils for each youth.

Instructions

- Instruct participants to draw a picture of themselves.
- Ask youth to draw a 'pointer' to their head, their heart, and their body.
- Ask youth to draw a large circle around the picture of their selves.
- Tell them the head represents their mental health, the heart represents their emotional health, and the body represents their physical health. Inside the circle around them represents their spiritual health. (For some, this includes connection to something greater than the physical world, such as Creator, God, Buddha, etc. For others, this could mean connecting to the people and things around them, such as the community.)
- Beside each pointer and inside the circle, write all the things that affect each aspect of health. Give them about 5 minutes to fill in all of the areas.
- Example #1: In physical, I might put sleep, because the amount of sleep I get affects my physical health. You could also put that under mental, so choose whichever area you think it affects most.
- Example #2: My home life affects my emotional health.

Debrief

- **“Would anyone like to share their drawing and reflections?”**
- We can see that when one aspect of our ‘beings’ is being negatively affected, how does it affect other aspects? For example, problematic use of substances such as alcohol can affect our livers (physical), our memory (mental), how we feel about ourselves (emotional), and relationships with people and community (spiritual).
- **“When one aspect of our ‘beings’ is being positively affected, how does it affect other aspects?”** For example, a protective factor such as having a meaningful role in the school or community affects our sense of self-worth (emotional), our relationships to others (spiritual), our ability to plan and carry out ideas (mental), and our stress levels (physical).
- What we are sharing has been known for centuries in Indigenous cultures of the world. All of these aspects are equal and interconnected. The Original Peoples of these Lands share many teachings around the importance of keeping a balance through the Medicine Wheel.