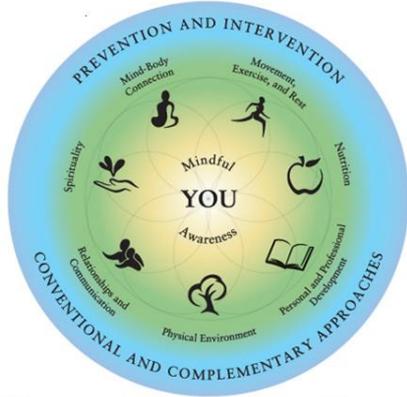


Human Flourishing

National Prevention Strategy

Wellness Initiative for the Nation

Wheel of Health



Duke Integrative Medicine



ENVIRONMENT

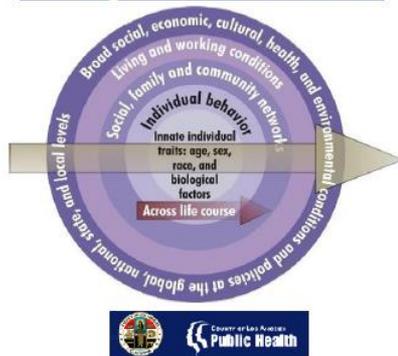


WellBeing



Healthy People 2020

Ecologic Model of Health



Total Force Fitness



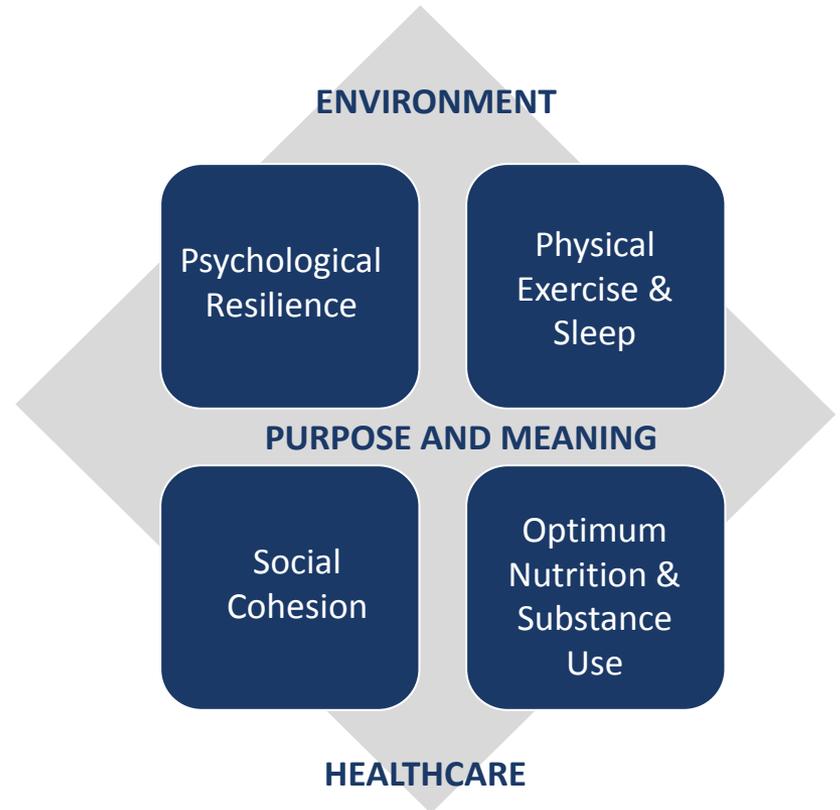
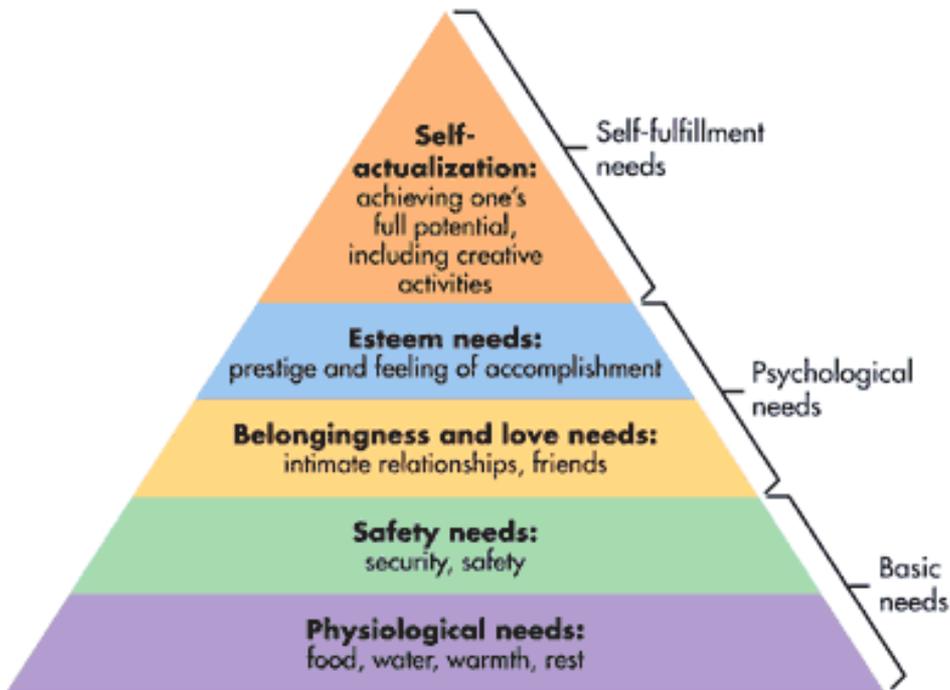
Optimal Healing Environments

INTERNAL		INTERPERSONAL		BEHAVIORAL		EXTERNAL	
DEVELOPING HEALING INTENTION	EXPERIENCING PERSONAL WHOLESNESS	CULTIVATING HEALING RELATIONSHIPS	CREATING HEALING ORGANIZATIONS	PRACTICING HEALTHY LIFESTYLES	APPLYING COLLABORATIVE MEDICINE	BUILDING HEALING SPACES	FOSTERING ECOLOGICAL SUSTAINABILITY
Expectation	Mind	Communication	Leadership	Diet	Integrative	Color and Light	Eco-Friendly
Hope	Body	Compassion	Mission	Exercise	Person Centered	Art & Architecture	Green
Understanding	Spirit	Social Support	Teamwork	Relaxation	Family Centered	Aroma & Air	Energy Efficient
Belief	Energy	Empathy	Technology	Addiction Management	Culturally Sensitive	Music & Sound	Nature
INNER ENVIRONMENTS				OUTER ENVIRONMENTS			

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The Core Components of Human Flourishing

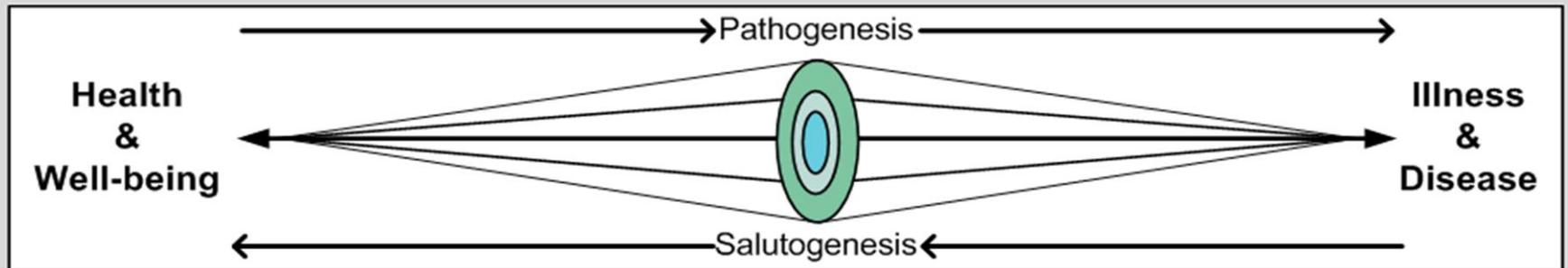
Maslow's Hierarchy



Salutogenic Factors

Salutogenesis: The Process of Healing

Pathogenesis: The mechanism by which a disease is caused. The term can also be used to describe the development of the disease, such as acute, chronic, and recurrent.

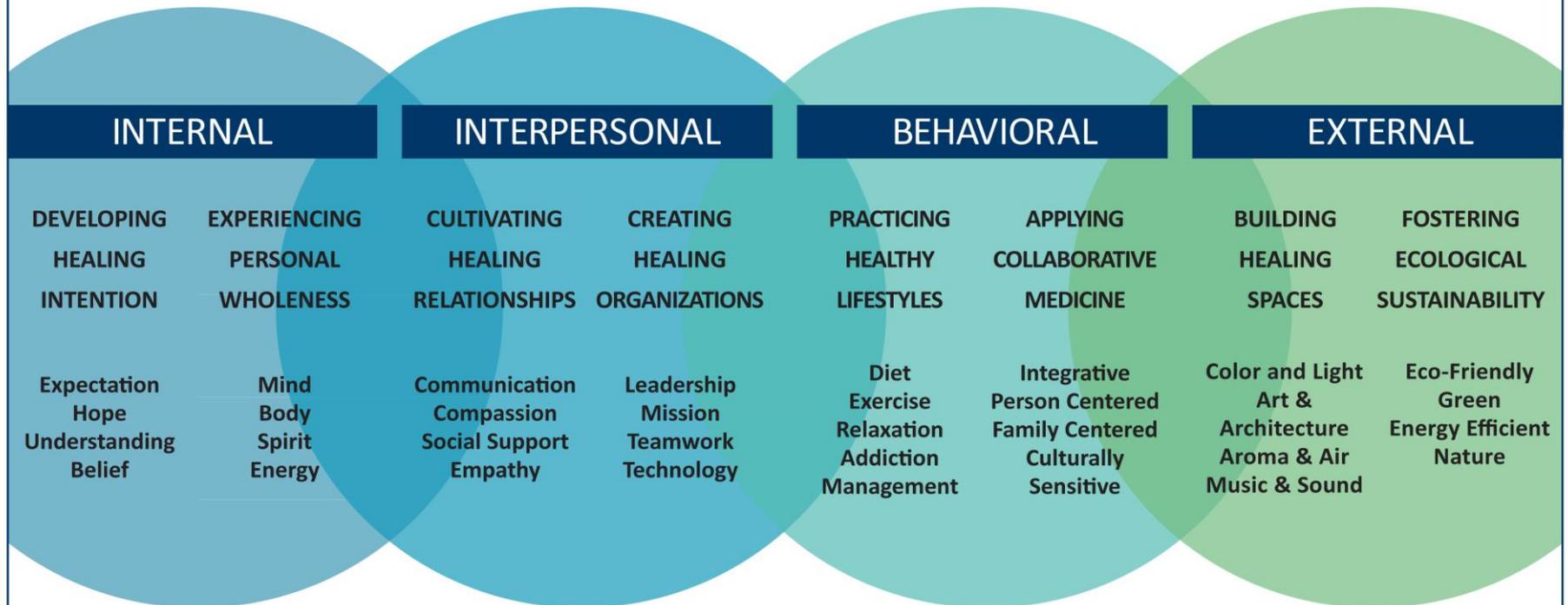


Salutogenesis: The process through which health and well-being are produced, rather than disease. Applied across the full spectrum of life from conception to conclusion.

OPTIMAL HEALING ENVIRONMENTS

MAKING HEALING AS IMPORTANT AS CURING

An Optimal Healing Environment is one that supports and stimulates patient healing by addressing the social, psychological, physical, spiritual and behavioral components of health care and enabling the body's capacity to heal itself.

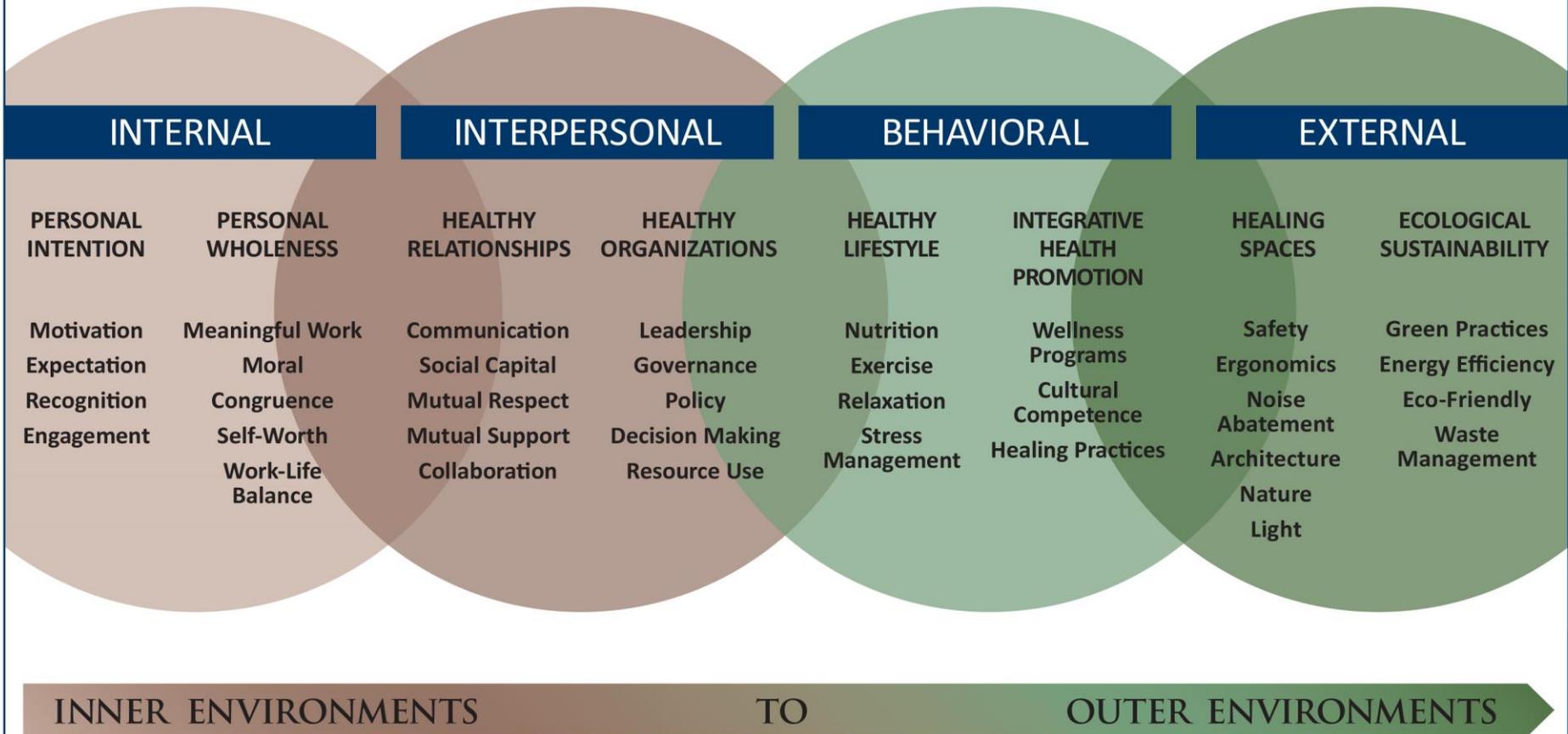


INNER ENVIRONMENTS TO OUTER ENVIRONMENTS

INTERNAL ENVIRONMENTS	Developing Healing Intention	A conscious determination to improve the health of another person or oneself, incorporating the expectation of an improvement in well-being; the hope that a desired health goal can be achieved; the understanding of the personal meaning that is attached to the person's illness and suffering; and the belief that healing and well-being will occur.
	Experiencing Personal Wholeness	The experience of well-being that occurs when the body, mind and spirit are congruent and harmonious. Personal wholeness can be developed and fostered with mind/body practices that reinforce wellness and recovery.
INTERPERSONAL ENVIRONMENTS	Cultivating Healing Relationships	The social and professional interactions that foster a sense of belonging, well-being, coherence and healing. The nurturing of healing relationships is one of the most powerful ways to stimulate, support and maintain wellness and recovery.
	Creating Healing Organizations	An organization's structure is important to implementing and maintaining an Optimal Healing Environment. The vision and mission of the organization contributes to the development of a healing culture. A successful Optimal Healing Environment organization also has a strategic plan for meeting goals, leadership support, stable funding, and an evaluative culture that is flexible and resilient.
BEHAVIORAL ENVIRONMENTS	Practicing Healthy Lifestyles	Healthy behaviors can enhance well-being and prevent, treat or even cure disease. Making appropriate dietary choices; engaging in physical exercise and relaxation activities; and managing addiction are important to lifelong health and wellness.
	Applying Collaborative Medicine	Collaborative medicine is team based care that is person focused and family centered. It includes thoughtfully providing integrative health care that blends the best of complementary therapies with conventional medicine in order to treat the whole person.
EXTERNAL ENVIRONMENTS	Building Healing Spaces	Healing spaces are designed to optimize and improve the quality of care, outcomes and experiences of patients and staff. Design components that foster wellness and recovery include evidence-based architectural design, color choices, and access to nature, music, art and light.
	Fostering Ecological Sustainability	Organizations and individuals can foster ecological sustainability by reducing their footprint and supporting the health of the planet. The chemical impact and energy use of their operations should be considered. Products or practices that are resource intensive can be replaced with more ecologically friendly, less harmful and cruelty-free alternatives.

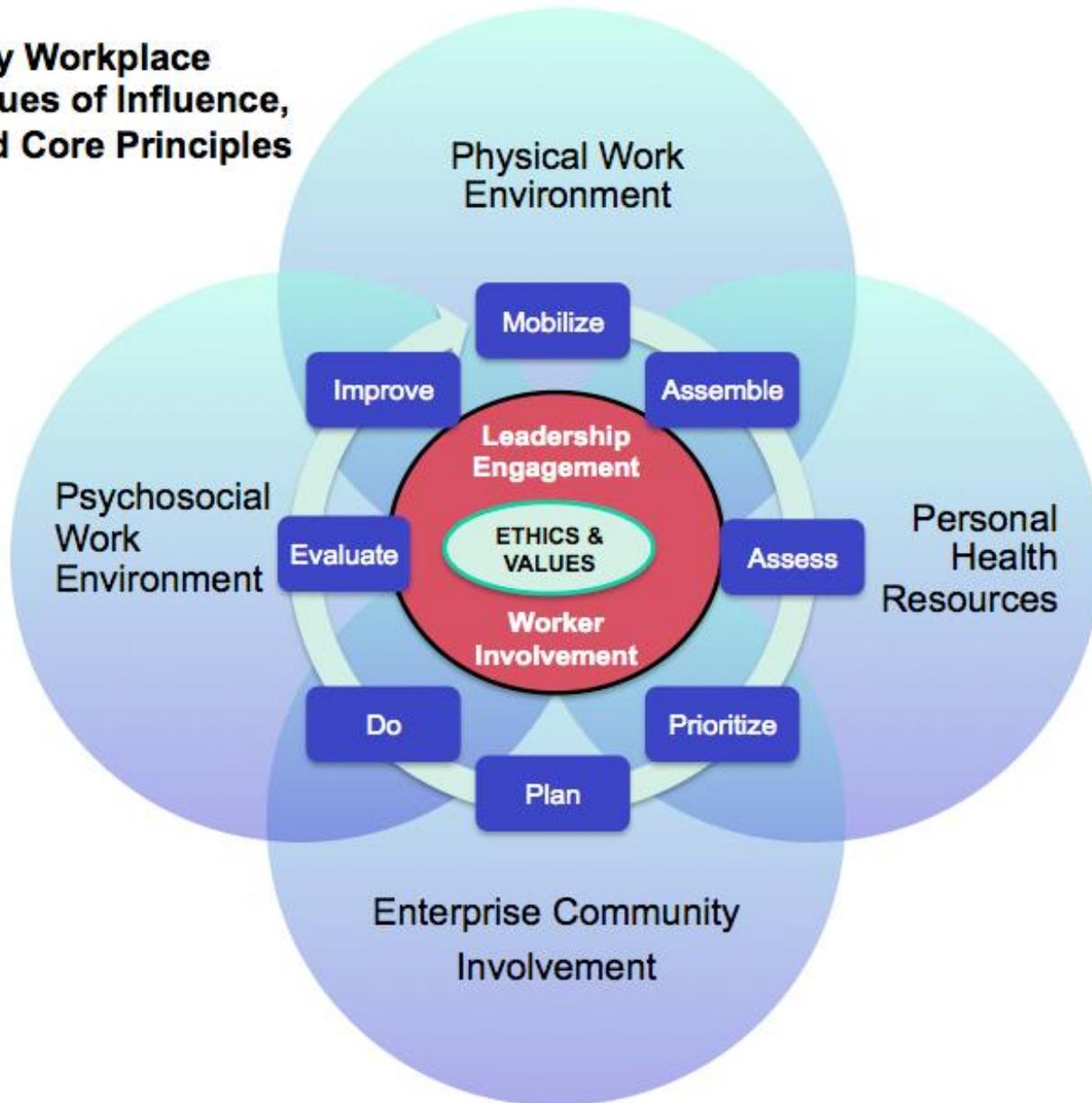
OPTIMAL HEALTHY ENVIRONMENTS IN THE WORKPLACE

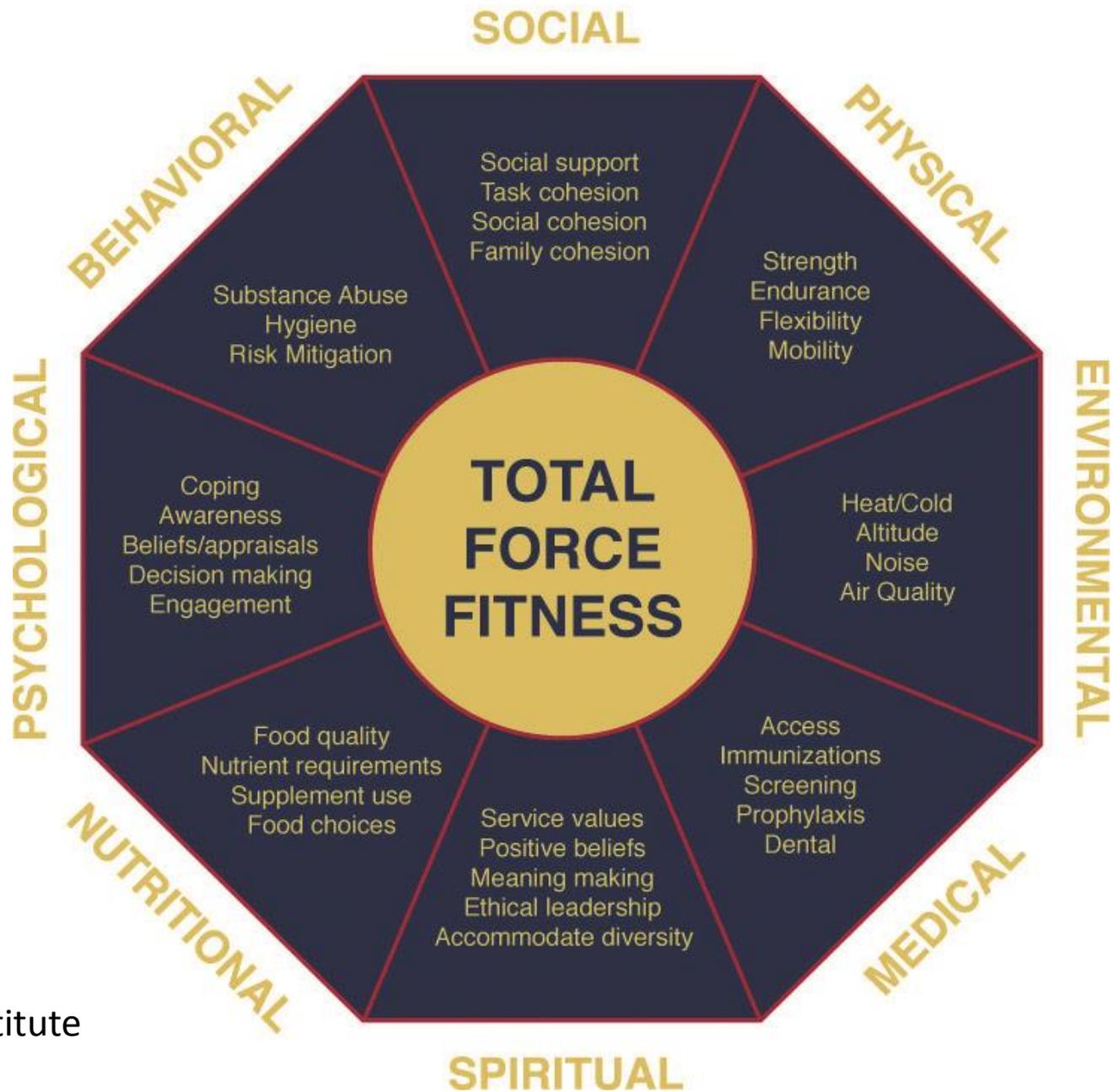
An Optimal Healthy Environment is one that supports and stimulates health by addressing the social, psychological, physical, spiritual and behavioral components of health and well-being.



Inner Environment	Developing Healthy Intention	A conscious determination to cultivate healthy engagement of self and others in meaningful work.
	Experiencing Personal Wholeness	The experience of well-being that occurs when the body, mind and spirit are congruent and harmonious.
Interpersonal Environment	Cultivating Healthy Relationships	The social and professional interactions that foster a sense of belonging, coherence and well-being.
	Creating Healthy Organizations	Healthy organizations are ones that demonstrate a flexible and resilient culture exemplified by authentic leadership, appropriate use of resources, effective decision making and a commitment to the health of staff, families and the community.
Behavioral Environment	Promoting Healthy Lifestyles	Organizations that promote healthy lifestyles provide opportunities to learn and practice behaviors that enhance health and prevent disease.
	Integrative health promotion	Integrative health promotion provides access to and support for practices that blend the best of complementary therapy with conventional care in order to promote whole person health.
External Environment	Creating Healthy Spaces	A healthy work space supports safe practices, minimizes stress, optimizes productivity and well-being.
	Ecological Sustainability	The organization minimizes its carbon footprint through the strategic use of products or practices that support the health of the immediate community and the planet.

Figure ES1
WHO Healthy Workplace
Model: Avenues of Influence,
Process, and Core Principles





Community wellness is a way of life directed at achieving sustainable health, well-being, and socio-economic potential of the community and its members.

Psychological Resilience

Physical Resilience

Social Resilience

Economical Resilience

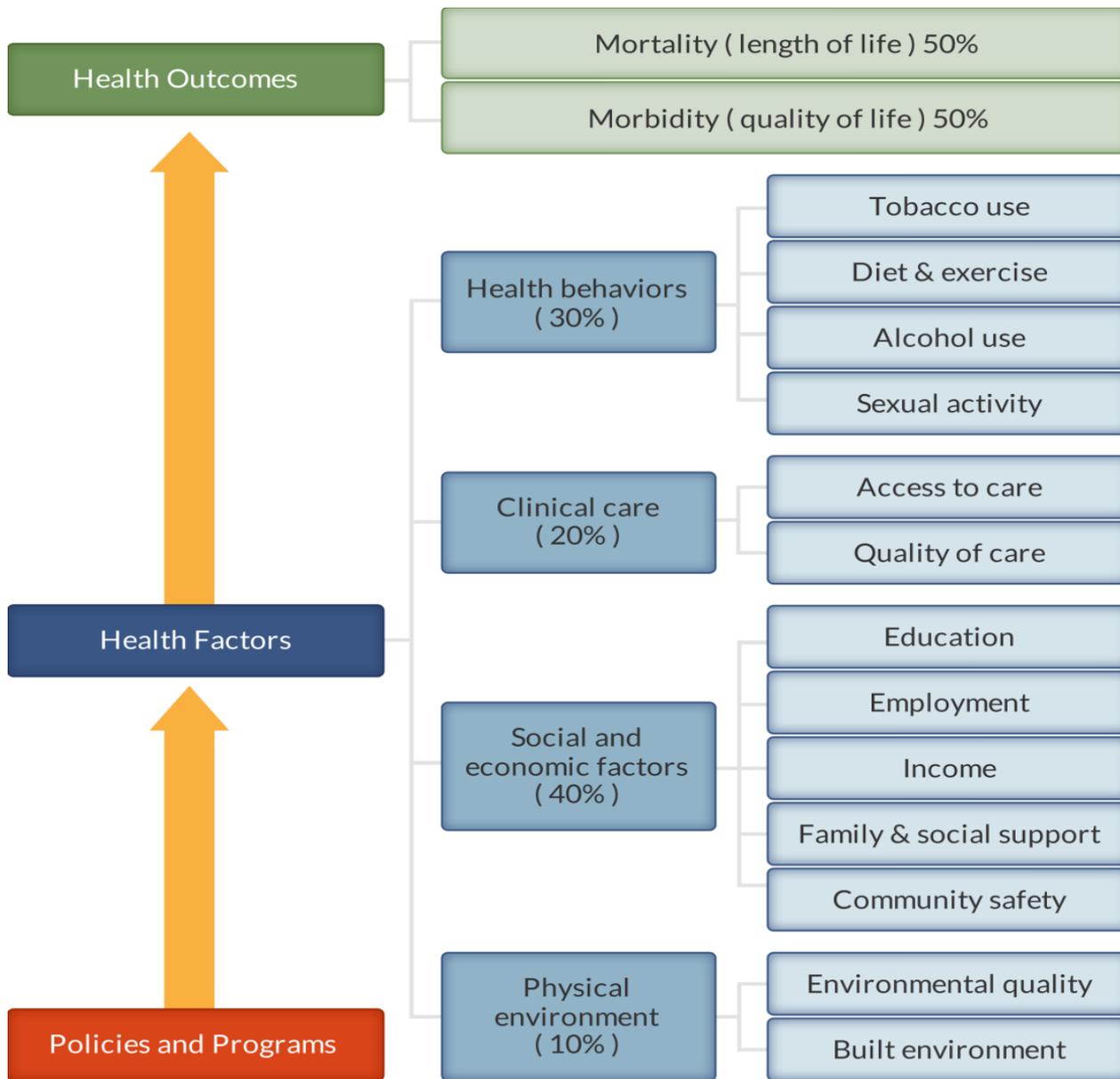
Cultural Resilience

Environmental Resilience

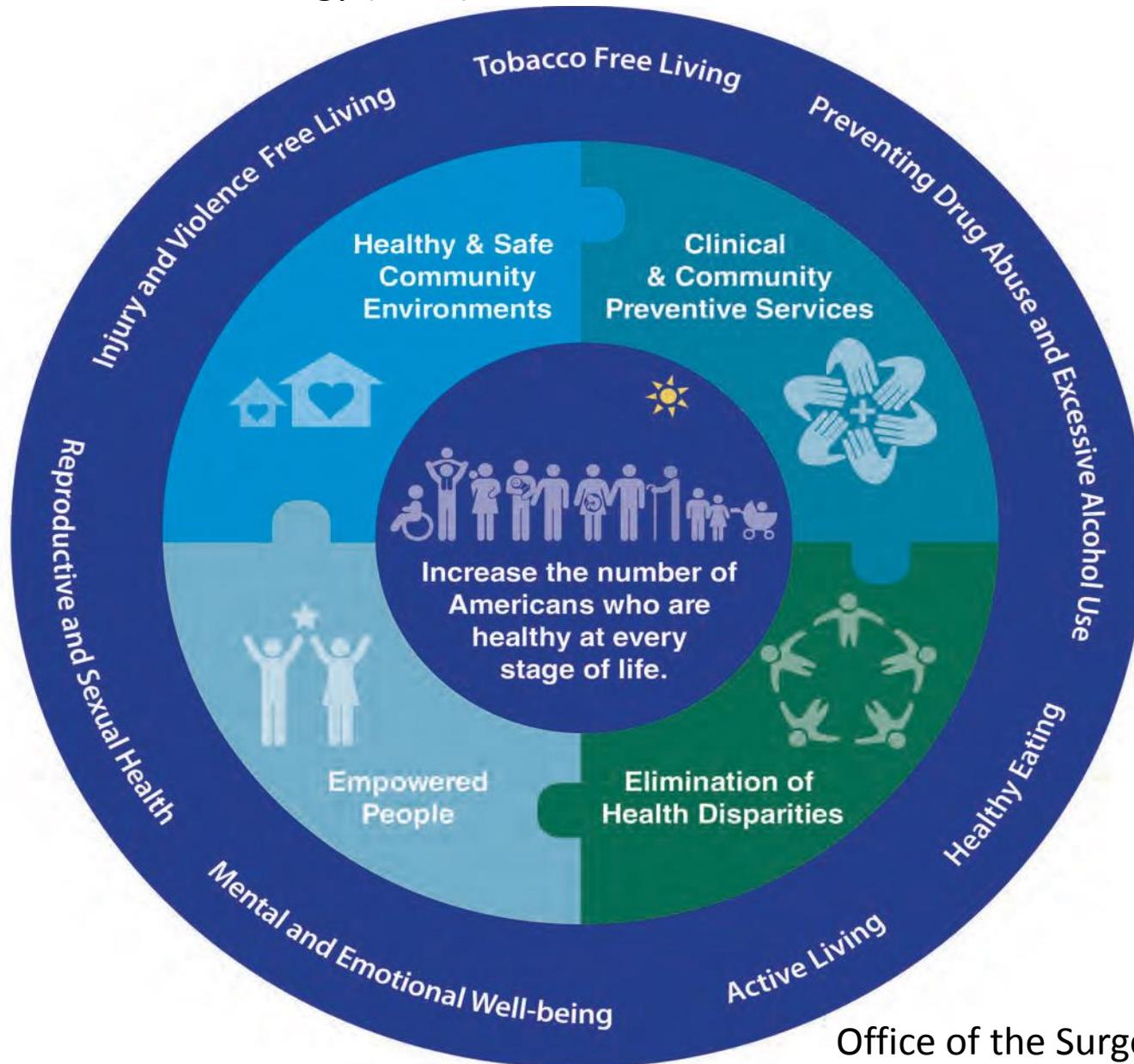
Aware – Goal Directed - Committed to Action – Purposeful – Assets to Invest

PILLARS OF COMMUNITY WELLNESS

Environmental Resilience	Cultural and Historical Resilience	Economic Resilience	Social Resilience	Physical Resilience	Psychological Resilience
Ability to maintain and improve the natural and designed resources of the community, despite adversity.	Ability to maintain the positive norms and values of the community, despite adversity.	Ability to maintain and flourish economically, despite adversity.	Ability to maintain and improve social relationships, despite adversity.	Ability to maintain and improve physical well-being, despite adversity.	Ability to maintain and grow emotional and psychological well-being, despite adversity.
Natural environment (green space)	Values, social norms (i.e. health behaviors; image health; culturally appropriate healthcare services), and attitudes (i.e. discrimination, prejudice, distrust of government)	Education and literacy	Public health systems (healthcare; justice; housing; transportation; policing; etc.)	Healthy lifestyle (nutrition, exercise, sleep, self-responsibility)	Mindfulness (mind-body programs)
Built environment (building sidewalks, roads, lighting, transformation and repurposing)	Community history, emerging stories, rituals, practices, traditions, places & organizations	Job training and employment opportunities	Worksites; schools; recreational setting; community centers	Community access to physical well-being (walking friendly areas, community gardens, equipment, resources, etc.)	Behavioral health professionals, care, services, and support networks (i.e. access)
Environmental safety (pollutions, toxins; hazards, and sanitation)	Language	Workforce development (public service specialist; employer recruitment)	Social networks (websites, organizations, forums, etc.); Supportive relationships (family cohesion and community groups)	Access to healthcare (including behavioral health services)	Adaptive coping, engagement, hardiness, optimism, thriving, resourcefulness
Neighborhood safety (deterioration and disorder; land use and circulation patterns; housing design; ADA accessibility)	Spirituality (i.e., well-being activities and holiday celebrations)	Governance, policy, and funding	Systems of oppression and privilege (based on race, sex/gender, and other identities)	Prevention services (community and clinical)	Crisis support
	Healing from past and present trauma/violence	Flourishing small businesses	Social support (Re-integration, i.e. veterans, homeless persons, displaced residents, refugees, former offenders)		Preparedness programs (disaster, critical incidents, hardiness)



National Prevention Strategy (2011)





The Center for Spirituality and Healing
University of Minnesota