



# Holistic Health

## What is Holistic Health?

*"Prevention is better than cure" - Desiderius Erasmus, c. 1500*

Holistic health is a wellness approach to healthy living. Holistic health emphasizes PREVENTION of illness. Holistic health focuses on the well-being of people's minds and bodies. It encourages people to take responsibility for their health and to understand the importance of their lifestyle choices.

**\*It is VERY IMPORTANT to talk about holistic health choices with your physician to confirm its safety for you.**



## Ways to achieve Holistic Health

### Sleep

Sleep improves learning and problem solving, balances mood, strengthens the immune system, and much more. It is recommended to get more than 7 hours of sleep each night.

Some ways to get better sleep are:

- Have regular sleep and wake routines
- Make your sleeping space calm and comfortable
- Use less technology before sleeping

### Nutrition

Eating a balanced diet and staying hydrated are very important to healthy living. What we put into our bodies affects energy level, brain function, and physical and mental health. Eating well is also important for recovery after an accident or injury. Listen to your body - it will tell you when it needs food and water!

### Socialization

Socializing with others is fun and has tons of benefits. These include physical, cognitive, and mental health benefits. Being social leads to a more fulfilling life and may also decrease the risk of Dementia. Don't wait for people to reach out to you – take the initiative and reach out to them! Here are some ways to socialize:

- Go out to eat with a friend
- Call someone on the phone
- Visit a community center
- Join a Facebook group
- Take a walk & talk to people you see



## Cognitive Exercise

Taking part in regular cognitive exercise, multiple times a week, improves overall health and well-being. Cognitive exercise stimulates the brain and improves brain function. There are many great types of cognitive exercise. It is important that you find the cognitive exercise activities that are moderately challenging and work best for you. Here are some ideas to get you started. These can be done alone or with others, in person or online:

- Do crossword & Sudoku puzzles
- Read newspapers, magazines, books
- Listen to podcasts
- Write stories, poetry, letters
- Learn something new (playing an instrument)
- Re-learn something (a language)
- Play cards and board games
- Individual or Group classes

## Physical Exercise

Taking part in regular physical exercise, multiple times a week, also improves overall health and well-being. Physical exercise improves brain function and decreases the risk of heart and lung diseases. It also decreases stress and anxiety. There are many great types of physical exercise. It is important that you find the types of physical exercise activities that are moderately challenging and work best for you. Here are some ideas to get you started. These can be done in person, at a gym, health club, or online:

- Walking or Running
- Hiking
- Dancing
- Swimming
- Biking
- Yoga
- Meditation
- Individual or Group classes

## Mental Health

‘Mental Health’ means social, emotional, and psychological well-being. Mental Health impacts how we feel, handle stress, connect with others, and maintain our overall health. Everyone’s experience with mental health is unique and valid. Managing mental health can be done in many ways. Here are a few ideas:

- Get therapy
- Join community support groups
- Form positive habits like exercise, healthy eating, or hobbies
- Socialize
- Journal
- Complete self-care activities

More information can be found on our website: [“Mental Health Brochure.”](#)



## Some Alternative Health Practices

- **Massage Therapy:** Techniques to move soft tissue and muscles. This can be relaxing. It may also decrease back pain, headaches, arthritis, depression, and anxiety.
- **Chiropractic Care:** Adjusting muscles and bones to realign joints. This can decrease pain and discomfort.
- **Herbalism:** The use of herbs and natural materials to manage physical symptoms. An example is using a supplement of turmeric if you have an autoimmune disease.
- **Acupuncture:** Relieving pain by placing very thin needles in your body to activate your body's natural painkillers. This is often used for chronic headaches.

\*Again, it is VERY IMPORTANT to talk to with your physician about holistic health choices to confirm their safety for you!



See next page for resources and references.



*Cognitive-Community Integration Lab*  
*“Active Brain, Healthy Brain”*

## Resources

American Holistic Association: <https://ahha.org/>

Sleep Information: [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)

Mental Health: <https://www.mentalhealth.gov/basics/what-is-mental-health>

Physical Health: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

## References

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