



Employee Whole Health: From Burnout to Balance

“The Personal Health Inventory and Discovering Your MAP”

Presenter



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Learning Objectives

Review the Whole Health model
and the Circle of Health

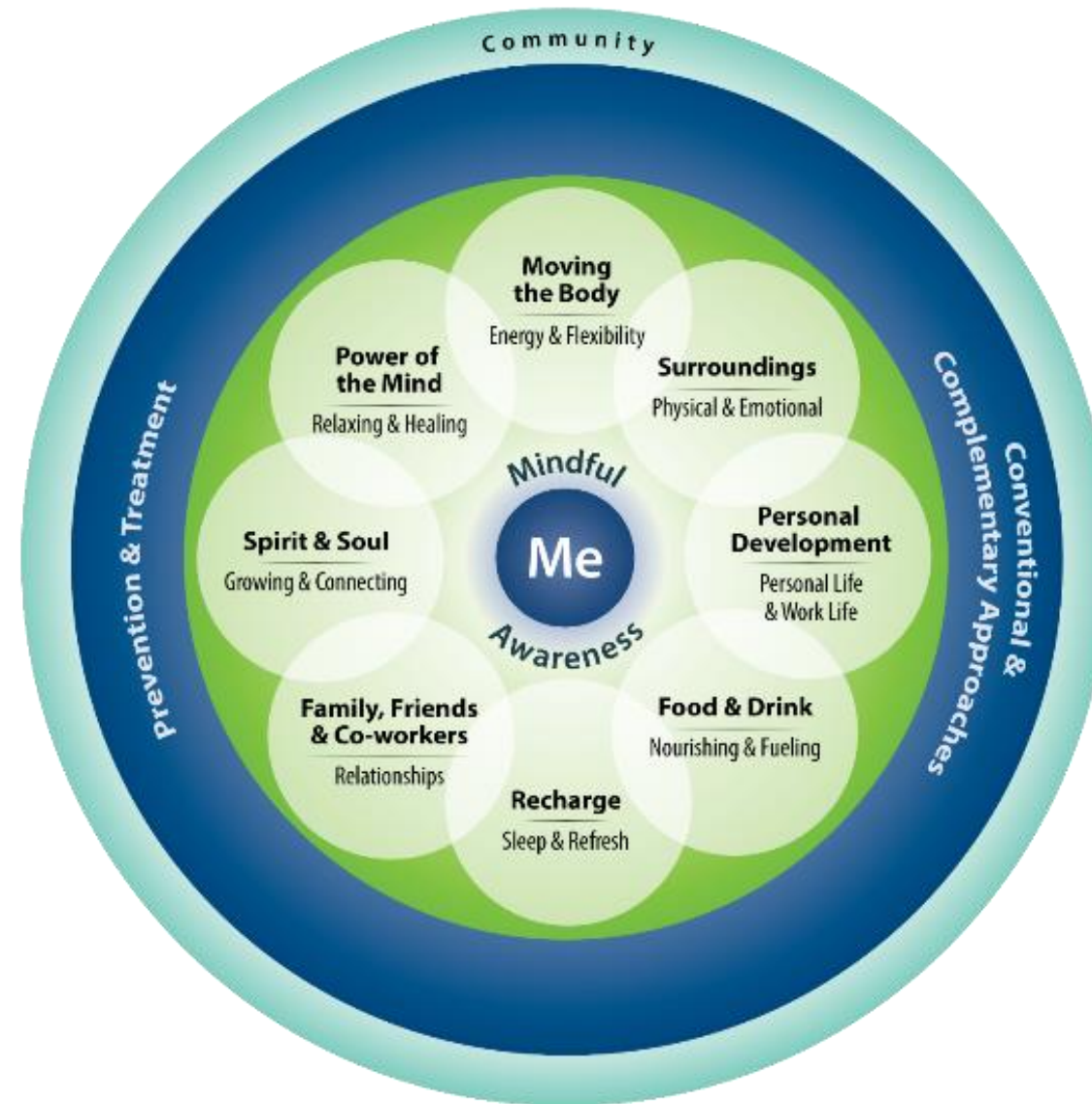
Identify your mission, aspiration,
and purpose in life

Use the Personal Health Inventory
assessment to set health goals



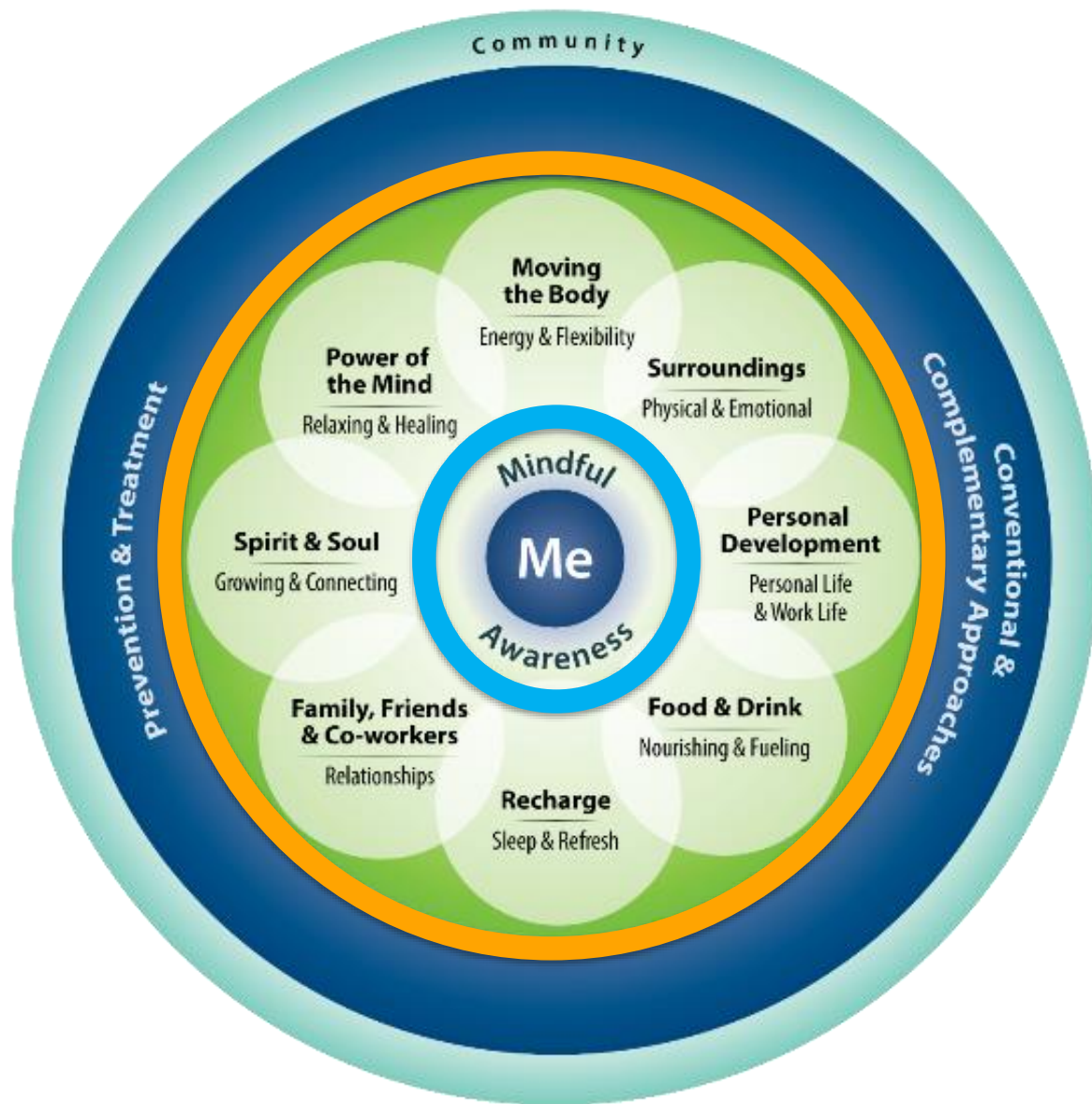
What is Whole Health?

What's the matter with you?



What matters to you?

The Circle of Health



Use the Circle to take a **Personal Inventory** of your health

Personal Health Inventory

What is your *mission*,
aspiration, or *purpose*?

Live Whole Health. VA U.S. Department of Veterans Affairs
Veterans Health Administration

PERSONAL HEALTH INVENTORY

Use this circle to help you think about your whole health.

- "Me" at the center of the circle: This represents what is important to you in your life, and may include your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is about noticing what is happening when it happens.
- Your everyday actions make up the green circle. Your options and choices may be affected by many factors.
- The next ring is professional care (tests, medications, treatments, surgeries, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people, places, and resources in your community. Your community has a powerful influence on your personal experience of health and well-being.

Rate where you feel you are on the scales below from 1–5, with 1 being not so good, and 5 being great.

Physical Well-Being 1 NOT SO GOOD 2 3 4 5 GREAT

Mental/Emotional Well-Being 1 NOT SO GOOD 2 3 4 5 GREAT

Life: How is it to live your day-to-day life? 1 NOT SO GOOD 2 3 4 5 GREAT

What matters most to you in your life right now? Write a few words to capture your thoughts:

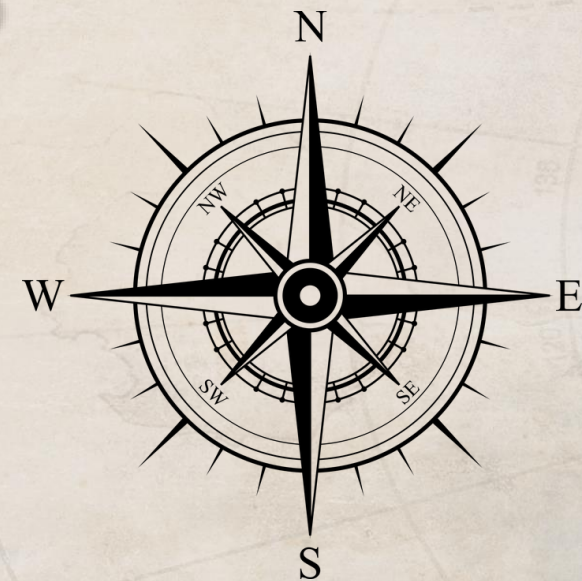
Live Whole Health.

Discovering Your MAP

What really matters to you in your life right now?

What brings you a sense of joy and happiness?

What do you need your health for?



Self-Care on the PHI

Building Blocks of Health and Well-being	Where I am Now (1-5)	Where I Want to Be (1-5)
<p>Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do.</p>		
<p>Recharge: Our bodies and minds need rest in order to optimize our health. Recharging also involves activities that replenish your mental and physical energy.</p>		
<p>Food and Drink: What we eat, and drink can have a huge effect on how we experience life, both physically and mentally.</p>		
<p>Personal Development: Our health is impacted by how we spend our time. We feel best when we can do things that really matter to us or bring us joy.</p>		
<p>Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being.</p>		
<p>Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Spiritual connection can take many forms.</p>		
<p>Surroundings: Surroundings include where we live, work, learn, play, and worship—both indoors and out. Safe, stable, and comfortable surroundings have a positive effect on our health.</p>		
<p>Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping.</p>		

Rating the Self-Care Areas

On a scale of 1 – 5, consider:

- Where are you **right now**?
- Where would you **like** to be?



The Self-Care Areas

Moving the Body

- Energy
- Strength
- Flexibility



The Self-Care Areas

Surroundings

- Physical
- Emotional
- Environment



The Self-Care Areas

Personal Development

- Time/energy use
- Personal life
- Work life



The Self-Care Areas

Food and Drink

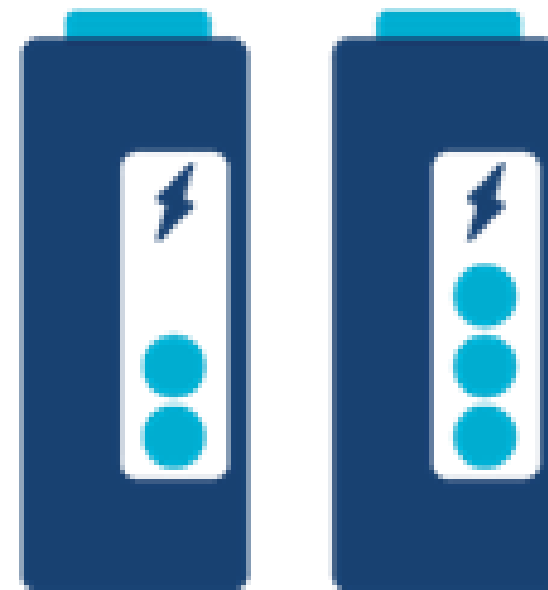
- Fueling
- Nourishing
- Healthy habits



The Self-Care Areas

Recharge

- Rest
- Sleep
- Refresh



The Self-Care Areas

Relationships

- Family
- Friends
- Co-workers



The Self-Care Areas

Spirit and Soul

- Meaning
- Growing
- Connecting



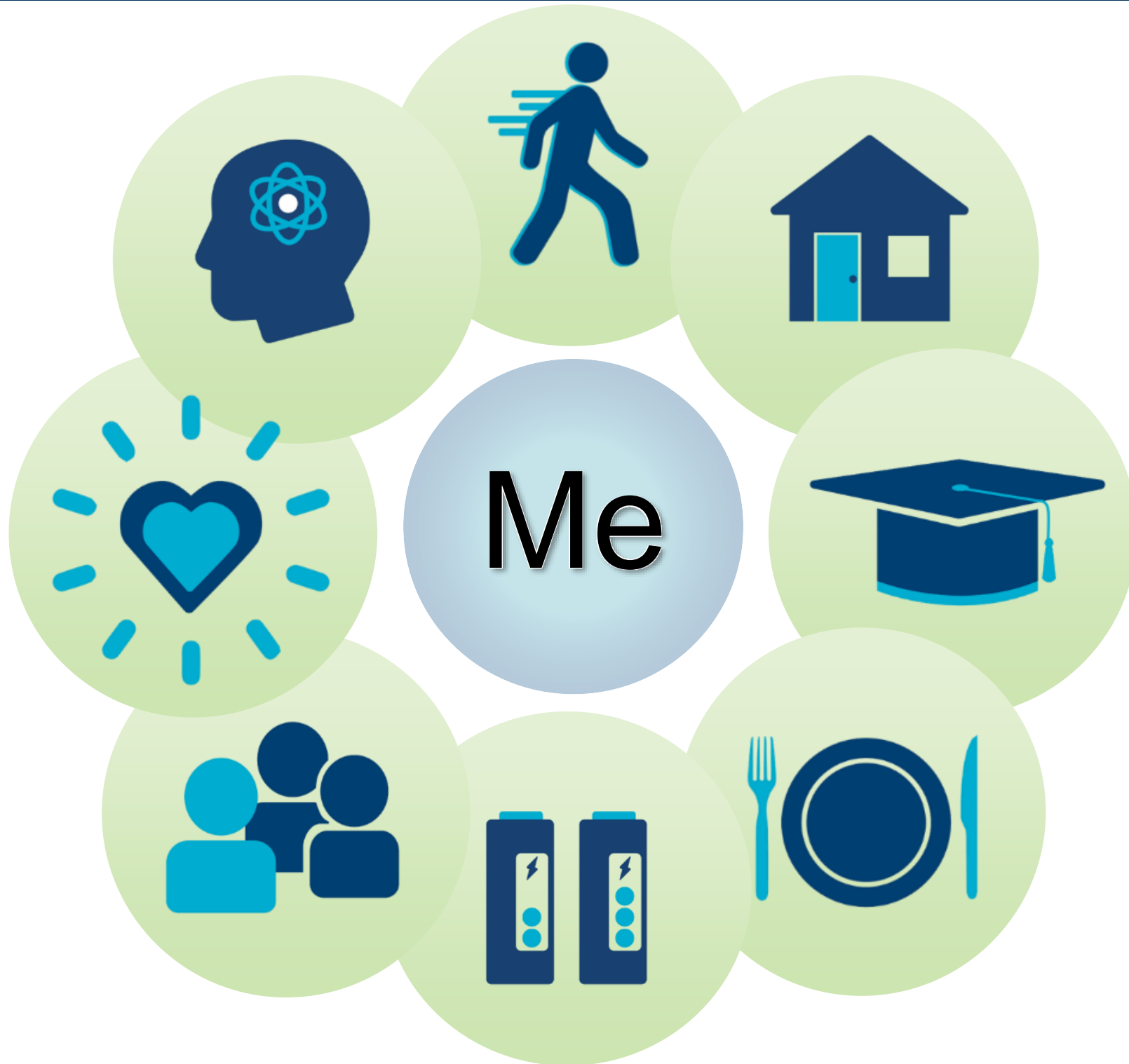
The Self-Care Areas

Power of the Mind

- Visualizing
- Relaxing
- Healing



Self-Care Domains



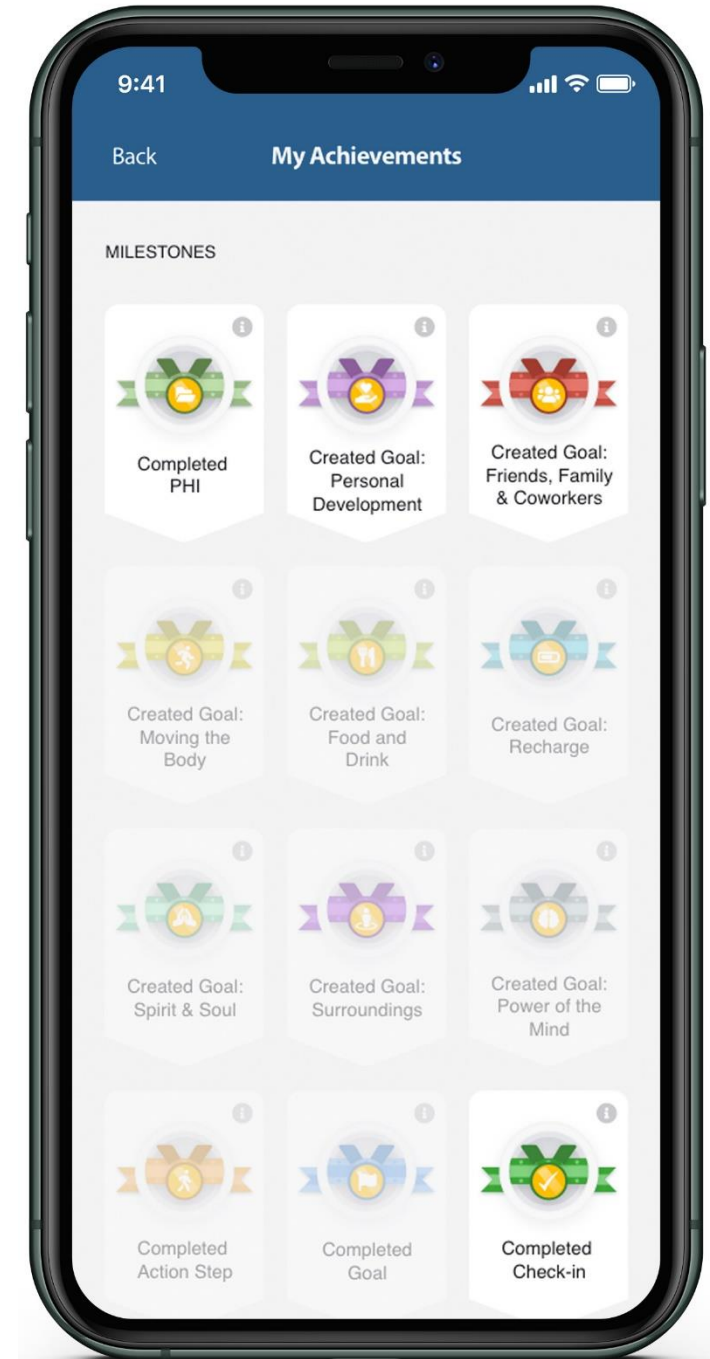
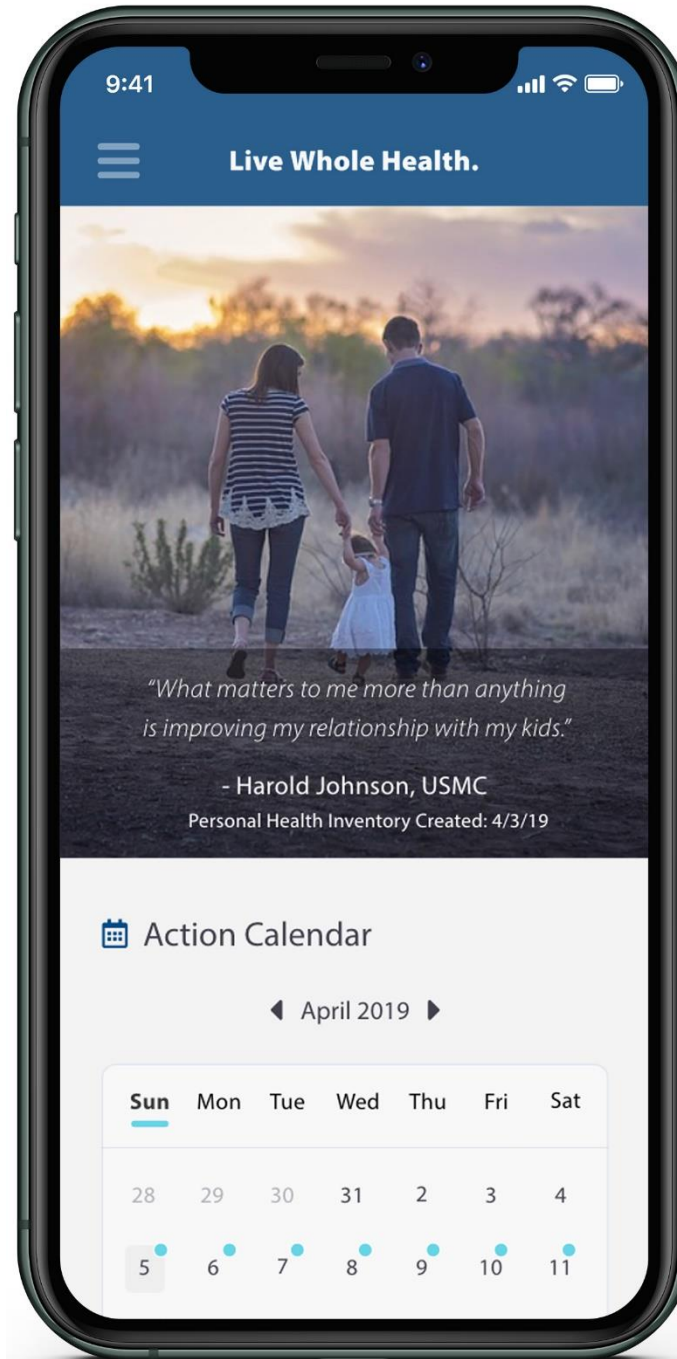
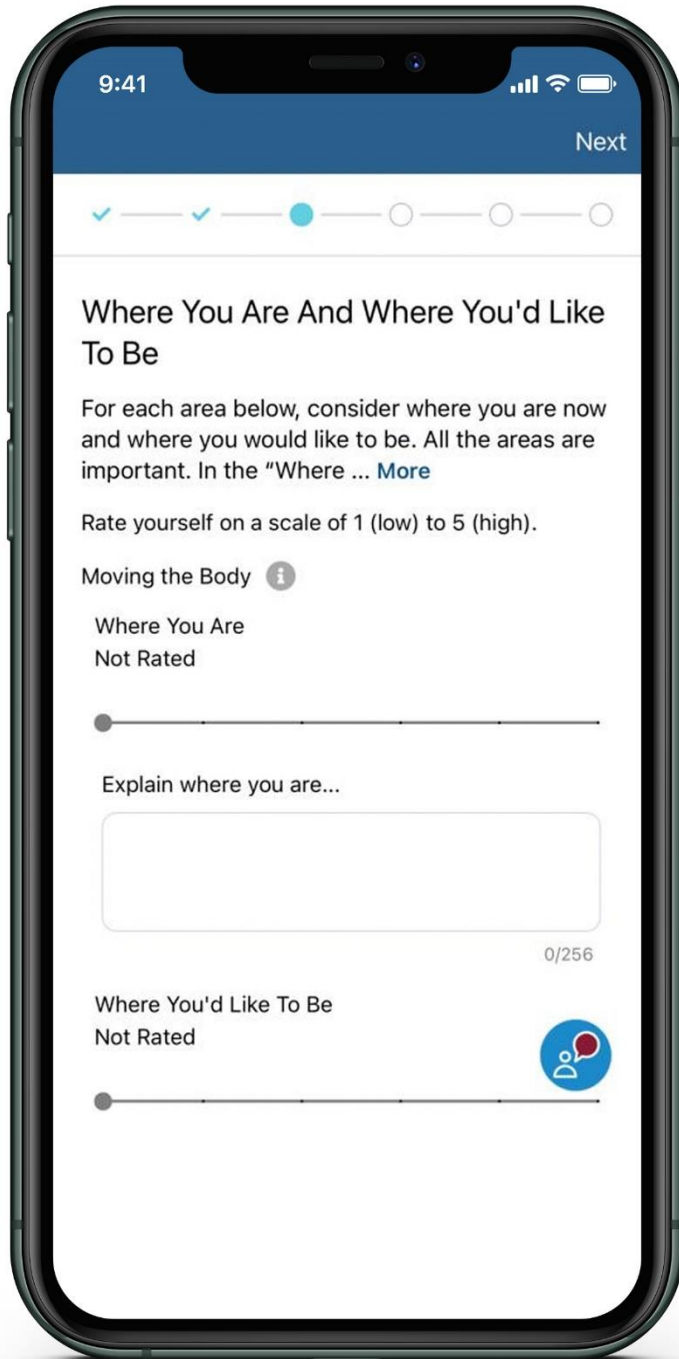
What Comes Next?

Personal Health Planning

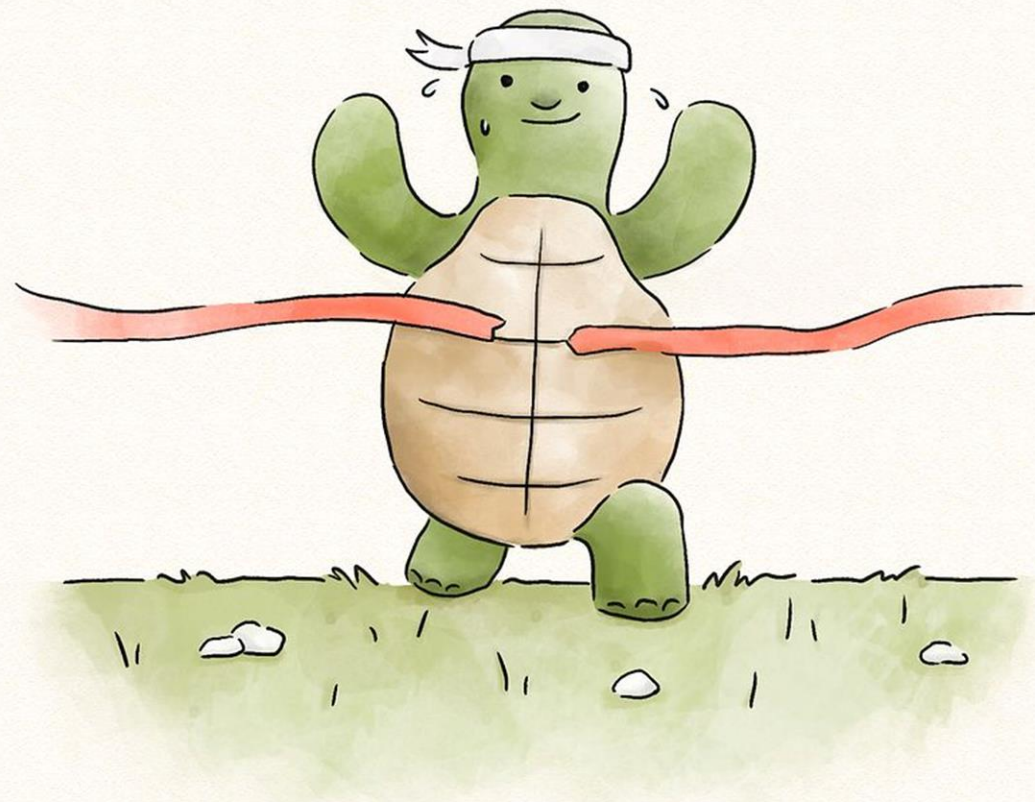
- Mission/Aspiration/Purpose
- Goals
- Strengths/Challenges
- Skills or education needed
- Resources needed
- Health history
- Support team



Live Whole Health Mobile App



You Got This!

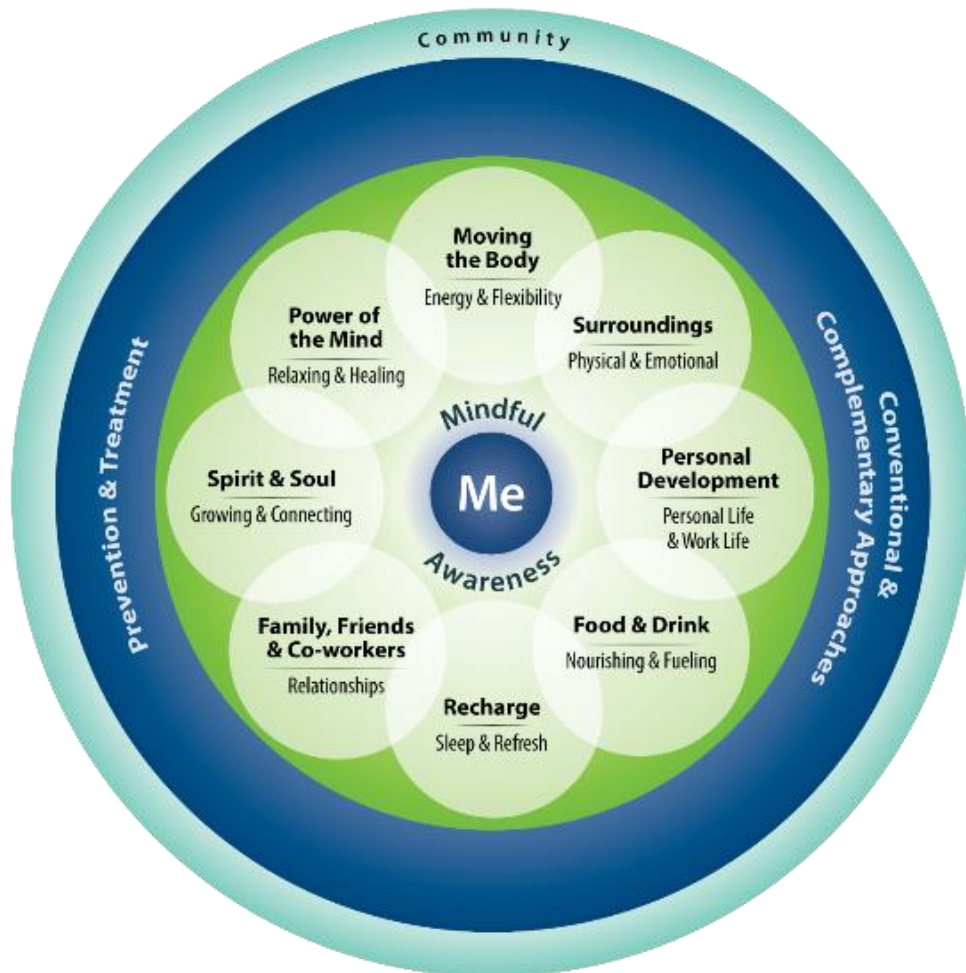


Next Month

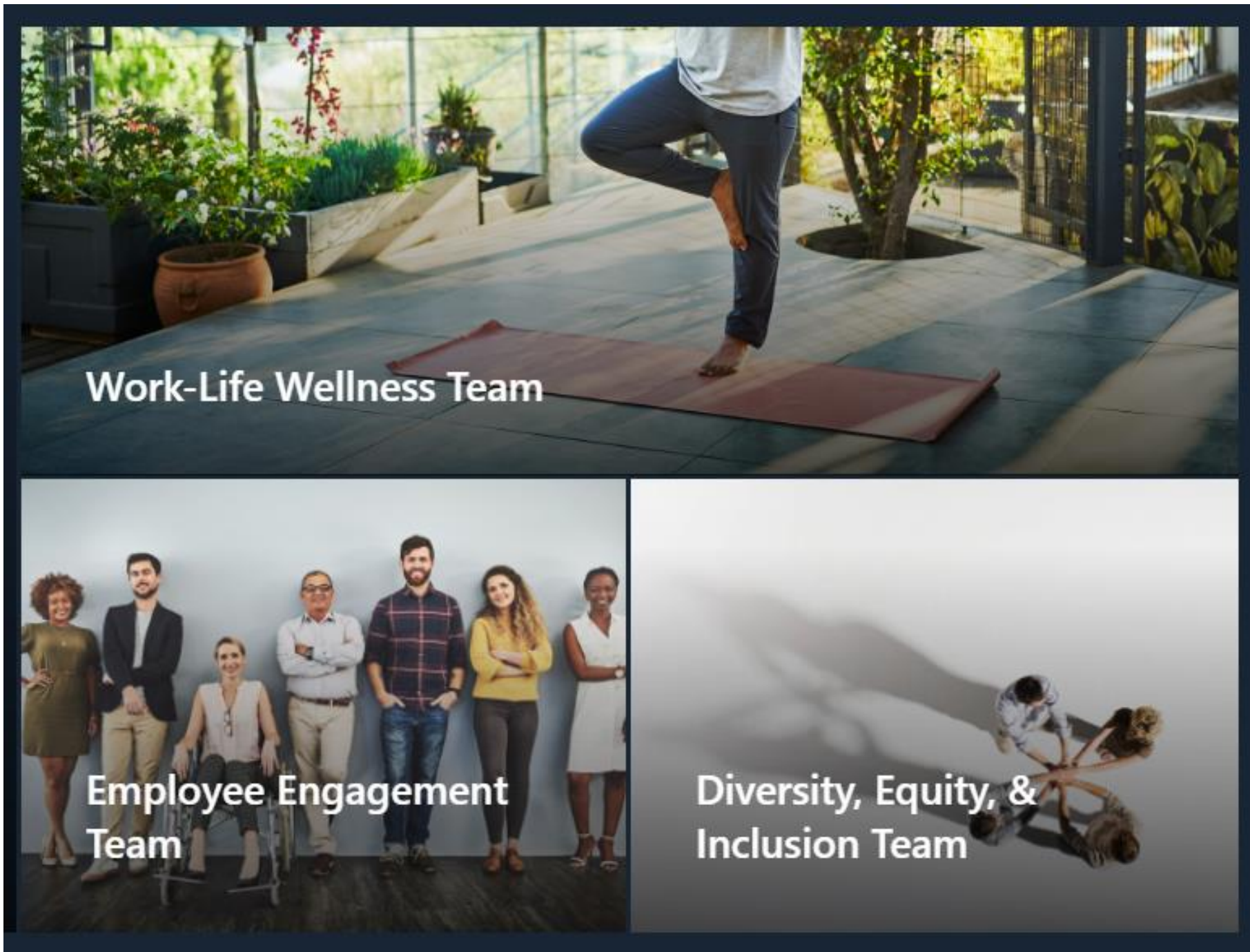
Please join us for the next
*Employee Whole Health: From
Burnout to Balance* event

“The Six Drivers of Burnout:
Recognition”

When: April 29, 2024,
at 12:30-1 p.m. ET



WWEE SharePoint



Thank you!

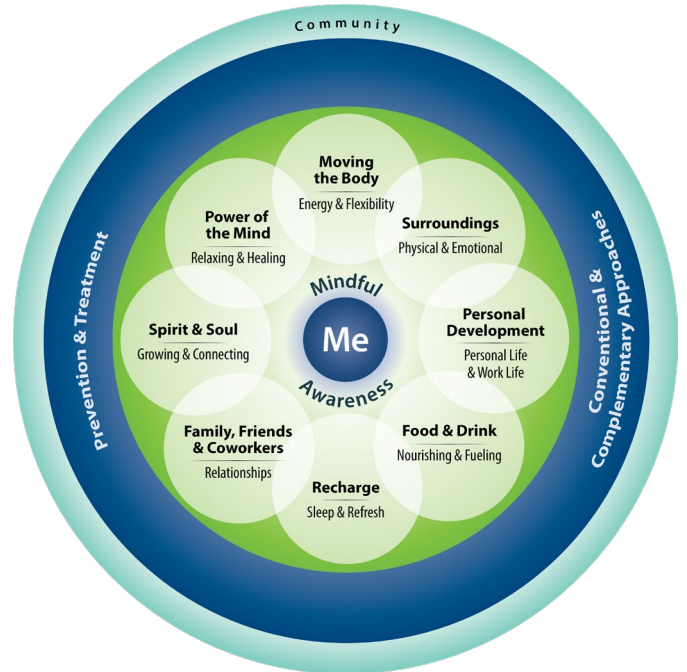
For additional questions or comments, please
contact the Work-Life Wellness and
Employee Experience Division at
HCSEmployeeExperience.VBACO@va.gov



Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-Being				
1 Miserable	2	3	4	5 Great
Mental/Emotional Well-Being				
1 Miserable	2	3	4	5 Great
Life: How is it to live your day-to-day life?				
1 Miserable	2	3	4	5 Great

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:



Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Self Care	Where I am Now (1-5)	Where I Want to Be (1-5)
Moving the Body: Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.		
Recharge: Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.		
Food and Drink: What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.		
Personal Development: Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.		
Family, Friends, and Co-Workers: Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.		
Spirit and Soul: Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.		
Surroundings: Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.		
Power of the Mind: Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions.		
Professional Care: “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.		

Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

Are there any areas you would like to work on? Where might you start?

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.