

# HEALTH & WELLNESS

Total Health encompasses eight dimensions of wellness and integrates fitness of the mind, body and soul. Creating self-awareness within these dimensions is the first step towards optimizing our well-being and performance to live a healthy and happy life.



## TOTAL HEALTH



## COURSE MENU

### TOTAL HEALTH WORKSHOPS

1-2 hour workshop are available upon request and focus on any of the Total Health dimensions: Spiritual, Emotional, Social, Intellectual, Physical Occupational, Financial, or Environmental. These workshops can be tailored to meet the needs of your unit.

### FIRST-LINE LEADER

This 8-hour course, for E5 and above, is designed to build well-balanced leaders equipped with the skills and tools necessary to build cohesive and ready teams. \*A Total Health workshop is available for Junior Enlisted during this time, if requested.

### BASIC COURSE

This 10-day course, in lieu of AT, focuses on behavior change and self-awareness. Students take a deep dive into each dimension of Total Health. Students gain a better understanding of their strengths and areas for growth. This self-awareness can contribute to the overall improvement of the team as individuals become more effective in their roles.

### LEADERS COURSE

This 5-day course, is for E4(P) and above, focuses on coaching through motivational interviewing and organizational change. This course is for those that want to grow as a leader and learn how to create lasting change with those they lead.

## DIMENSIONS OF HEALTH

### PHYSICAL

Proactively preventing illness, injury, or disease risk through regular wellness, vision, and dental check-ups. Exploration of movement, nourishment, and sleep that are optimal for an individual to perform tasks and duties in order to complete the mission and to enhance our lives.

### INTELLECTUAL

Observing different thoughts, opinions and beliefs of others, with curiosity (not judgement) to understand diverse points of view. Actively pursuing new knowledge and skills to continue personal development and growth for a strong mind.

### SOCIAL

Building a strong support group with healthy relationships and connectedness. Demonstrating commitment and showing concern for other's needs over one's own, to include the welfare of family, friends, the military and the nation.

### FINANCIAL

Understanding effective money management skills, processes and resources to accomplish your current and future financial goals.

### OCCUPATIONAL

Finding healthy work habits, personal achievement, enjoyment, work-life balance and seeking opportunities for growth.

### ENVIRONMENTAL

Creating and preserving a space to promote optimal learning, contemplation, and/or relaxation that supports well-being. Caring for belongings by performing regular preventative services to maintain functionality and quality.

### EMOTIONAL

Recognition of emotions as they arise, creating awareness around strengths and limits, and building coping skills and stress management strategies.

### SPIRITUAL

Discovery and exploration of core values, purpose, and meaning to find connection and build a solid foundation



<https://www.imd.idaho.gov/total-health/>



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@IDAHO\_NG\_HEALTH\_AND\_WELLNESS

Service Member & Family Support  
Gowen Field, Bldg 254



CPT MICHAEL RAMEY  
208-272-3271

idngj9healthandwellnessbranch@army.mil