

WORKING YOUR BODY

Exercise gives you energy and strength. Movement can make you more flexible. Exercise is also good for your mind. Find what works for you.

SURROUNDINGS

Your environment can affect your health. It's good to have a safe, comfortable, and healthy space. You may have problems with safety, or things like clutter, noise, bad smells, poor lighting, or water quality. Improve what you can.

PERSONAL DEVELOPMENT

No matter what stage you are at in life, you can learn and grow. You might learn for your job, your health, a hobby, or personal area of interest. Learning is rewarding and exercises your mind.

FOOD AND DRINK

What you eat and drink can nourish your body and mind. Choose healthy eating habits that fit your lifestyle. Certain supplements can support your health goals. Limit alcohol, caffeine, and nicotine. Keep your body and mind properly fueled.

RECHARGE

Sleep is very important for your body and mind. Rest can give you peace. Relaxation can lower stress. Activities you enjoy can help you feel recharged. A good balance between activity and rest improves your health and well-being.

FAMILY, FRIENDS, AND COWORKERS

Feeling alone can sometimes make you get sick or keep you sick. Positive social relationships are healthy. A healthy intimate relationship with a life partner can be a source of strength. It is good to talk to people who care about you and listen to you.

SPIRIT AND SOUL

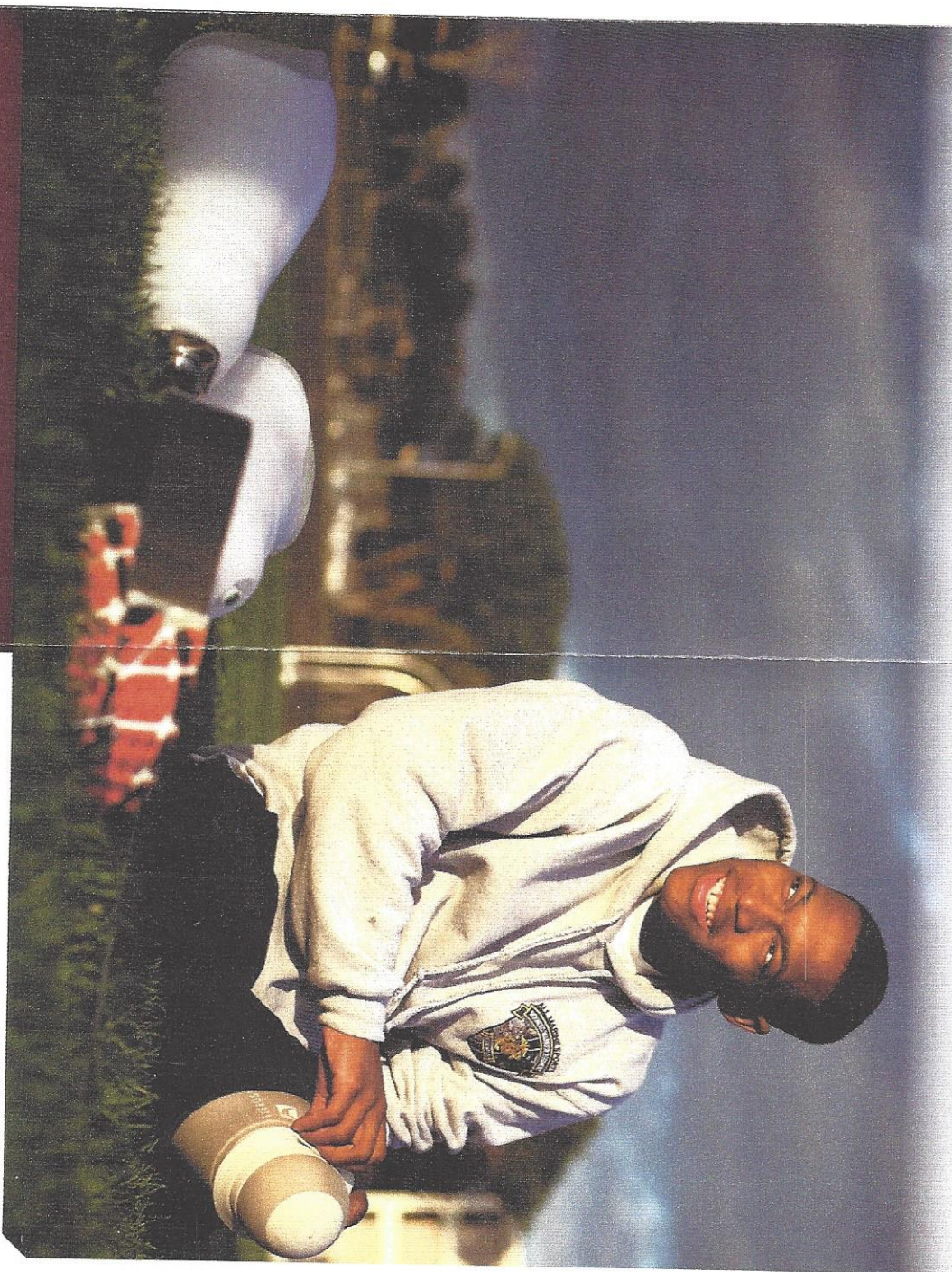
A sense of meaning and purpose in life is important to many people. When things are hard, where do you turn for strength and comfort? Some people turn to spiritual or religious faith. Some people connect with nature, art, or music. Some prefer quiet time alone or want to help others.

POWER OF THE MIND

Your mind can affect your body. Sometimes when you think about stressful things, your heart rate and blood pressure go up. You can use the power of your mind to lower blood pressure or control pain. Learn to use the connection between your body, brain, and mind.

**Whole
Health**
for
Life

COMPONENTS OF PROACTIVE HEALTH
AND WELL-BEING



HEALTH: YOU AS A WHOLE PERSON

You are the expert on you! What really matters to you? Why do you want or need your health? What do you want your life to be like? Sometimes, it is hard to figure this out.

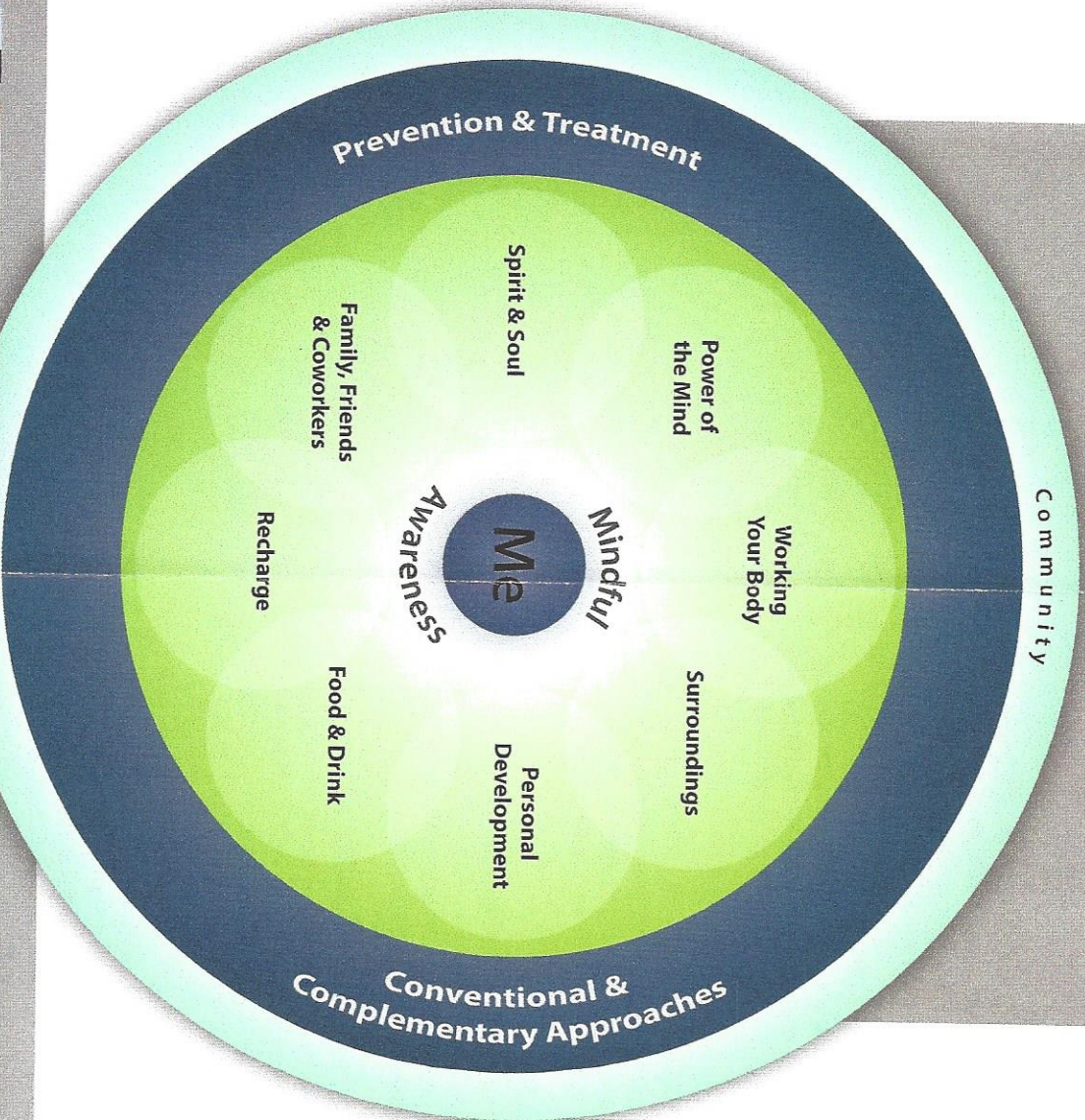
The Components of Proactive Health and Well-Being will help you think about your whole health. All of the areas in the circle are important; they are connected.

What REALLY matters to you in your life?

What brings you a sense of joy and happiness?

What is your vision of your best possible health?

Components of Proactive Health and Well-Being



 YOUR MISSION
FOR LIFE



Whole Health for Life

FOR QUESTIONS OR
TO SIGN UP FOR SERVICES

Omaha Whole Health
402-599-2130

VA



U.S. Department of Veterans Affairs
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Nebraska-Western Iowa Health Care System

VA



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