

3RD Annual Well Church & Community Conference: Exploring Whole Health

W.R.A.P.

Well Resource Application Packet

Well Church & Community Conference: Exploring Whole Health

Welcome to the 3rd Annual Well Church and Community Conference! We're grateful and excited that you can jump-start your journey to health and wellness with us. This Conference aims to equip clergy, congregants, and wellness ministries with the necessary tools and resources to better serve and connect to address health needs in a holistic approach. We hope that you find this resource helpful, as you navigate your health journey.

Whole Health

Our topic this year focuses on a Whole Health perspective, including individual dimensions of healthy living (see below) to connect with our church, communities, families, and ourselves. By learning how to balance and improve each dimension you will be working towards a more holistic approach to health and well-being.

- **Emotional** - The emotional dimension of Whole Health relate to the external and internal factors that affect one's emotions and the ability to handle those emotions (e.g., cope with stress effectively, communicate feelings).
- **Physical** - The physical dimension of Whole Health relates to the way an individual takes care of themselves physically (e.g., living a physically active lifestyle, eating healthy foods, caring for the body).
- **Occupational** - The occupational dimension of Whole Health relate to the effects of one's job has on their lifestyle habits and personal satisfaction (e.g., having healthy relationships at work, feeling competent, autonomous, and enjoying what you do).
- **Social** - The social component dimension of Whole Health relates to the social connections and relationships (e.g., designating time with family and friends, attending social gatherings, including religious events and services).
- **Spiritual** - The spiritual dimension of Whole Health relates to the religious and spiritual aspects of people's lives (i.e., experiencing the presence of the Divine, applying religious beliefs into one's life, attending religious services, prayer, and other religious practices).
- **Intellectual** - The intellectual dimension of Whole Health relates to brain health and growth (e.g., doing a puzzle, word search, or reading), and any connection to the 'mind' (e.g., thoughts, perceptions).
- **Environmental** - The environmental dimension of Whole Health relates to the atmosphere of the social and physical environment in which a person lives (e.g., keeping the company of healthy people, having an environment that is safe and healthful).
- **Financial** – The financial dimensions of Whole Health relates to financial knowledge and skills for planning and managing expenses (i.e. keep a budget, set realistic goals, being a good steward).



Whole Health dimensions and descriptions along with additional practices can be found here: [8 Dimensions of Well-Being | Health Education & Prevention | CSU Pueblo](#)

Discussion Questions

How is your church currently promoting whole health or any of the dimensions? Why or why not?

Do congregants within your church encourage healthy behaviors to you or others? Why or why not?

How can clergy/church leaders at your church positively encourage families and individuals to make deeper connections with their religion and health?

What healthy changes would you like your church to prioritize?

Resources

Find Well Church Initiative resources at wellchurch.tamu.edu

- Well Church & Community Conversations Series
- Well Church Insights

Use the Circle of Wellness for Whole Health guidance

- Whole Health dimensions and descriptions along with additional practices can be found here: [8 Dimensions of Well-Being | Health Education & Prevention | CSU Pueblo](#)

Church Policy Examples³ - Below are examples of policies (guidelines) and related actions.

Policy: There will be a physical activity break in all church or faith community events that last longer than 1 hour	
Actions:	Who will implement policy:
Take a 10-minute stretch or walk break during a church or faith community meeting	Clergy leadership or designated individual
Policy: All church or faith community events that serve food will include fruits and vegetables	
Actions:	Who will implement policy:
Potlucks or luncheons will include at least 3 vegetable dishes and 3 fruit options	Kitchen staff or congregation
The nursery will have at least 1 fruit option	Nursery supervisors/teachers

References

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2020-2025. 8th ed. Washington, DC: U.S. Government Printing Office; 2020. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf. Accessed February 8, 2023.
2. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd ed. Washington, DC: U.S. Department of Health and Human Services; 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition_Presentation.pdf. Accessed February 13, 2023.
3. FAN Assessment & Planning Guide. http://prevention.sph.sc.edu/Resources/docs/2_Assessment-Planning-Jan2019.pdf. Published 2019. Accessed February 14, 2023.
4. “8 dimensions of well-being,” Pueblo, <https://www.csupueblo.edu/health-education-and-prevention/8-dimension-of-well-being.html#:~:text=Wellness%20comprises%20of%20eight%20mutually,being%2C%20and%20quality%20of%20life>. Accessed Jul. 5, 2024.
5. “Veterans Affairs,” Go to VA.gov, <https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp>. Accessed Jul. 1, 2024.