



NATURAL *h* EALTH  
i m m e r s i o n

MODULE NUMBER ONE

# Self -Assessment, Goals, Purpose

habits

why

self-assessment

Accuracy	Cooperation	Excitement	Independence	Positivity	Spontaneity
Achievement	Correctness	Expertise	Ingenuity	Practicality	Stability
Adventure	Courtesy	Exploration	Inner Harmony	Preparedness	Strategic
Altruism	Creativity	Expressiveness	Inquisitiveness	Professionalism	Strength
Ambition	Curiosity	Fairness	Insightfulness	Prudence	Structure
Assertiveness	Decisiveness	Faith	Intelligence	Quality-orientation	Success
Balance	Dependability	Family	Intellectual Status	Reliability	Support
Belonging	Determination	Fitness	Intuition	Resourcefulness	Teamwork
Boldness	Devoutness	Fluency	Joy	Restraint	Thankfulness
Calmness	Diligence	Focus	Justice	Results-oriented	Thoroughness
Carefulness	Discipline	Freedom	Leadership	Rigor	Thoughtfulness
Challenge	Discretion	Fun	Legacy	Security	Timeliness
Cheerfulness	Diversity	Generosity	Love	Self-actualization	Tolerance
Clarity	Dynamism	Goodness	Loyalty	Self-control	Traditionalism
Commitment	Economy	Grace	Making a difference	Selflessness	Trustworthiness
Community	Effectiveness	Growth	Mastery	Self-reliance	Truth-seeking
Compassion	Efficiency	Happiness	Merit	Sensitivity	Understanding
Competitiveness	Elegance	Hard Work	Obedience	Serenity	Uniqueness
Consistency	Empathy	Health	Openness	Service	Unity
Contentment	Enjoyment	Holiness	Order	Shrewdness	Usefulness
Contribution	Enthusiasm	Honesty	Originality	Simplicity	Vision
Control	Equality	Honor	Patriotism	Soundness	Vitality

# The Main Thing

Knowing our principles and values will always keep us setting goals that we will follow through with because they are important to us. It also keeps us going in the right direction.

“The main thing is to keep the main thing the main thing.” *Stephen Covey*

What goals do you want to achieve?

- ✓ Relationships
- ✓ Career
- ✓ Business
- ✓ Education
- ✓ Family
- ✓ Financial
- ✓ Health
- ✓ Contribution
- ✓ Entertainment (FUN)



# Goal Setting

The more control you have over a goal, the better chance you have of attaining it. If you set the goal by the performance of the action rather than the outcome, you will be happier. For example, you might set a goal to finish a 5K (performance-based) rather than to score in the top 10 at the 5K (outcome-based).

- There are several steps in goal setting:
  - Become aware of a need.
  - Envision the outcome.
  - Set the intention.
  - Focus on the goal.
  - Take action to achieve the goal.
  - Have faith that if you set the intention, focus, and take action, you will reach your goal or the best outcome.

# Mindfulness

FOR ILLNESS AND PAIN MANAGEMENT



Mindfulness has been studied through empirical research and has been shown to enhance ALL function in the middle prefrontal lobe area of the brain. Mindfulness has even been shown to have numerous medical benefits including immune function.

This is pretty new research and they're still going back and forth over just how much is changed by mindfulness. I've attached some additional reading from the US Department of Health and Human Services. It shows research on different conditions that's been conducted and the results. If you have something like pain management, ulcerative colitis, fibromyalgia, or Multiple Sclerosis, I highly recommend clicking on the link and taking a peek at the research. It's pretty easy to read and understand.

So...what are we waiting for? Not too many pills that can offer a list like this.

Mindfulness: Further reading:  
<https://nccih.nih.gov/health/meditation/overview.htm>

QUESTIONS?  
Contact:

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# Happiness

## STEPS TO BOOST HAPPINESS

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There are effective ways to boost your happiness. Working toward being happy is a worthwhile pursuit and time well spent on an ongoing basis.

- Health. Attend to your health to experience life as fully as possible.
- Gratitude. Gratitude shifts people away from bitterness and despair and promotes happiness.
- Forgiveness reduces the power of bad events to create bitterness. Holding a grudge and nursing grievances can affect physical as well as mental health, according to a rapidly growing body of research. One way to curtail these kinds of feelings is to foster forgiveness.
- Identify and counteract negative thoughts and feelings. We control our happiness. The strategies listed help to be happy. The #1 thing you can do to ensure happiness is to take responsibility for your happiness. As soon as you change your thoughts, you truly change your world.

“People are basically the same the world over. Everybody wants the same things—to be happy, to be healthy, to be at least reasonably prosperous, and to be secure. They want friends, peace of mind, good family relationships, and hope that tomorrow is going to be even better than today.”

*Zig Ziglar*

# Nature

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Air pollution is a major threat to population health. Urban trees sequester pollutants and, even though the effect may be relatively small, given the severity of the problem it may still have some public-health implications.

The evidence around the effects of natural environments on health and well-being is steadily increasing.

There are several suggested paths to implement, such as health services through functional ecosystems, early life exposure to biodiverse microbiota, which is important for the immune-system development, and sensory exposure, which has direct neurobiological impact supporting cognitive development and stress resilience.

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# Mental Health

Mental and behavioral disorders account for approximately 7.4% of the global burden of disease, with depression now the world's leading cause of disability.

One in four people in the world will suffer from a mental health problem at some point in their life.

City planning and design holds much promise for reducing this burden of disease, and for offering solutions that are affordable, accessible and equitable. Increasingly urban green space is recognized as an important social determinant of health, with the potential to protect mental health – for example, by buffering against life stressors - as well as relieving the symptom severity of specific psychiatric disorders.

Pathways linking urban green space with mental wellbeing include the ability of natural stimuli – trees, water, light patterns –



# Mindfulness

Being mindful while you're working can even include the way you make decisions. To put yourself in the moment and make decisions free of your ego, detaching from the outcome and putting everything in perspective can render you some pretty amazing decisions. Think back on some of the decisions you've made in your life based on your ego or with fear at the foundation. Can you imagine how things may have turned out differently?

Here are a few things you can do that are easy and will improve your day by being mindful.

**Don't multitask.** If you work at home and noise is distracting you, close your door. Turn your phone off, disable the pop-ups that tell you there are messages and get rid of all distractions. Be present in your current activity and your work will be better, done correctly, more creative and quicker. If I have a big project, like a book, program, presentation or important article, I do it on a day that no one else is working and I don't even open my email, Facebook or the telephone (mine is online). If you have a crowded office try to find a quiet place to work and shut yourself away.



# Have Fun

Reduce Stress. Laughter is the best medicine for stress. When you laugh, your body releases serotonin, giving you that natural high to make you feel extra good. Serotonin is also good for our most basic processes like sleeping, memory, body temperature and mood. In addition, laughing also lowers blood pressure, improves breathing and regulates your heartbeat. In other words, stock up on your favorite comedies and surround yourself with your funniest friends!

***Increase Your Life Span.*** According to a study by American psychologists, positive thinkers live seven and a half years longer than pessimists. Worriers are more stressed out, which leads to higher blood pressure and cholesterol levels. Biggest takeaway here: be optimistic!

***Lift Energy Levels.*** By taking the time to relax, enjoy yourself and do things you actually like, you can help yourself feel less tired, more mentally awake and more capable of tackling difficult tasks. Spending time enjoying yourself by laughing, playing and relaxing also helps you sleep more soundly, allowing you to wake up feeling better to begin with!



- Schedule

While it is wonderful when spontaneous, fun events occur, it also helps to plan. Make sure there is time in your day that is put aside for your own enjoyment.

- Be realistic

Be honest and practical when you consider those activities that you think you would enjoy. They need not require inordinate amounts of time, money, or extra equipment. Do those things you want to do, not what you "should" do.

- Play with others

Do things with friends, family, or colleagues whose company you enjoy. This will not only help maintain your connections but will provide ongoing motivation to have fun. Of course, it is quite alright to make time to play alone if your day is already full of social obligations.

# Tips for Fun

SCHEDULE- BE PRACTICAL - PLAY

“Health is a state of body. Wellness is a state of being.” J. Stanfod



# Air Pollution

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1. Science shows that both short-term and long-term exposure to unhealthy air can shorten your life and lead to premature death. Medical experts have known about this risk for decades.
2. Breathing ozone and particle pollution can lead to increased asthma attacks, which can result in visits to the emergency room and hospital admissions, not to mention missed work and school.
3. Air pollution can increase the risk of both heart attacks and stroke.
4. In 2013, the World Health Organization determined that particle pollution can cause lung cancer.
5. Exposure to air pollution can slow and stunt lung development in growing children, harming their health now and reducing their lung function as adults.
6. Air pollution increases the risk of lung infections, especially in children.



# Improve Air Quality

## IN YOUR HOME

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Cigarettes and cigarette smoke contain chemicals, carcinogens and toxic heavy metals like benzene, formaldehyde, pesticides, vinyl chloride, arsenic, cadmium, ammonia, carbon monoxide, hydrogen cyanide, and nicotine. Secondhand smoke contains some 250 chemicals and about 70 cancer causing chemicals.

Minimize use of candles and wood fires.

### Change Dry Cleaners

Unlike what its name implies, dry cleaning is not actually a 'dry' process. Clothes are soaked in a different solvent other than water. The solvent used is typically toxic tetrachloroethylene (perchloroethylene or PERC), which the industry calls PCE.

This is the same solvent that is used in paint strippers and spot removers. PERC lingers in recently dry-cleaned clothing and slowly escape into household air. Bringing your dry cleaning home and hanging it in your closet means that those chemicals will off gas and contaminate your indoor air.

