

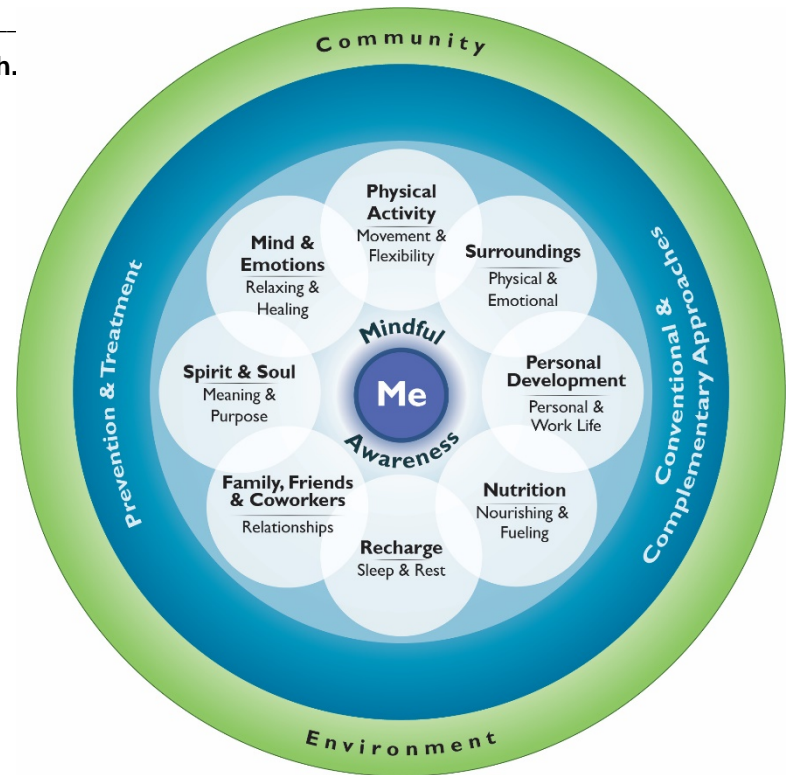
My Story: Personal Health Inventory

Name: Sarah P

Date: _____

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 values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices help make up the light blue circle.
- The next darker blue ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer green ring includes the environment in which you live and 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.

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

What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

Right now, I want to provide a good home for my kids. I try to do a good job at work too.
Once the kids are grown, maybe I can get back to my hobbies. I like going to the kids' activities, laughing with coworkers, and having patients appreciate what I do for them.



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 a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. 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 Whole Health	Where I am Now (1-5)	Where I Want to Be (1-5)
Physical Activity: <i>“Movement and Flexibility”</i> Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.	2	4
Recharge: <i>“Sleep and Rest”</i> Getting enough rest, relaxation, and sleep.	2	4
Nutrition: <i>“Nourishing and Fueling”</i> Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.	3	4
Personal Development: <i>“Personal and Work life”</i> Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.	1	3
Family, Friends, and Co-Workers: <i>“Relationships”</i> Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends, and people you work with.	4	4
Spirit and Soul: <i>“Meaning & Purpose”</i> Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.	3	4
Surroundings: <i>“Physical and Emotional”</i> Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.	2	4
Mind & Emotions: <i>“Relaxing and Healing”</i> Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.	3	5
Professional Care: <i>“Prevention and Clinical Care”</i> Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.	4	5

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?

I have to spend more time on myself. Taking better care of me will help be be a better mom and better at work. I want to exercise more, eating healthier, having more fun, and stress

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

I would like to use a relaxation app that helped me in the past. I want my whole family to start exercising more and get involved with a local church we used to go to. I ant to worry less, count my blessings more, and figure out how to forgive my ex-husband and others.

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

This document is informed by work being done through a collaboration between UW Integrative Health and the Veteran’s Health Administration’s Office of Patient Centered Care and Cultural transformation

Personal Health Plan for Sarah P

During her Integrative Whole Health visit, Sarah spoke at length with her primary care clinician about Personal Development, which emerged as a priority among the various components of proactive self-care (the green part of the [Circle of Health](#)). Her PHI made it clear that she has a lot of good ideas. When creating her Personal Health Plan (PHP) any of the following could have been added (though, of course, Sarah would in reality only choose one or two of these to work on initially).

Quality of work life. Sarah is doing well with this. She has great relationships with her colleagues and enjoys what she is doing. She will do more reading about burnout, as she knows she is at risk of this given that she takes care of a number of seriously ill people as a certified nursing assistant.

Resilience. She will review information on enhancing resilience and will focus on bringing a greater sense of meaning into her life.

Happiness. She recognizes that happiness matters a lot to her, but she has not been a particularly happy person since her divorce. She intends to work on that, mainly through reconnecting with her old church congregation and spending at least one night a week having family game night with her kids and their friends.

Hope and optimism. She feels optimistic overall and will continue to model that for her children.

Self-compassion. She will practice a Mindful Compassion exercise regularly to cultivate this, as she finds it to be challenging to feel good about herself. (The [“Family, Friends, & Co-Workers”](#) overview has additional information.)

Forgiveness. She will review the [“Forgiveness: The Gift We Give Ourselves”](#) tool and start working on this in terms of how she feels about her ex-husband. She was relieved to learn forgiveness was in no way about condoning any of his past behaviors.

Gratitude. Sarah will identify three things she is grateful for every day as she drives home from work.

Random acts of kindness. Sarah does these frequently in her healthcare work.

Humor and laughter. Sometime down the road, perhaps in a month or two, she hopes to do a laughter yoga session with her care team at the hospital.

Creativity. She will begin scrapbooking again.

Work-life balance. While this is challenging for her, given all her obligations, she intends to take 20 minutes a day just for herself. She will check in with her clinical team about how that is going after two weeks.

Lifelong learning. Sarah is already planning to attend nursing school.

Leisure time and hobbies. She will start scrapbooking and having family game night, as noted above.



Volunteering. Sarah does not have a lot of time for this right now, but she understands it can have health benefits and will have her kids volunteer with her at an upcoming church activity.

Social capital. She will host dinner at her house for her family and friends at least three times a year. After exploring her values, Sarah established a family tradition to take a walk together after Sunday dinner.

Financial health. She hopes to find an affordable financial advisor and has the resources listed at the end of the Financial Health section of this module. She spent an afternoon a few weeks ago on a free financial website to create a family budget. Although it is not working perfectly, she worries less because she has come up with a plan.

During Sarah's visit with her clinician, one of their main tasks was decide on priorities, so that she would not be overwhelmed by the list of possible actions she could take. Ultimately, she decided to start with more time with her kids (scrapbooking, nature time together, and other family time) and spending more time at church to build friendships and incorporate some volunteer opportunities. She will follow up with a member of her care team in one month to explore other options.

Follow Up with Sarah

1. Sarah talked about a number of options for enhancing Personal Development with her care team. There were so many options, she felt a little overwhelmed, but a nurse at her primary care clinic helped her make what she calls her "triage list." In order of priority, she will work with one of the following goals at a time:
2. Work on forgiveness. It is clear to her how little she has progressed with healing from her divorce. She will work with a counselor with expertise in this area and was given initial information to start with, in the form of a patient handout and reading list.
3. She will take 10 minutes (and maybe build up to more time later on) just for her, do work on whatever she would like. She plans to focus on ways to relax and ways to laugh more.
4. Sarah wants to ultimately get her RN degree. She will apply to nursing school her next go-round.

Sarah did well. She found that the more time she took for herself, the more present she could actually be for her kids. She found that she was more resilient and less emotionally drained/burnt out. She starts nursing school in the fall and is dating someone who really cares about her and her kids.