Indigenous Wellness Framework And Outcomes

Physical wellness creates
PURPOSE

Physical Behavior Expressed through:
Way of Being,
Way of Doing,
Wholeness

Spiritual wellness creates
HOPE

Mental Behavior Expressed through:
Rational,
Intuition,
Understanding

Mental wellness creates
MEANING

Emotional Behavior expressed through:
Family,
Community,
Relationships,
Attitude

Emotional wellness creates
BELONGING

Spiritual Behavior Expressed through:
Values,
Belief,
Identity

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