What is Wellness?

An Exploration...
A Wellness Tour Through History

“It is more important to know what sort of person has a disease, than to know what sort of disease a person has.”

Hippocrates – (460-380 BC)
Father of Western Medicine
A Wellness Tour Through History

“Let your food be your medicine, and your medicine be your food.”

“Walking is the best medicine.”

Hippocrates
A Wellness Tour Through History

“You already have the precious mixture that will make you well. Use it.”

- Rumi (13th Century)
A Wellness Tour Through History

“Health is not only to be well, but to use well every power we have.”

Florence Nightingale
Pioneer - Nursing & Public Health
A Wellness Tour Through History

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas Edison
“Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease and infirmity.”

(Preamble, Constitution 1948)
“High-level wellness is an integrated method of functioning ... maximizing the potential of the individual...”

Halbert L. Dunn, MD, PhD
Chief, National Office of Vital Statistics
U.S. Public Health Service

1961
John W. Travis, MD, MPH

- Protégé of Dr. Lewis Robbins, creator of first Health Risk Appraisal (HRA).
- 1972: developed the Illness-Wellness Continuum model still used today by professionals and universities.
John W. Travis, MD, MPH

- Created first wellness center in U.S. – the Wellness Resource Center.
- Created first whole-person assessment, Wellness Inventory.
- Co-created facilitation program with Bobbie Burdett that was a forerunner of modern coaching.
John W. Travis, MD, MPH

- Featured with Dan Rather on 60 Minutes as pioneer in new wellness movement.
- First time the concept of wellness introduced in mainstream USA media.
John W. Travis, MD, MPH

- Published the *Wellness Workbook* in 1981.
- Applied his wellness model to helping professional burnout.
- Now, Wellness Inventory has been adapted into an interactive online program.
3 Key Wellness Concepts
from
John W. Travis, MD, MPH
Key Concept #1: Illness-Wellness Continuum

This model shows the relationship of the Wellness and Treatment Paradigms. Moving from the center to the left shows a progressively worsening state of health. Moving to the right of center indicates increasing levels of health and well-being.

The Treatment Paradigm can only take you to the neutral point, where the symptoms of disease have been alleviated. The Wellness Paradigm, utilized at any point on the continuum, moves one towards ever higher levels of wellbeing.
Illness-Wellness Continuum

Pre-Mature Death

Disability  Symptoms  Signs

Treatment Paradigm

Wellness Paradigm

Awareness  Education  Growth

Neutral Point
(No discernable illness or wellness)

High-Level Wellness

Wellness Inventory Certification Training
The Illness-Wellness Continuum

Think of the continuum as a pathway. People can be headed in either direction.

A person who is generally physically healthy, but who is always worrying about their health and complaining, may be to the right of the neutral point, but may be facing towards the left, in the direction of premature death.

A person who is physically or mentally challenged may have a positive outlook and be cultivating love instead of fear, and consequently may be facing to the right, in the direction of high-level wellness.
Stanford Research Institute used Dr. Travis’ Illness-Wellness Continuum as a key framing device for the entire Spas and the Global Wellness Market report according to authors.
Key Concept #2: The Iceberg Model of Health

Illness and Health are only the tip of an iceberg. To understand their causes you must look below the surface.
The Iceberg Model of Health
The Iceberg Model of Health
The Iceberg Model of Health

State of Health

Lifestyle/Behavioral Level

Psychological/Motivational Level

Spiritual/Being/meaning Realm
Key Concept #3: Wellness Energy System

Key Concept #3: We are energy transformers. All our life processes, including health and illness depend on how we manage energy. Putting together a person’s energy inputs and outputs we have the complete wellness energy system. These 12 life processes are the basis of the Wellness Inventory.
The Wellness Energy System

Transcending
Self Responsibility & Love
Finding Meaning
Breathing
Intimacy
Sensing
Communicating
Eating
Playing & Working
Moving
Thinking
Feeling

Wellness Inventory Certification Training
What is Wellness?

Wellness is a choice... a decision you make to move toward optimal health.

Wellness is a way of life... a lifestyle you design to achieve your highest potential for well-being.

Wellness is a process... a developing awareness that there is no end point but that health and happiness are possible in each moment, here and now.

Wellness is the integration of the body, mind, and spirit... the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health.

Wellness is the loving acceptance of yourself.
“Prevention is an outdated concept.

The new concept is creating wellness.”

Senator Barbara Mikulski
“You already have the precious mixture that will make you well. Use it.”

- Rumi
For More Information

Jim Strohecker
President
HealthWorld Online
Los Angeles, CA
310-823-9553
jim@healthy.net
www.WellPeople.com