

# Self Care for Integrative Health and Wellbeing: Veterans

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# Self Care: Objectives

- Integrative health and wellbeing:  
Individual Spiritual wellbeing  
Community, environment  
As adjunct to conventional medicine.
- Pain, suffering, stress > < body systems.
- Personal choices: self-empowerment.  
Multimodal likely needed.
- Integrating systems for holistic care.

# Integrative Health and Wellbeing in the Individual

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**Body**  
Physical

**Mind**  
Thoughts

**Spiritual**  
**Wellbeing**

**Emotions**  
Feelings  
Relationships

**All are connected as One**

# Spiritual Wellbeing

## SELF-words for QUALITY LIFE

Understanding

Hope

Investment

Responsibility

Values/Beliefs

Forgiveness

Awareness

Change

Healing

Empowerment

Mastery

Love

(As per personal Beliefs: Higher Power)

# Pain, Suffering, and Stress: Effects on Body Systems

- Acute → systems activation → recovery.  
Chronic activ → fatigue → dysregulation.
- Dysregulation of nervous + immune  
+ endocrine “supersystem”.
- State of health & wellbeing compromised.
- Multiple approaches for recovery of  
harmony (homeostasis).

Chapman, Tuckett, etal, J Pain, Nov, 2007

# Process of Illness

(Diminished Health and Wellbeing)

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Disease, Trauma



Altered function, Pain, Dis-ease

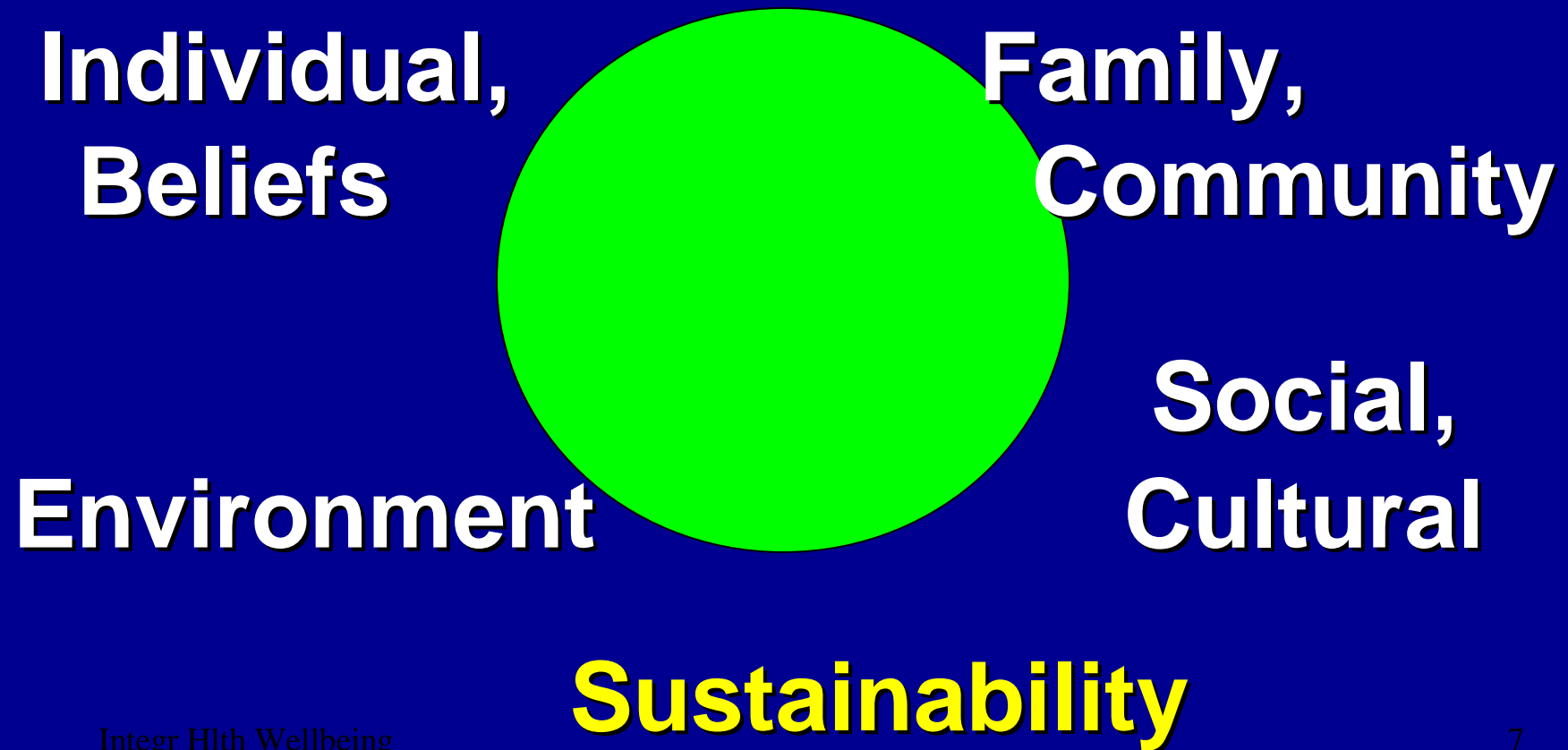


Medical Diagnosis & Treatment

**+** Care for Health and Wellbeing  
(as adjunct to conventional medicine)

# Health and Wellbeing Beyond the Individual

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# SLC VAMC Integrative Health Clinic: Intake Visit

- **Visit:** enough time, safe place, confidentiality, trust.
- **Health professional:** medical expertise, presence, compassion, educator role.
- **Patient:** medical history as life story, traumas, pain/suffering, beliefs/values.
- **Computerized:** medical record, assessment tools (PTSD, SF-36V).
- **Outcomes research for:** client update, program evaluation, publications.

# Integrative Choices for Wellbeing: Relaxation / Expansion Options

- **Individual therapies:** acupuncture, hypnotherapy, Watsu (water float).
- **Group classes:** meditation, Qigong, yoga, stress reduction, Choose to Heal, life coaching.
- **Personal activities:** sports, music, nature, garden, bike ride, etc.
- **Patient personal choice (resonance) is vital.**

# Integrative Health & Wellbeing Process (Facility) for Soldiers

- **VFFWB integrative collaborations:**
  - SLC VAMC
  - Military (Ft Douglas)
  - U of Utah research faculty
  - Community organizations
- **VFFWB integrative referrals**
  - Conventional medical: SLC VAMC, other
  - Complementary modalities: community
- **Outcomes research: as before**

# Integrative Health/Wellbeing and Self Care for Soldiers: References

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