

Psychological Health and Holistic Initiatives

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INTRODUCTION

Psychological health is bound to holistic initiatives. Mind, body and spirit serve as one unit that work as a process toward health and well-being. Offering psychological support and health promotion enhances the overall wellness of the individual. This in turn, supports a healthier family, community and nation.

LITERATURE SUPPORT

- Being present in the moment and having overall life satisfaction is important to health. (Kiken, Lundberg & Fredrickson, 2017). To do such, one must address the composition of health and well-being. Strong support for physiological dynamics as a result of psychological support is well noted, as is the interconnection of physical and spiritual interconnectedness (Fountain-Zaragoza, 2017; Siddal, McIndoe, Austin & Wrigley, 2016). Those that experienced positive psychological exercises indicated psychological improvement. (Muller et al, 2016) Anecdotally clients are accepting of interacting and engaging in activities known to enhance overall health and well-being. Actions and events need to be explained within their frame of reference, and the overall outcome needs to be greater than the effort believed to be exerted. When this occurs, change can be made and processes

APPLICATION

The culture acceptance and freedom to attempt new things is a must to enhance this experience. This can be accomplished through engaging and supportive dialogues within the therapeutic setting. Multi person partnerships utilizing group discussion, collaborative efforts to bolster psychological health and support psychological and spiritual well-being. and individual actions. Using worksheets that identify key ways to bolster psychological well-being (e.g., walking contemplatively in the woods, creating a painting of happiness and tranquility,) Promoting change through community action, meditation and writing are also good ways to support psychological well-being. In addition, positive sensational support; listening to upbeat or soothing music; aroma therapy with lavender and other key scents; smudging and herbal supplements have been noted to promote mind- body - spirit connectivity (Gnatta et al, 2016; Hyde et al, 2016; Stein, 2016). Developing a peer mentoring program normalizes experiences that might otherwise seen as daunting. This also affords the individual an opportunity to partake in other positive activities by hearing from and having the support of someone who just went through what the individual may be experiencing. By conducting such, the individual may feel more positive, and thus be more willing to connect with spiritual ideas and practices. To often some have said, why did a Higher Power allow this to happen. Being positive makes for a positive mind set in other areas of one's life. This can also influence physical activity. Meditation, contemplation and other psychological events, can support movement and increase the release of negative energy. As humans are a process, what is done to one aspect of our lives impacts all of our life.

CONCLUSION

As noted by Dorothy Johnson in her Behavioral Systems Model (1986), that "efficient and effective behavioral functioning" is linked to health and well-being. In order for this dynamic to occur, an individual must maintain and promote positive, psychological well-being. The interconnection of all aspects of an individual impact the health that is evidenced. By promoting such through use of creative activities, and herbal, musical and visual supports, the overall mood will lift and holistic health ensures.

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