

Model for Healthy Living

Personal Wellbeing

More Than Not Being Sick

Faith Life

Faith traditions vary widely, but at the core, a faith life helps us build a relationship with God, our neighbors, and ourselves. This affirms that we are body and spirit beings created and loved by God.

Movement

We were created to move. When you consider the way the parts of the body are hinged together and rotate and reach in every direction, it's easy to see that God means for us to move. It's part of how we celebrate our body and spirit connection to God. No matter what your physical activity level is now, you.

Work

We were made to work, and the value of work is intrinsic. You can appreciate the skills, talents, and gifts you bring to your work situation, whatever it is. You can find meaning for your life through your job or volunteer commitments.

Emotional

It's pretty easy to turn to unhealthy habits in response to stress in our lives. For many people, that habit – whether food, mindless television, excessive spending, alcohol, or something else – makes us momentarily feel better even though we know it's bad in the long term. Through understanding your feelings and emotional needs, you can make changes to take better care of yourself and manage stress in healthier ways.

Nutrition

Good nutrition builds strong bodies that can lead to being whole people better connected to God. What you eat matters. Whatever your eating habits are now, you can increase your understanding of how food affects you overall wellbeing, learn to make smart food choices, and develop healthy eating habits. Food is a gift from God. We can treat it with gratitude, rather than frivolously.

Friends & Family

God, Jesus, and Holy Spirit were the very first relationship. Even God exists in community. Coping with life is sometimes hard, but friends and family make it easier. You can both give and receive support through the relationships in your life.

It's all about balance. No one of the seven elements in the Model for Healthy Living is more important than any of the others. Each has critical weight in your life and overall wellness. If you ignore one element, the whole model goes out of balance. If you over emphasize one, the whole model goes out of balance.

Body & Spirit Series: Faith and Health in the Bible. Rev. G. Scott Morris, MD and Susan Martins Miller, pages 35-36