

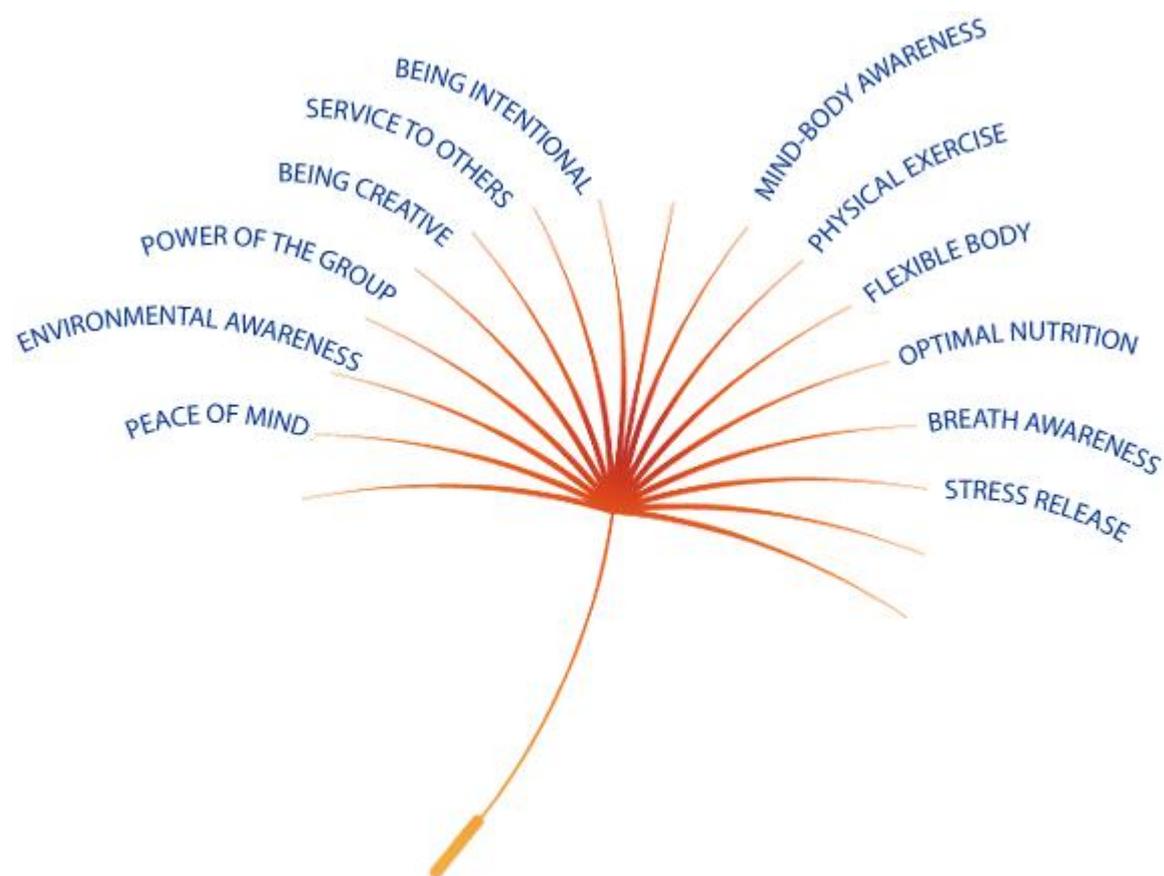


## The 12 Pathways to Wellbeing Overview

**Pathway**, n. a route, line, course of action; a way of behaving; a way of life.

**Wellbeing**, n. The state or condition of experiencing wellness, having quality of life (with or without illness or injury).

Click the image below to view the Pathways to Wellbeing



Pathways to Wellbeing Being aware of and incorporating the Pathways to Wellbeing into our lives provides access to living well. The philosophy of the Lewis Institute For Health and Wellbeing is that there is no one pathway to follow – there are many. Understanding this and having a willingness to take the time to explore various paths contributes to sustainable wellbeing.

The Pathways to Wellbeing model provides a mind, body and spiritual framework for this exploration.

### **Mind-Body Awareness**

There is no separation between mind and body.

Each moment there is instantaneous communication between every part of the body. What happens in the body influences the mind (thoughts and emotions). In turn thoughts and emotions affect the body.

### **Physical Exercise**

Regular physical exercise is a powerful and essential tool to regulate and enhance all systems of the body, including the brain, irrespective of our state of health or age.

### **Flexible Body, Flexible Mind**

The age of our body is often different from our chronological age.

Some of us look and feel older than our age and some of us younger.

A flexible body and a flexible open mind enhance health and slow the ageing process.

### **Optimal Nutrition**

Thousands of years ago Hippocrates said “let food be your medicine and medicine be your food” This is just as relevant today – except we now have many more foods from which to choose, including many with sub-optimal value and some which are harmful.

### **Breath Awareness**

Being aware of the immediate effect that the breath has on the functioning of the mind and the body is a powerful tool to incorporate into our lives.

Using the breath well can bring balance to the nervous system and hence to the rest of the body.

### **Stress Release**

Stress is a part of living and the body's systems are finely tuned to deal with stress. Too much stress can overload body systems and when this occurs the potential for illness increases and ageing accelerates.

Understanding the nature of stress and how to release it is an important tool for living well.

### **Meditation**

Spending some time each day cultivating a quiet peaceful mind is an antidote to stress (and its effects on the body).

The practice of meditation creates peace of mind and many other health and emotional benefits.

### **Environmental Awareness**

The five senses of the body are constantly transmitting information from our immediate environment to the brain and the body.

In this way, we are moment by moment connected to our home, work and other environments.

Being environmentally aware allows us to recognise the negative and positive effects of these environments and to choose or create them with care.

### **Power of The Group**

Humans are community beings. When we feel connected to a group of individuals or to a community that shares and reinforces positive attributes our health is enhanced.

The opposite effect is true – being isolated from others or living within a negative community adversely affects health and well-being

### **Being Creative**

Being creative means stimulating the mind and body.

Inviting into your life new experiences or ways of thinking promotes vitality and a sense of wellbeing.

### **Service To Others**

Being of service to others acknowledges that we all share this world and that the well-being of each is connected to the well-being of all.

When you share in and experience the interconnectedness of all beings your health is enhanced.

Our service serves us as well as others.

### **Being Intentional**

We are what we think and our thoughts do matter.

Our thinking processes influence the function of all body systems and hence our health. This knowledge reminds us to be aware of what we are thinking and to chart our direction consciously.

Action then follows with greater ease and clarity.