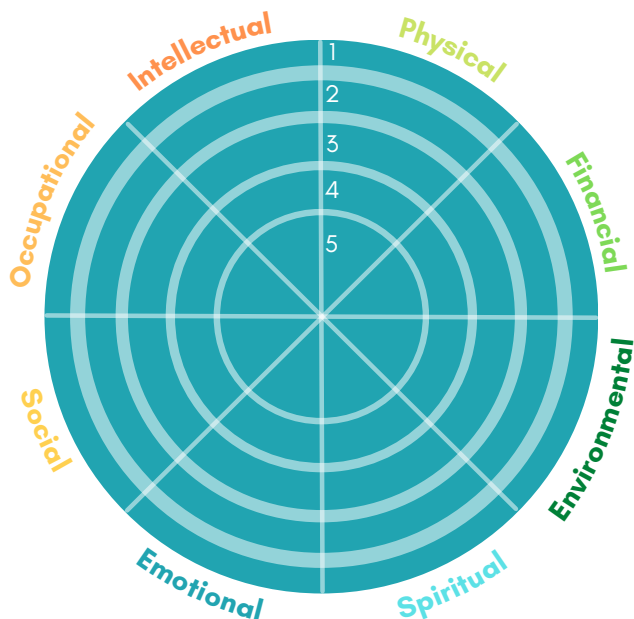


BALANCING ALL ASPECTS OF YOUR HEALTH TO HELP YOU FACE ANYTHING LIFE THROWS YOUR WAY

For each Total Health Dimension, place an "X" on the target where you feel you fall along the 5-point scale; 1 is disconnected and unstable to 5 being connected and balanced.



ADDITIONAL ONLINE RESOURCES

VISIT [HPRC-ONLINE.ORG](https://hprc-online.org)
FOR MORE TIPS ON
FITNESS, WELLNESS AND
PERFORMANCE

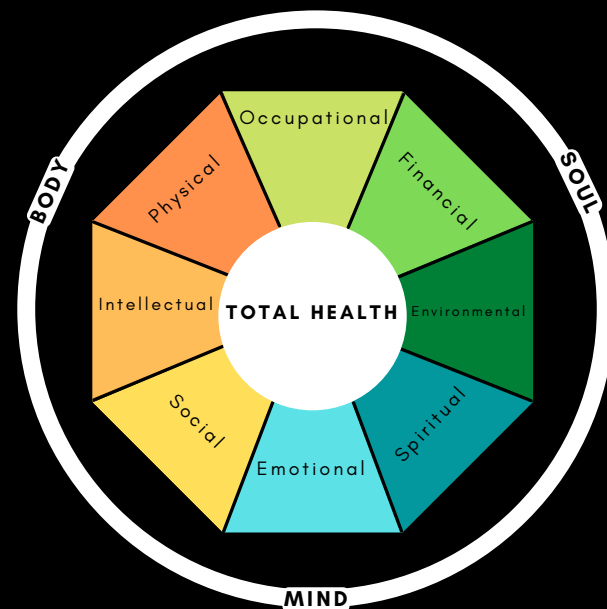


SERVICE MEMBER & FAMILY SUPPORT

OTHER WEBSITES:

[HTTPS://ARMYFIT.ARMY.MIL/](https://armyfit.army.mil/)

[HTTPS://P3.AMEDD.ARMY.MIL/](https://p3.amedd.army.mil/)



USEFUL YOUTUBE VIDEOS



TOTAL HEALTH

ABOUT TOTAL HEALTH

Total Health encompasses eight dimensions of wellness and integrates fitness of the mind, body and soul. Creating self-awareness within these dimensions is the first step towards optimizing our well-being and performance to live a healthy and happy life.

Where is your health?

SOCIAL :

Building a strong support group with healthy relationships and finding connectedness. Demonstrating commitment and showing concern for others needs over one's own to include the welfare of family, friends, the military, and the nation.

INTELLECTUAL :

Observing different thoughts, opinions, and beliefs of others with curiosity (not judgement) to understand diverse points of view. Actively pursuing new knowledge and skills to continue personal development and growth for a strong mind.

SPIRITUAL :

Discovery and exploration of core values, purpose, and meaning to find connection and build a solid foundation.

EMOTIONAL :

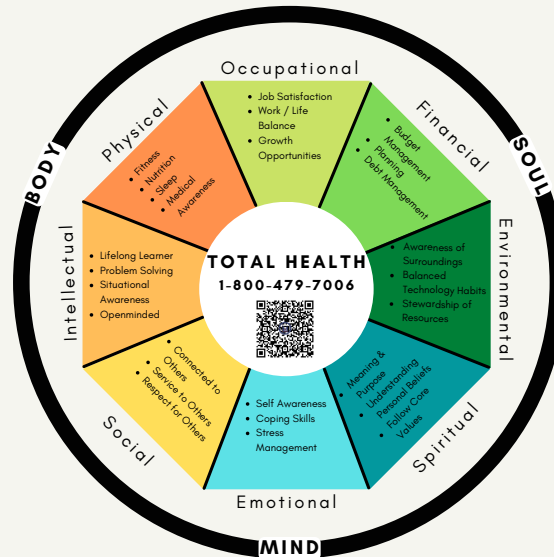
Recognition of emotions as they arise, creating awareness around strengths and limits, and building coping skills and stress management strategies.

OCCUPATIONAL :

Finding healthy work habits, personal achievement, enjoyment, work-life balance, and seeking opportunities for growth.

FINANCIAL :

Understanding effective money management skills, processes, and resources to accomplish your current and future financial goals.



ENVIRONMENTAL :

Creating and preserving a space to promote optimal learning, contemplation, and/or relaxation that supports well-being. Caring for belongings by performing regular preventative services to maintain functionality and quality.

PHYSICAL :

Proactively preventing illness, injury, or disease risk through regular wellness, vision, and dental check-ups. Exploration of movement, nourishment, and sleep that are optimal for an individual to perform tasks and duties in order to complete the mission and to enhance our lives.

SERVICE MEMBER & FAMILY SUPPORT RESOURCES

To enhance the quality of life, strength, and resilience for our Service Members and their Families through a strong support environment, ongoing communication, community involvement and partnerships while promoting retention and mission readiness.

The information below includes resources provided by the IDARNG, community, and online sources to support service members, veterans and their families.



COMPREHENSIVE LIST OF RESOURCES



STAY UP-TO-DATE FACEBOOK

Give us a call for more information about our services at:

1-800-479-7006

4250 Cessna St BLDG 254
Boise, ID 83705

Visit us online at:

<https://imd.idaho.gov/family-programs/>