

Video and Activity 4: “Holistic Health Challenges”

Watch “Holistic Health Challenges”

Activity: Group Discussion

Lead the group in a 10-minute group discussion on the following prompts:

1. How do you define holistic health?
2. When have you seen aspects of holistic health (including physical, mental, spiritual, environmental and cultural) overlooked? When have you seen them addressed?
3. In your work, have you observed effects of weather and climate on mental health?
4. In the community that you serve, are health care values influenced by Traditions and culture?

Optional: Share these answers on the Facilitator’s Google doc under Discussion questions.