



HEALTHY & AWARE

SESSION 2



*What does health mean
to me?*

Let's increase our self-awareness and health
at the same time!

HEALTH & WELLBEING COACH- DEIMANTE



@coachdeimante



Deimante Sidlauskaite

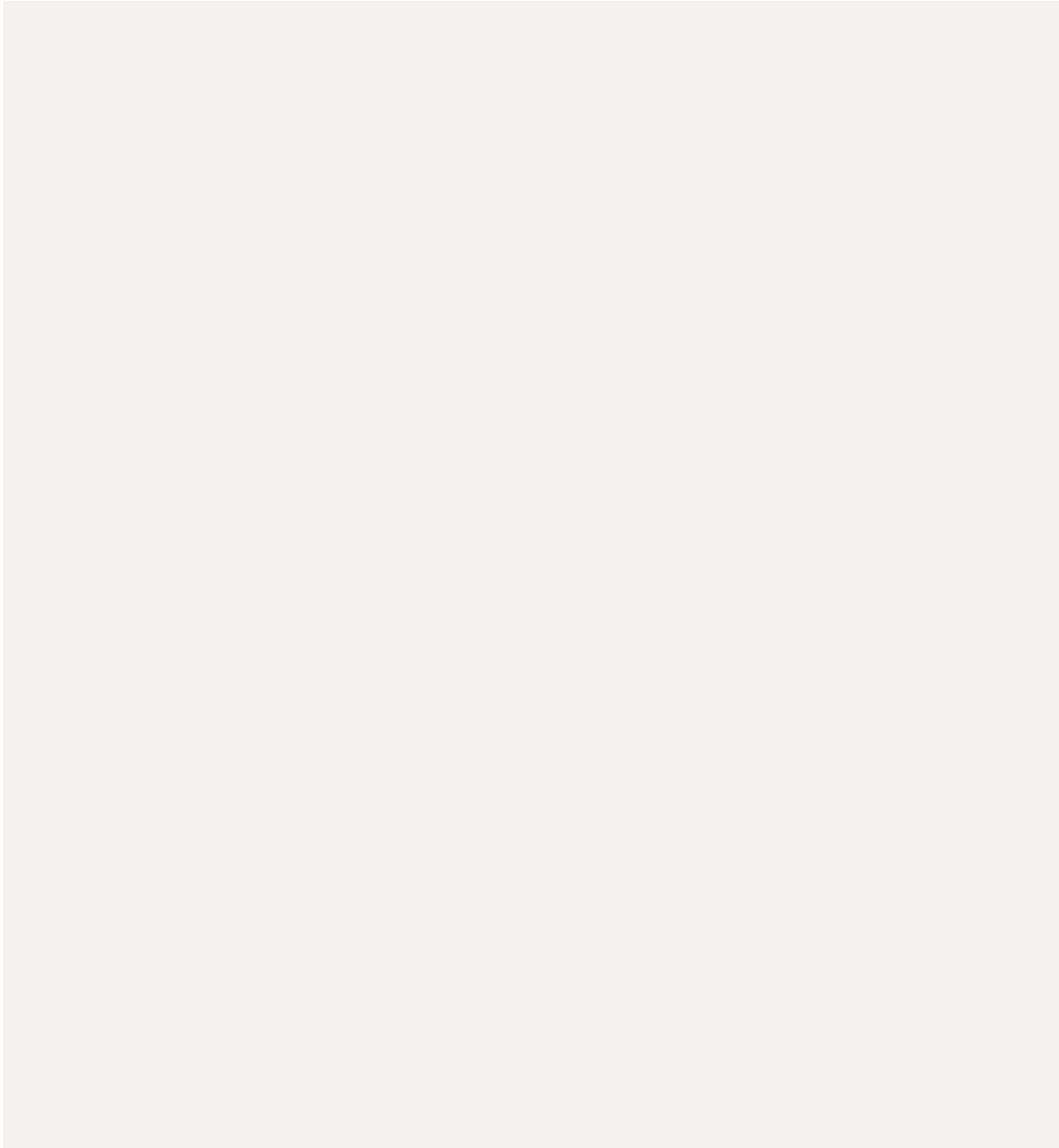


01 *What do I mean by 'health'?*

There are many definitions of health in our society. We have moved generationally from one ideal to another, changing our own beliefs and values with the times. However, I wonder if you have ever taken some time out to define what health means to you? Without the general, social and cultural beliefs that we have imposed upon on. Has there ever been a time where you re-defined your meaning of health based on your current circumstances? What does it mean to you? What determines and increases your overall wellbeing? These are the questions I'd like us to ponder upon this session.

1) What is the definition of health that you are used to hearing?

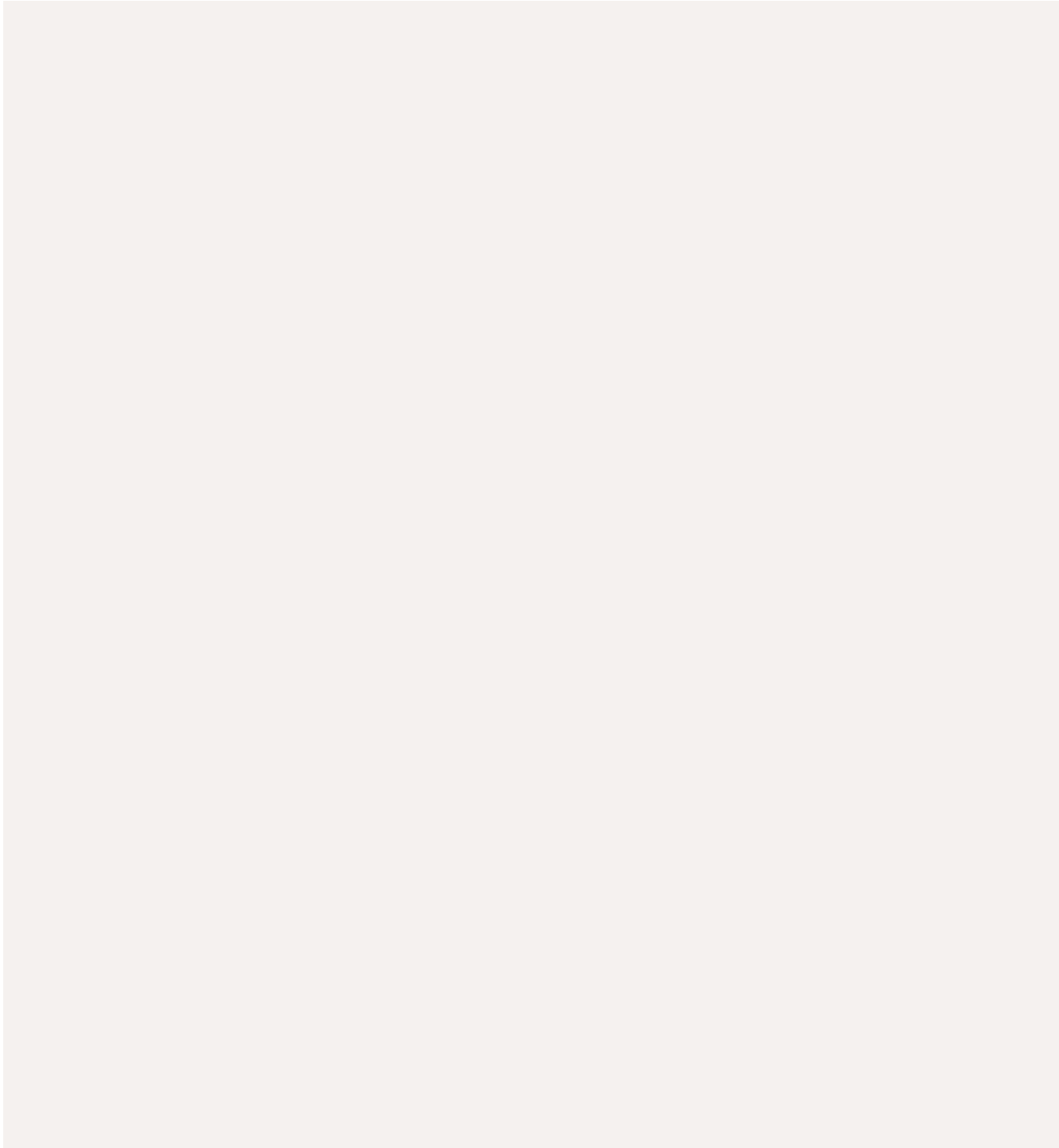
Use the below space to list everything that you have been taught about health. How did your parents define health? What does 'health' represent to you? Is it looks? Feelings? Energy? List everything and anything that pops into your mind below:



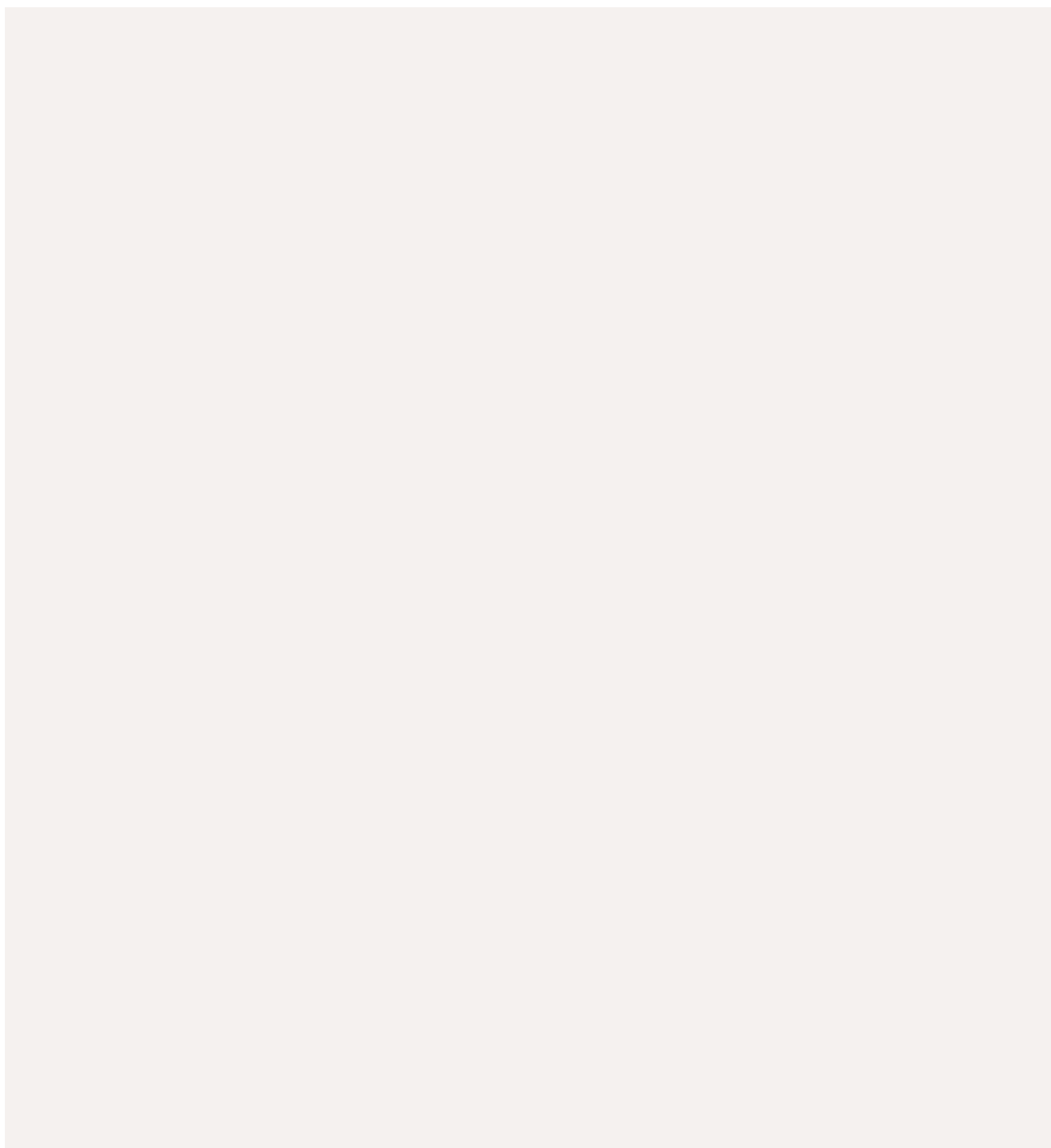
2) What do we often see, hear and believe that health should feel and be like?

If you watch TV, read books, talk to family and friends, what are their perceptions of what 'health' is?

List everything and anything that pops into your mind below:

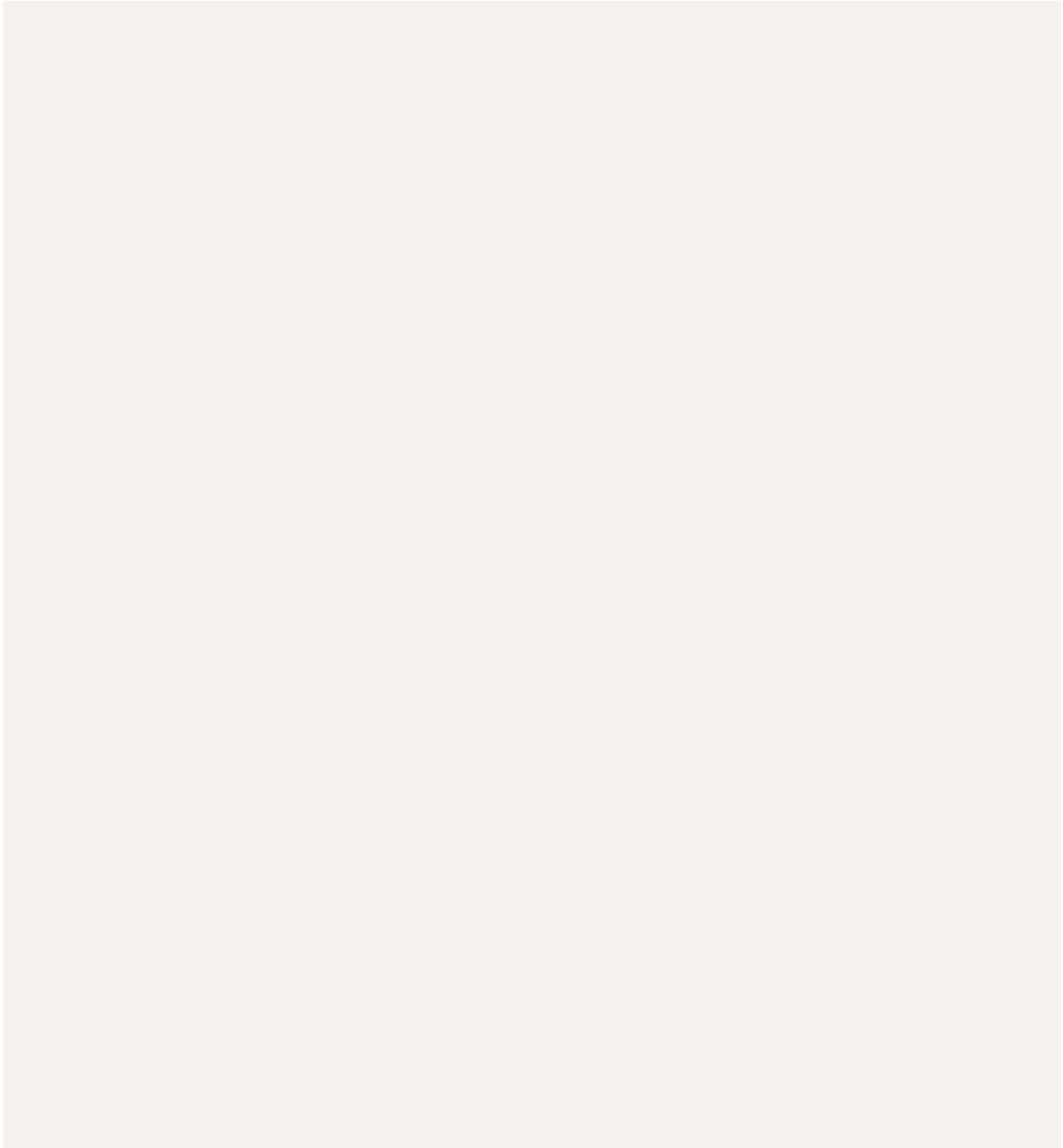


3) Now, let's take the time to brainstorm ideas of 'My Health' what does health mean to you? How does it feel? How do you feel when you are healthy? What does your day look like when you are healthy? What hobbies do you participate in? How do you feel? What do you do? How do you spend your time? Brainstorm, write, draw and express your 'Healthy' on a piece of paper or in the space below.



4) Now looking at your definition, at how you believe you should feel and look, at what you believe you should do with your time when you are healthy, how far are you from the above definition? Based on your definition, are you healthy? Are there some areas that you may need to improve? What do you need to do/ what can you try doing to get you to your definition of health? List your steps and ideas below:

We can use our areas of life (from last session) to guide us. Can you try and walk daily? Can you try to see your friends more often? Let's dive right into the specifics.



5) Reflection & Taking Action

To wrap this session up please use the below area to choose 1-3 ideas / actions that you will do this week to get closer to your definition of health.

My Definition of Health:



3 things I will do this week to get me closer to my definition of health:

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What's next?

Focus on the three things that you listed this week. Ensure you complete them and increase your joy!

Next week evaluate again.

List more ideas and actions!

Reflect.

Engage.

Ask yourself uncomfortable questions!

And keep on going until you get to YOUR definition of HEALTH.

LETS MOVE TO SESSION 3

