

Wellness

We'll map out the field of Wellness in the Wellness Risk Management (**WRM**) model to understand what we're working with.

At the present time (early 2023), people use several resources to get and maintain Wellness. They will use some of the following.

Free Media

1. TV
2. Internet

Purchased Media

1. Books
2. Magazines

Health Care Professionals

1. Medical Doctors
2. Dentists
3. Chiropractors
4. Psychologists
5. Allied Professionals

Other Non Professionals

1. Family
2. Friends
3. Sports
4. Etc.

Most people don't consider themselves as part of their Wellness team as that often just doesn't occur to them. This is one of the mind sets Wellness Risk Management changes. Let's define Wellness support as **Self-Help** strategies that do not require the help of other people. As we see in the above lists other people are involved in the information dissemination in all of the list items. How then do most people develop their own Wellness plan?

Answer

They use the above list and slowly develop their own policies, protocols and strategies. The problem with that is all of their sources of information are self-centred sources mostly organized to make money for the source. All of those sources have their own protocol models. Some of

those sources are regulated by governments while others make things up as they work out what people will pay for. All of those sources have a narrow focus on their own Wellness model. No one has taken possession of the term **Wellness** in a comprehensive way. No one has standardized the term Wellness. In the **WRM** model we want only Wellness advice based on **Self-Help** parameters, and only in the top most important fields. There is enough to do in those fields.

Much disseminated advice by other people is not based on science. This is especially so with advice from medical doctors who take very little nutrition training but, think their opinion is worth a lot even though their training is in disease care not Wellness care. Given the polarities of the above listed sources, we ask where we can improve things?

To improve we change the basic structure away from professionals and toward our **self**. We place the onus on the individual to learn Self-Help strategies rather than focus advice on multitudes of professionals, non-professionals and government sources. People can still use these other resources. It's just that with **WRM** the focus will be switched. The focus will be shifted to the individual. The burden is on the client wishing to improve Wellness not a health care professional triaging a person for Wellness needs using a focus on the patient's health status and the model of the professional.

The reason for this burden shift is obvious from the above list that has multiple ideologies involved. But, also a person spends a lot more time on their own than they do with healthcare professionals so, the potential to improve is greater if we can organize the individual for an improved focus on themselves. **WRM** has **Action Plan** items follow the science. **WRM** measures the person for **Compliance with the Science**. The level of compliance informs the Action Plan.

That organizational effort should by rights, follow the science on Wellness **Self-Help**. The first job of the new model is to select significant parameters for the focus. Wellness Risk Management chooses five pillars to measure. People are still involved with healthcare professionals who give advice on Wellness and so, the measurement does not leave this professional group out of the mix. Certain selected important clinical indicators are measured for healthcare providers to look at if they wish. In addition, an important nutritional cutting edge science cries out for measurement, the Pain Relief Diet. Therefore, this diet protocol is also measured in a client to make the data ready when and if the client thinks it is needed.

There are 30 questionnaires which develop multidimensional Wellness numbers that guide us. These numbers are organized into a one page **Progress Chart** for easy reviewing by the individual and healthcare providers. The numbers allow the individual to self regulate. The onus therefore, is switched back to the individual. However, a problem still exists.

The individual is human. They are subject to human frailties. They don't always do what they are supposed to do according to the science. They need motivation. They need reminders. And they need their focus updated with new measurements at appropriate times. The **WRM** workshop program offers people this help when the client feels they need it, and at regularly spaced intervals to maintain progress. Most people need some form of help at one time or another. Workshops help a client keep the focus squarely on Self-Help strategies that the measurement program indicates are needed by the client at the time the measurement was taken. Workshops help prevent straying away from prioritize needs and help maintain motivation at the same time. The two parts of the **WRM** model, **Measurement** and **Workshops**, help to shift the mind set to where it belongs. Workshops are a vitally important part of this new Wellness model.

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To get going, contact us at info@WellnessRiskManagement.com
