

**Small Changes, One at a Time, Are How
People Achieve Big Results in Wellness Self-Help Strategies
By Dr. Victor Jean Ouellette, DC, MS**

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Wellness RISK is a new term coined to indicate the level of compliance with Wellness Science. Measurement is available online providing 38 **Wellness RISK** numbers.

WELLNESS RISK MANAGEMENT (WRM) CALL TO ACTION

We are calling on people to follow the science. Finding a reasonable custom solution for each individual is our calling at **Wellness RISK Management**. One does not have to go to an MD or DC to learn Wellness science. A new Self-Help program is available online.

What is the problem? The problem is where a person would start with a multidimensional, **Wellness RISK Management, Self-Help, Chronic Disease Prevention Strategy**.

- Is Life-Noise creating a rarefied atmosphere and choking the oxygen out of air for you?
 - People need changes, but they need the right changes for themselves at the right specific point in their life.
1. To Learn what changes are right for you, you need to be **measured**.
 2. Silence is not compliance with Wellness science.
 3. Learn what the initial changes are for your lifestyle, (**WRM** provides eight suggestions), then you can choose what to work on first from that list.
 4. “Communication has to make it into your head and get past the noise.” P. S. That noise is most often normal everyday life.
 5. Comfort and satiation with regard to Wellness nutrition can be looked at as noise rather than necessities.

Individual personal **Wellness RISK Management** is a common failure point in a lot of people’s lives. Finding a reasonable solution for each individual is our calling.

For Companies

Company management is the best place to address worker Strategies.

To use **Wellness RISK Management** a company can:

1. Embed Wellness into all work environment departments including management.
2. Create supportive Wellness work environments.
3. Generate a thriving culture of Wellness well-being.
4. Support personal Wellness development.
5. Reassess and reorient Wellness work services.

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NUTRITION

Getting a Well-Balanced Diet Is Key

Focus on foods and drinks that make you feel well, both physically and mentally.

1. Keep a variety of ready to eat snacks on hand.
2. Learn to recognize your body's signals about hunger, fullness and appetite.
3. If you are busy, slow down and enjoy the meal.
4. Drink plenty of water.
5. Select a mix of colourful fruits and vegetables each day.
6. Limit foods that are high in sugar or starch.

Pair Nutrition with Exercise:

1. To- Fuel your body to work, live and play.
2. To- Improve your mood and help you feel your best.
3. To- Increase energy
4. To- Fight off disease
5. To- Reduce injuries
6. To- Gain a better advantage in life.

Once you have that first pairing with the first two pillars, then pair all of Dr. Ouellette's Five Pillars of Optimal Health Secrets.

At **Wellness RISK Management** we help people identify, understand and reduce Life's Noise that interferes with **Wellness RISK Management** and **Chronic Disease Prevention Strategies**. A steady focus on priorities and progress toward the first task chosen is how we help people with Self-Help **Wellness RISK Management**. How do we identify that first task?

WE GET MEASURED. Where? How? Visit <https://WellnessRISKManagement.com>

Life's Noise

Pairing Down Life's Noise.

First identify your needs by getting measured. Then select one of the **Action Plan** items out of the eight selected by the measurement program. That is the first task. (Remember that you create the data that the measurement program provides back to you. Virtually everything comes from you. The human brain offers us multitasking capabilities. The problem is the Noise of Life. Commonly, some of that noise is related to family needs, some of it is related to financial needs, some of it is related to recreation needs. Although we can multitask well as humans, we can run into problems with TOO MUCH noise.

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LIFE'S NOISE

The Values

- Commitment to self
- Commitment to time
- Commitment to family

In an airplane before take off, they teach you how to deal with the oxygen masks that may drop from the ceiling. What is the first rule? **PUT YOUR OWN MASK ON FIRST.**

In **Wellness RISK Management** Self-Help **Chronic Disease Prevention Strategies** your first goal is to learn how to put your own oxygen mask on first. This allegory helps you understand your own needs a bit better and thus, it helps focus your attention more effectively.

Rule #1, Get measured

Rule #2, Pick your first **Action Plan** Task

Rule #3, Focus until done

Rule #4, Move to the next Action Plan Task.

Need help troubleshooting your issues? That is what **WRM Workshops** are all about. We help with that using skills honed in the clinical setting.

Helping people help themselves is the highest order of healthy health care.

S M A R T

Specific

Measurable

Attainable

Relevant

Time-Based

Above all, we want things thorough and comprehensive in the Self-Help field for workers to gain the advantages they need, at their own level, in **Chronic Disease Prevention Strategies**. Small changes are usually easy. We help people find the right ones for them.

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Wellness Risk Management (WRM) helps people incorporate as much of the science on Wellness into their lifestyle that **they feel comfortable with**. Control of a person's lifestyle rests with themselves. We help with that. First a thorough, comprehensive measurement is performed online in questionnaire format. Then workshops are provided to help people troubleshoot issues, clarify concepts and further prioritize **Action Plan** items. We upgrade our knowledge as science progresses toward evidentiary truths. Re-measurement three months later helps a person understand their progress toward **Optimal Health Secrets**. Re-measurement each three month cycle helps people identify trends in their Wellness and it identifies the need to modify strategies.