

Wellness Risk Management

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Measure - Assess - Identify - Prioritize - Motivate

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Learning Resilience as a Self-Help Tool

To learn one would have to teach themselves the four anatomical parts to resilience (see below), and then normalize each part. Teaching oneself to normalize each part of resilience at a time when one is caught up in a grieving process may be exceedingly difficult for some people. Help would likely be needed to grieve effectively, troubleshoot issues and gain closure. With regard to resilience, physiology, emotions and mental behaviour can all progress to pathology as can the time-line for grieving too.

Knowing that grieving is a normal process but, can become a bad process, is a start toward understanding resilience. Reading our article on the [Anatomy of Resilience](#) will help a person's understanding and point them into a direction for self-help. Most often, in times of extreme adversity, people need some sort of help. Helping each other is what humans are all about.

The Anatomy of Self-Help

We see that our study of resilience leads us to identify the anatomy of self-help. Self-help has a time-line, a physical physiology, an emotional physiology, and a mental physiology. Most people are not good at self-help and become even worse as they get older. We see that resilience and self-help are inextricably linked. Learning [Dr. Ouellette's Five Pillars of Optimal Health Secrets](#) will help a person who is trying to learn self-help protocols.

Here Are Some Good Self-Help Tools.

- Adequate Rest & Relaxation, a proper Positive Attitude, and attention to the physical pillars of Nutrition, Exercise and Spinal Health all help a person progress along the roadway to Optimal Health Secrets.
- If someone is caught up in pain, they have self-help [FoodPainConnection](#) strategies to learn that can help them if the pain has not progressed to a severe nature.
- If any one of the six excessive consumptions are a problem then that a person will certainly need external help probably at the professional level.
- If weight is an issue there are seven concepts to learn about the [weight loss formula](#).
- Understanding when you need extra help is a key condition of Self-Help protocols.

The roadway to Optimal Health Secrets is a long one with little bits of information sprinkled along that roadway leading one to a better, happier, longer, more fulfilling life. There are short cuts but one has to take them. Getting on that roadway is a personal decision made by each individual by themselves. [Wellness Risk Management](#) is all about helping people with those personal decisions.