

The Foundation of Wellness

Wellness Risk Management - Eudaimonia - Resilience

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Transitioning to Wellness Risk Management - Instructor/Coach/Guide

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Making Wellness a Priority

Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness

<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>

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**Wellness Risk Management is the foundation
and structure upon which eudaimonia and
resilience can be fashioned.**

The Bedrock

The bedrock of Wellness is a set of **self-help** strategies a person can do on their own. The idea that Wellness and positive thinking can only be gained by consultation with psychologists is not the position we take. One can attempt to build eudaimonia and/or resilience without Wellness Risk Management (WRM) and then try not to leave undone many self-help protocols that lead to chronic disease prevention strategies. Many of these concepts are well known however, commonly, they are poorly done. Of course, psychological counsellors can address all the 126 items the Wellness Risk Management measurement process covers in the Five Pillars, and then help their patients achieve them all. However, psychologists have their own agenda. At the 'end of the day' a person has to make changes in themselves. Someone else cannot make changes for some other person no matter how skilled they are.

In Wellness Risk Management several important clinical items are measured by the WRM program in addition to the Five Pillars, and the FoodPainConnection. There is a comprehensive overall plan to help people who might be stuck at one place or another. One needs to address all of Dr. Ouellette's Five Pillars of Optimal Health Secrets to gain a foothold on self-help concepts. Some are quite easy to accomplish while others are a little more difficult. What one can work on by themselves, should be a start, a very good start for any Wellness program. Wellness Risk Management workshops provide the **non-therapeutic** one-on-one help people may need to get started on the roadway to Optimal Health Secrets.

Eudaimonia-Resilience

Eudaimonia and Resilience generally involve concepts of living and concepts of thinking. Tweaking these concepts to move closer to a Wellness goal is more difficult than one thinks.

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People who fall into categories of pessimism tend to have a little more difficulty structuring mental outlook changes in themselves. Help is often needed in the form of cognitive behaviour therapy and daily affirmations to make significant changes. People don't make these changes easily and often struggle with conflicting thoughts. Most people don't understand themselves and latch onto ideas for various reasons. Certain institutions in our community do not help because they are selfish institutions with a self-centred structure. Religions and government institutions are like that. Don't believe them when they say they care. They don't. What they care about more than anything else is their bottom line (money). We have more on that in other writings.

Helping a person move toward gaining a level of eudaimonia, or resilience, can be difficult and require long terms of counselling. The basic problem is that the human brain functions more like an animal brain than a human brain, in most people. That generally means the emotional brain (animal) takes over and controls the thinking brain (human). The two brains are in this crux of the difficulty. How do we switch the brain over to think more and emote the emotions less? This is not easy with immature insecure people. ALL babies are immature and insecure when they are born. They have to learn to become mature and secure in themselves. A great number of people fail at those lessons.

Simpler-Easier

Are there simpler concepts to teach as a set of background basic concepts that people can work on themselves to complete a structured phase ONE transition? (Transition to the better for the better.) The **Attitude & Perspective** Pillar of Dr. Ouellette's Five Pillars of Optimal Health Secrets brings some self-help **attitude** research to people already convinced to help themselves. Those concepts in Wellness Risk Management may act as a starting point. However, we see that the person has this need to already be convinced of the need to help themselves.

Eudaimonia is quite an old concept dating back to the classical Greek era when the ancients were defining 'best living'. Resilience on the other hand, is quite new with its science steadily building. Both are about observing human behaviour. Both are about things everyone is going to

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say they want to have, once they learn about them that is. Getting a hold on these concepts though, takes learning, perseverance and sacrifice.

These three branches of multidimensional Wellness (WRM, Euda., Resil.) all require help from specialists in the genre. However, Wellness Risk Management is at the self-help basic foundational structure of Wellness that people can do for themselves as an easy starting point for building eudaimonia and resilience if they wish to go that route or, just to build chronic disease prevention strategies for themselves. Common sense ideas proven by science are often not common even though they may make a lot of sense.

Wellness Risk Management developed independently from eudaimonia and resilience sciences. It came about out of clinical needs in a practitioner-patient setting. See articles 8, 1 & 2 in the Wellness Risk Management Library section of the OptimalHealthSecrets website.

Article 8 <https://optimalhealthsecrets.com/library/WellnessRiskManagement/wellness-risk-management-eudaimonia-and-resilience.pdf>

Article 1 <https://optimalhealthsecrets.com/library/WellnessRiskManagement/anatomy-of-resilience.pdf>

Article 2 <https://optimalhealthsecrets.com/library/WellnessRiskManagement/learning-resilience-as-a-self-help-tool.pdf>

The Wellness Triangle

The three sides of the Wellness triangle can all be developed at the same time however, several different specialists may likely be required. Usually items with regard to eudaimonia and resilience require much thought and diligence. Wellness Risk Management takes the slow steady approach with a measurement about every 90 days. When we put numbers to Wellness we can

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manage it much better. Wellness Risk Management puts 38 numbers to multi dimensions of Wellness and offers clear cut **Action Plan** items customized to a client's needs.

The Wellness Triangle

1. **Wellness Risk Management**
2. **Eudaimonia**
3. **Resilience**

Eudaimonia is claimed to have [six sections](#) while Resilience has many sections with many different types of resilience. Wellness Risk Management is set in the **self-help genre** with an online measurement tool and workshops to provide effective guidance. It is precisely because Wellness Risk Management is self-help focussed, that it becomes the foundation for a person to move toward lifestyle improvements delivering chronic disease prevention strategies. Progressing beyond chronic disease prevention strategies into the eudaimonia genre and the resilience genre will require more effort on the part of the client. Specialists in those fields will need to be consulted in order to gain the pearls of wisdom that specialists obtain and develop.

Self-Help

Self-help is a worthy clinical goal and a worthy social goal, something that all governments worldwide wish their population bases to become involved with. Wellness Risk Management provides an easy starting point that is thorough, comprehensive and positioned for multiple levels of pursuit. If people want cutting edge science then Wellness Risk Management is a good place to start because it offers a FoodPainConnection option. If people want standard well-established science, then again Wellness Risk Management is a good place to start.

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