

# Wellness Risk Management

## Eudaimonia and Resilience

Page 1 of 5

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### Making Wellness a Priority

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**Eudaimonia** is a Greek word commonly translated as 'happiness' or 'welfare'; however, more accurate translations have been proposed to be 'human flourishing, prosperity' and 'blessedness'. Wikipedia eu = good, well, happiness. In terms of its etymology, eudaimonia is an abstract noun derived from the words eu ('good, well') and daimōn ('spirit'), the latter referring to a minor deity or a guardian spirit. See link.

A dictionary of Greek philosophical terms is attributed to Plato himself but believed by modern scholars to have been written by his immediate followers in the Academy, provides the following definition of the word eudaimonia: "The good composed of all goods; an ability which suffices for living well; perfection in respect of virtue; resources sufficient for a living creature."

In his Nicomachean Ethics (§21; 1095a15–22), Aristotle says that everyone agrees that eudaimonia is the highest good for human beings, but that there is substantial disagreement on what sort of life counts as doing and living well; i.e. eudaimon: For further data see Wikipedia.

### Positive Psychology on Eudaemonia

The "Questionnaire for Eudaimonic Well-Being" developed in Positive Psychology lists six dimensions of eudaimonia:

1. Self-discovery;
2. Perceived development of one's best potentials;
3. A sense of purpose and meaning in life;
4. Investment of significant effort in pursuit of excellence;
5. Intense involvement in activities; and
6. Enjoyment of activities as personally expressive.

<https://en.wikipedia.org/wiki/Eudaimonia>

**Resilience** is a concept of a psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. (Think of bounce-back.)

<https://www.psychologytoday.com/us/basics/resilience>

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**Wellness Risk Management, Eudaimonia and Resilience** are somewhat linked. Positive thinking and mindfulness, are not enough on their own. Positive thinking needs to be linked to an **Action Plan**. When eudaimonia and resilience are lacking, reduced, or impaired, then Wellness Risk moves higher. Wellness Risk is a measurement of how closely a person is adhering to the science of SELF-HELP Wellness. Self-Help means things a person can do on their own without help from anyone, or any profession. That is quite a tall order and rarely achievable without some form of expert guidance. For eudaimonia and resilience there are more good science clarifying pathways toward achievement. It is ironic that the human still needs help even with self-help. This is likely due to the fact that the human is a hybrid, a cross between a higher primate animal and a higher thinking organism. The animal nature drives the human in certain directions and the thinking nature strives to control that animal within. Everything we see is a play on those with pathology always lapping at the foot of those who are not paying attention to the science.

**Wellness Risk Management (WRM)** was formulated to solve clinical observational problems in musculoskeletal practice in the 1980s and 90s where people were not carrying through with self help strategies after they recovered from a crisis. The crisis brought them to the clinician (Dr. Ouellette a chiropractic Stoney Creek, East Hamilton practitioner (1973 to present) using nutrition and other methodologies in addition to spinal manipulation therapies). Self-help strategies helped patients adapt and heal more quickly. They liked that but, there were problems.

Self-help was necessary for crisis care and ongoing maintenance. This was homework for the patient. However, as the self-help inevitably dropped away, the patient would then cycle back into crisis. Solving this problem was time consuming involving one-on-one discussions in the practice. The need for a specialty was recognized and Wellness Risk Management became that specialty as time went on. Some optimal health pillars needed to be identified and were eventually called **Dr. Ouellette's Five Pillars of Optimal Health Secrets**.

The five areas of study selected for inclusion into Optimal Health Secrets Pillars were, Nutrition, Exercise, Spinal Health, Rest & Relaxation and Attitude & Perspective in life. When reflecting on these pillars, one can see the musculoskeletal connection. Each is important for a different aspect

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of healing and for staying healed. They encompass a very large part of the human personal and social envelopment in life. They address the focus on a patient/client's SELF-HELP strategies, and the need to continue these strategies long-term. Research was clear that most people needed help maintaining Wellness. This concept was born out in the clinical setting where crisis care cycled. Wellness Risk Management Workshops were an obvious solutions to add to the program.

Workshops also solve another clinical problem and that was the need to break out of the labour intensiveness of the therapy job in order to help more people. One-on-one is a time-consuming endeavour thus, to reach more people the Wellness protocols needed to be structured so that a lay person could deliver the workshop effectively. That problem was solved with the Online Measurement process coupled with the WRM Instructor Mandate Protocol.

Wellness Risk Management does not purport to come to the level of Eudaimonia (human flourishing). WRM is a focus on one aspect of Wellness namely, the Self-Help Wellness that people can work on by themselves without help from clinicians. This was the driving force of the work from the very beginning in the mid 1980s. Thus, the data needed to have already been proven and published in the scientific literature. Parsing the rigours of that research was not important. Getting people on-the-go at helping themselves was the goal. Understanding this is key to understanding Wellness Risk Management. It is about managing oneself using science.

The passive patient, expecting passive treatment protocols, was most always problematic with regard to quick recovery from a clinical crisis. That recognition meant the need for a qualification of sorts as a necessity to implement within the Wellness Risk Management protocols. That qualification is the need for the client to want to help themselves. A passive-minded client is not going to work out in a Self-Help milieu. With 'patient-wishes' at such a high focus in health care today, one cannot force Wellness onto someone who does not want it. Pre qualification was structured into the WRM protocols, and self payment of fees is part of the therapy process. People tend to take care of what they pay for, pay more attention and take the process seriously.

Nutrition, Exercise, Spinal Health and Rest & Relaxation address some biological, physical and psychological self-help issues. Attitude and perspective in life address the psychological and

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Page 4 of 5

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sociological self-help issues. Exercise links up with psychological health in that those with higher levels of diverse types of exercise have improved psychological health. All of these major categories are highly correlated with Wellness, Eudaimonia and Resilience.

The WRM focus, however, is not on diagnosis, is not on therapies and is not on Wellness advice or any advice. The focus is on Self-Help tools with the WRM Instructor being the major tool available. The focus in WRM is squarely on identified, **and listed**, **Action Plan** items customized to a particular client's needs. The goal is Wellness improvement without the use of health care professionals, health coaches, or Wellness guides. The task then is in helping people deliver **for themselves** on Self-Help protocols. That is what Wellness Risk Management is all about and where the workshops do their work.

How then does WRM dovetail with Eudaimonia and Resilience? Well, in most all clinical situations there are going to be several things the clinician gives to the patient to do at home. Sort of like homework for the adult. Wellness Risk Management is not an extension of the clinical scene, but rather a client centred approach to help people help themselves.

Identifying needs is achieved in a comprehensive online measurement questionnaire. Science directs the Action Plan list. People can work all on their own and learn how to retest themselves on their own. However, most people will need some level of help and they will need access to additional action plan items when they have completed their first set. That is all delivered in Wellness RM Workshops.

There will be people needing professional level help. It is understood that these people will avail themselves of the needed specialists with the help of their family doctor, their family and friends. While all the professional level care is going on, the Wellness Risk Management Instructor will continue to help people with identified Self-Help Action Plan items thus, helping people to eventually become self-sufficient within Wellness Risk Management. The team approach has become a little larger and we anticipate new specialists in positive thinking strategies will come online helping people with **LifestyleHelp** therapies using an integrated in-depth focus.

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People wishing to pursue the six dimensions of eudaimon would source out appropriate counselling/coaching help to achieve their goals of self discovery along those lines. We are all working for the good of others. In WRM we are showing people how to work for the good of themselves. The Wellness Risk Management business approach is to connect with businesses and offer to set up a WRM Directorship program in a business at no cost to the business. Wellness is a roadway. It is a process toward gaining longevity, health and happiness. Wellness Risk Management offers self help strategies for chronic disease prevention and points the way toward eudaimonia and resilience.

Wellness Risk Management, eudaimonia, and resilience all came from observing the behaviour of people. Some people seemed to do better than others in life. Why, is the question all three purport to answer in their own way. Five Pillar Wellness is bringing people to a multidimensional positive health, a sense of well-being, a more successful existence. Measuring, mitigating and managing Wellness Risk is for individuals interested in Wellness Self-Help. A lot of people don't know what they don't know about Wellness and, a lot of people don't do what they do know. We are here to correct that. For Companies, Industry and Businesses. Offering Intensity - Duration - Focus.

**Wellness Risk Management**  
**DIVERSITY - INCLUSION - SUPPORT - HELP**  
**Measure - Analyse - Identify - Prioritized - Motivate**  
**Chronic Disease Prevention Strategies**  
**Making Wellness A Priority**  
**Creating Value for Society**  
**Helping Business Manage Wellness**  
**Teaching Evidence Based Wellness**  
**Self-Help is the Highest Order of Wellness Help**