Indigenous Wellness Framework and Outcomes

Physical wellness creates PURPOSE

Mental wellness creates MEANING

Mental Behaviour expressed through:
- Rational
- Intuition
- Understanding

Emotional wellness creates BELONGING

Emotional Behaviour expressed through:
- Family
- Community
- Relationship
- Attitude

Spiritual wellness creates HOPE

Spiritual Behaviour expressed through:
- Values
- Belief
- Identity

Physical Behaviour expressed through:
- Way of being
- Way of doing
- Wholeness
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