

“...I wish I could have had this program years ago - life would have been so much easier on me and my family. This is an excellent program and I would recommend it for anyone.”

- whole health client

HEALTHY ASPECTS was born in 2004 by Holly J. Abrahamson, cWHE/C. Holly is a graduate of The New England School of Whole Health Education, located in Boston, MA. She is a member of the American Counseling Association and the Nebraska Counseling Association.

Holly's 16 years of involvement in the health care industry, combined with her own personal experiences which fed her passion to seek out Whole Health Education, makes her uniquely trained to provide respectful listening, “the big picture of health” and the most current scientific health research information available.

WELLNESS PACKAGES ARE AVAILABLE NOW. In Home Wellness packages are also available. Whole Health Education is also available for groups, churches, businesses, hospitals, healthcare professionals, schools, youth groups, etc.



Healthy Aspects

focuses on Counseling for the Whole Self based upon the five aspects of well-being: physical, nutritional, emotional, spiritual, and environmental.

PHYSICAL

What is happening in your body? How do you feel today? What do you believe are the reasons for your present state of health? What are the prevailing medical issues in your life? Learning how the physical body functions in health and wellness is vital to creating balance.

NUTRITIONAL

How, where, why, when, and what you eat all influence your overall sense of well-being? What are your most common food choices? Do you feel well nourished? “We are what we eat” in the sense that how and what we consume affects our body-mind function.

EMOTIONAL

What are the primary and reoccurring emotions you experience on a day to day basis? Are you feeling consistently overwhelmed? Sad? Angry? Are you numb? The mind and body communicate as one, producing health or disease.

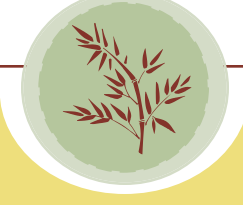
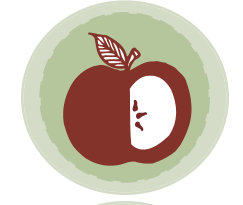
SPIRITUAL

Our belief systems, as well as our relationships, impact our health. Are you living in integrity with your belief systems? Have you lost faith? Do you have a strong spiritual community to support you?

ENVIRONMENTAL

How is the environment you work and live in affecting your sense of well-being? Where do you spend most of your waking hours? The influence of external and internal environmental factors strongly influence our health.

HEALTHY ASPECTS



HEALTHY ASPECTS
Counseling for the Whole Self

714 4th Avenue
PO Box 162

Holdrege, NE 68949

Office (toll free): (866) 935-6400

Cell: (308) 991-4692

holly@healthyaspects.org

HEALTHY ASPECTS

Counseling for the Whole Self

Despite our best laid plans, we don't always get to **choose** the focus of our lives, the **fulcrum** around which all else must revolve. Sometimes it is work, sometimes an ailing parent. We may be consumed with the needs of our children, the stress of surviving in an economically challenging time, or our own medical issues. In fact, the **center**, the focus of our life changes depending on our individual situations, many times throughout our lives. But just because we don't get to choose doesn't mean we don't have **power**. It doesn't mean that we don't have access to the kinds of information that will empower us to make **decisions** in the best interest of our **health** and **well-being**.

What do we mean by health care and well-being? Health care is more than your insurance plan, more than the doctors you see, more than a prescription to be filled. Health care can involve these things, of course. But health care also includes the day to day choices you make that leave you feeling either stressed, overwhelmed, even physically ill OR energetic and healthy.

Healthy Aspect's **Counseling for the Whole Self** provides you with exactly the kind of specialized information that will put you right where you should be: **in Charge**. It's your health. We want you to be more effective in communicating your needs. We want you to take a proactive approach to your own wellness. To understand all the facts so that you can be proactive in communicating with everyone (Your family. Your clinicians. Your health insurance provider.) involved in your health care process. To advocate for your own well-being.

Counseling for the Whole Self is a collaborative process between you and your educator. The two most important components of the counseling process are **Education** and **Self-discovery**. We help you educate yourself and others, as well as giving you the tools to continue a process of inquiry and self-discovery.

AFTER PARTICIPATING IN WHOLE HEALTH EDUCATION, YOU WILL WALK AWAY WITH:

- A better understanding of the causes and effects of health and disease
- Scientific, research based health and wellness information, personalized to your particular situation and presented to you in a simple, easily understood style;
- A strategy for health care recovery and health maintenance;
- A plan, developed by you and your Whole Health Educator, for YOUR best health that includes the physical, environmental, nutritional, emotional, and spiritual choices that work best for YOU;
- A clearer sense of your health needs, goals, and objectives and a plan for educating your clinicians, your family about these things;
- An understanding of who (the people, organizations, institutions, or corporations) is accountable for which components of your health care plan;
- A commitment to continue advocating for your whole health.

