“Health is a state of complete physical, mental and social WELLBEING, and not merely the absence of disease and infirmity.”

Preamble, 1948
“High-level wellness is an integrated method of functioning ... maximizing the potential of the individual...”

Halbert L. Dunn, MD, PhD
Chief, National Office of Vital Statistics
U.S. Public Health Service

1961
John W. Travis, MD, MPH

- Protégé of Dr. Robbins, creator of first Health Risk Assessment.
- Johns Hopkins residency and a U.S. Public Health Service officer.
- 1972: developed the Illness-Wellness Continuum model still used today by professionals and universities.

Seed for today’s wellbeing movement.
A process, never static.

High-Level Wellness moves beyond “prevention” with small steps to balance all dimensions of life.
John W. Travis, MD, MPH

- Created FIRST wellness center in USA, 1975, and the first whole-person assessment, Wellness Inventory.

- Featured on 60 Minutes and in the New York Times as an innovator helping to introduce wellness into the mainstream.
John W. Travis, MD, MPH

- Developed the wellness concept further in his groundbreaking work, Wellness Workbook, in 1977, updated today in its 3rd edition.

- Now available ONLINE...
The innovative, whole-person, self-management program to optimize wellbeing and personal potential.
“The Wellness Inventory is a foundational wellness tool.”

Stanford Research Institute
The Wellness Inventory was featured as an “exemplar” program in *Total Force Fitness for the 21st Century: A New Paradigm*. Military Medicine, August 2010
Whole-person wellbeing balances all of life’s dimensions for optimal vitality.

Everything is connected.
Whole-Person example

Our behavior in each of the dimensions can improve our stress levels or make it worse.

Three examples.
Old behaviors: UNMANAGED

- Eating larger portions more often; high fat, sugar, alcohol, and caffeine diet makes stress worse.
- Shallow, rapid breathing prolongs stress and tension, creating an oxygen/carbon dioxide imbalance.
- Fear, anxiety and depression generate more negative feelings, perpetuating the stress cycle.
New behaviors:
Small steps lead to change.

When I drink coffee, I’ll choose half decaf Monday, Tuesday, and Wednesday every week.

When I start my day at my desk, first thing every morning, I’ll take three long, deep breaths.

When I feel frustrated with the team report, I’ll write down two words to describe my feeling!
New behaviors: SELF-MANAGED

Less fat, sugar, and caffeine reduce cravings; well-balanced meals maintain blood sugar.

Lower blood pressure and heart rate decreases stress hormone level, helping to reduce anxiety.

Lower anxiety decreases fear and anger responses, relieving tension, creating more positivity.
Wellness Inventory gives you a fresh way to manage and balance all dimensions of your life.
“For the first time, I experienced wellbeing as a whole person – body, mind, emotions, spirit.”

Jason, Washington
Gain new insight to manage your total wellbeing online.

Here’s what you can do...
Experience a unique self-evaluation.

<table>
<thead>
<tr>
<th>How True?</th>
<th>How Motivated?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>7</td>
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</table>

Rate your wellbeing dimensions and your motivations. The results may surprise you!
Learn from ongoing tracking.

Learn how you’re doing monthly in each dimension.
Act on your strongest motivations.

See areas you’re most motivated to improve at the moment.
Create action steps.

- Eat smaller portions at dinner and eat more slowly.
- Drink 16 oz. glass of water upon awakening.
- Set aside every Sunday night for quality family time, dinner.

Easy to update.
And create personal email reminders.

- I play relaxing music before bedtime prepare for sleep.
- Email Subject: Music for sleep!

Options for scheduling reminders:
- 6:00 AM
- 7:00 AM
- 8:00 AM
- 9:00 AM
Track your actions.

Measure your ongoing progress.

Current Steps

Be in bed by 11:00 four nights a week.
Meditate for 20 minutes at 6 am.
Take 15 minute morning walk 3 days a week for one month.
Personalize your home page.

Welcome to the new 3.0 version of the Wellness Inventory whole person wellbeing program. Congratulations on completing your wellbeing assessment and creating your first action step.

We recommend that you take the Full User Tour located below the navigation icons to give you a complete overview of the program.
Virtual support to enhance live coaching.

Explore options and create successful new steps.
Express more.

Write what you think!

Journal about problems, progress, possibilities! It works.
Explore more.

**Strongly Motivated to Improve**
*click on statement to explore*

- I use my breath as a means of centering and increasing mental clarity.
- I wear clothing that is comfortable and loose enough to allow unrestricted breathing.
- I pause during the day to notice if my posture is facilitating full, natural breathing.

**CREATE** An Entry In My Journal
**ACCESS** My Resources
**CREATE** An Action Step

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**FEATURED BOOK!**
*the ART of BREATHING*
Six Simple Lessons to Improve Performance, Health and Well-Being

**SELF-CARE PRACTICE**
**RELAX AND RECHARGE WITH BELLY BREATHING**
The simple practice of belly breathing allows to relax, recharge, and de-stress at the beginning of your day or anytime you feel the need.

**FEATURED ARTICLE**
**HEALTHY COMPUTING TIPS: BREATHE EFFORTLESSLY**
The moment most people begin keyboarding or mousing they increase
Enjoy more.

Embrace balanced, whole-person wellbeing.
Improvement for everyone.
Reduce stress. Increase energy. Improve relationships. Live better.