

General Education

Definition

This education category is for:
the **general public** seeking a wholistic health program,
professionals seeking a non-credit continuing education program,
faculty seeking undergraduate or graduate course materials, and
practitioners seeking a client/patient or community education program.
For further information contact us at whes@healthyactionplans.com.

Products What's New?

Wholistic Health Self-Management Program – Core Content

Health Guide 1: Be Whole & CEO
Health Guide 2: Healthy Action Plan Process – Yes

Description

This comprehensive core program is first in a series on saying “yes” to the Healthy Action Plan Process. Learn to “Talk the Talk” and Walk the Walk” to live a longer healthier life. Popular features include the engaging, inviting style; simulated inter-profession health camp setting; 5 power events and 20 power keys; 33 check points; great case studies; and accompanying interactive CD-ROM offering the check points and action plan forms in electronic format. Whether you’re a beginning, intermediate or advanced lifestyle changer, there are benefits for you. Personal health can be enhanced. Designed for adult learners – the general public and health professionals and students who work with others. Provides a model for education, practice and research.

Purpose

To help you with skills to take charge of your life, your health, and design Healthy Action Plans specific to your needs. The program will also help you be a role model, assist others with lifestyle change, and move toward national health goals.

Book/CD Package

Book	First Edition	
Volume	1	
Author	Janice E. Stephens	
ISBN-13	978-0-9777726-0-5	Print Edition with Interactive CD-ROM
ISBN-10	0-9777726-0-8	Print Edition with Interactive CD-ROM
Copyright	2006	
Date of Publication	March 2, 2006	
Size	8 ½ x 11	
Binding	Soft Cover - Spiral	
Pages	284	
SAN	850-203X	
Publisher	Wholistic Health Education Services	
List Price	\$39.95	

Interactive CD-ROM to Accompany
Wholistic Health Self-Management Program – Core Content

Description

This interactive CD-ROM accompanies the core Wholistic Health Self-Management Program. It provides individuals the option to computer generate the 33 Check Points and Healthy Action Plans using forms from the print edition.

CD-ROM	Version 1.0
Author	Janice E. Stephens
Copyright	2006
Date of Publication	March 2, 2006
Size	Full
Pages	50
SAN	850-203X
Publisher	Wholistic Health Education Services
List Price	Included with Book

Program Objectives

- Name two health promotion categories.
- Identify national public health concerns.
- Discover characteristics of people who live to be 100.
- Describe the Wholistic Health Self-Management Model.
- State essential self-management skills.
- Discuss the background for making intentional lifestyle changes.
- Describe power events and keys for the Healthy Action Plan Process.
- Identify ways to assess health strengths, risks, and areas to improve.
- Compare illness-based problems and wellness-based needs.
- Select realistic prescriptions using the five rights criteria.
- Discover how to maximize supports and control barriers.
- Name parts of the readiness decision.
- List ways to track progress of the action plan.
- Define being patient, persistent, confident and in control.
- Determine how evaluation is useful in making healthy changes.

Health Guide Features

- Health Jargon
- Keys to Success
- Power Events & Keys
- Healthy Actions & Outcomes–Vital Signs
- Risk Factors
- Unhealthy Actions & Outcomes
- Case Studies
- Check Points
- References & Resources

Program Contents

Health Guide 1:

Be Whole & CEO

Primary Objectives

Purpose

Part I Healthy People 2010

Part II Live a Long Healthy Life

Part III Wholistic Health

Part IV Self-Management

Summary

References

Resources

Health Guide 2:

Healthy Action Plan Process –Yes

Primary & Power Event Objectives

Introduction

Power Event I: Assess

Power Event II: Diagnose

Power Event III: Plan

Power Event IV: Implement

Power Event V: Evaluate

Summary

References

Attachment 1: Check Point Answer Keys

2: Power Skills

3: Case Study: Natasha's Action Plan

4: Healthy Action Plan Forms

5: Healthy Action Plan Outline

Glossary

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Future Products

Health Guide 3: Person-Spirit (Principles of the Heart)

Spirit, the first part of Person. Discover the real you, identify purpose, and develop principles or rules to guide your life. Learn to be your CEO, or self-leader.

Health Guide 4: Person-Mind (Think-Want-Feel)

Mind, the second part of Person. Find out about your mental health, and what part your mind, will, and emotions play in making lifestyle changes. Learn to be a powerful self-manager.

Health Guide 5: Person-Body (The Ins & Outs)

Three guides are about your Body, the third part of Person. In this guide you'll focus on oral health, essential food & elimination, and healthy weight.

Health Guide 6: Person-Body (Supplements & Substances)

Body, the third part of Person. You'll learn about healthy and unhealthy supplements and substances that can influence your health and life.

Health Guide 7: Person-Body (Let's Get Moving)

Body, the third part of Person. In this guide you'll focus on daily activities - the movement, exercise, sleep, rest and relaxation your body so desperately needs.

Health Guide 8: Social (The Golden Rule)

Social Life! It's all about your relationships with family and others – at home, at work, and in the community and world.

Health Guide 9: Environment (Home Sweet Home)

Environment, with a focus on health at home. Money matters are included.

Health Guide 10: Environment (On the Job)

Environment, with a focus on health at work and career enhancement.

Health Guide 11: Environment (Community & Around the World)

Environment, with a focus on health as a resident, health services, and travels in your community and world.

Health Guide 12: Taking Account

Putting it all together! An overview of the Healthy Action Plan Process and the health accounts. It's a compact version of the Wholistic Health Self-Management Program.

Facilitator Guides

Tips that prepare you to assist others with the program, either one-on-one or in a group. Helpful for health professionals, students, and the general public.