

# HIRSCH HOLISTIC FAMILY MEDICINE

Whole health. Whole body. Whole family.

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## Duke Integrative Medicine -Wheel of Health Current & Desired States

Instructions: For each area, please take a moment to consider where you are and where you would like to be. In each “current” box, briefly note the reasons you chose your number then do the same for the “desired states” box.

<b>Mindful Awareness</b>	
Awareness of the present moment; paying attention to what you are doing while you are doing it.	
<b>CURRENT – WHAT’S SO?</b> On a scale of 1 (low) - 10 (high), how would you rate this area of your life? 1 2 3 4 5 6 7 8 9 10	<b>DESIRED STATES</b> Improvements, changes or enhancements. What would make this area a “10” for you?
<b>Movement, Exercise &amp; Rest</b>	
Activities of daily living like cleaning and gardening as well as dancing, yoga, walking, running, cycling balanced with adequate rest and relaxation.	
<b>CURRENT – WHAT’S SO?</b> On a scale of 1 (low) - 10 (high), how would you rate this area of your life? 1 2 3 4 5 6 7 8 9 10	<b>DESIRED STATES</b> Improvements, changes or enhancements. What would make this area a “10” for you?

**Nutrition**

Eating a balanced, healthy diet.

**CURRENT – WHAT’S SO?**

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

**DESIRED STATES**

Improvements, changes or enhancements. What would make this area a “10” for you?

**Physical Environment**

Spaces where you live/ work (light, noise, toxins, color), as well as landscapes surrounding those spaces.

**CURRENT – WHAT’S SO?**

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

**DESIRED STATES**

Improvements, changes or enhancements. What would make this area a “10” for you?

**Relationships and Communication**

Spending time with family, friends and/or coworkers who are supportive and with whom you communicate effectively.

**CURRENT – WHAT’S SO?**

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

**DESIRED STATES**

Improvements, changes or enhancements. What would make this area a “10” for you?

## Spirituality

Seeing purpose and meaning in something larger than one's self; may include religious affiliation or other areas such as nature or the arts.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Personal and Professional Development

Growing and developing one's own abilities, talents and interests, both in 'being' and 'doing', and living with both in balance.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Mind-Body Connection

Paying attention to the interconnectedness of the mind and body and the effects they have on each other. Using techniques such as breathing practices, meditation, progressive muscle relaxation or guided imagery to activate the body's relaxation and healing response.

### CURRENT – WHAT'S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a "10" for you?

## Professional Care: Prevention and Intervention; Conventional and Complementary Approaches

Routine screenings such as mammograms, prostate screenings, colonoscopies, pap tests, dental exams, along with prescribed use of vitamins and supplements; Following treatments recommended by your conventional medical care providers as well as recommended complementary approaches such as acupuncture, massage, hypnosis, osteopathy.

### CURRENT – WHAT’S SO?

On a scale of 1 (low) - 10 (high), how would you rate this area of your life?

1 2 3 4 5 6 7 8 9 10

### DESIRED STATES

Improvements, changes or enhancements. What would make this area a “10” for you?