

NOVA

PHYSIOTHERAPY

900 Centennial Boulevard, Units 4&5 Warman, SK P: 306-382-3332 www.novaphysiotherapysk.com

THREE DOMAINS THAT CONTRIBUTE TO YOUR OVERALL HEALTH



PHYSICAL HEALTH

This is your ability to complete daily tasks, participate in activities and the general functioning of your body. It includes your diet and nutrition, getting enough exercise and sleep, and hygiene. Poor physical health can increase negative feelings and impact your relationships.

Ways to improve your physical health:

- Eliminate screen time one hour prior to bed
- Take the stairs instead of the elevator
- Park further away from your destination and walk
- Brush your teeth daily and schedule regular dental check-ups

Don't forget to play! Activity stimulates your brain and body. It brings enjoyment, confidence and achievement.

EMOTIONAL HEALTH

Emotional health is the ability to accept and manage your thoughts, feelings, and behaviours. It includes feeling all the joyful moments in life; as well as to cope with stress, grief and problems that arise. Emotional distress makes you more susceptible to physical illness and can negatively impact relationships.

Ways to improve emotional health:

- Read a new book or listen to music
- Sit in the sun and enjoy nature
- Take care of house plants or do woodworking
- Work on a puzzle or take up colouring



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SOCIAL HEALTH

This encompasses our relationships with friends, family, peers and co-workers. It includes how we communicate, seek and lend support, and care for others. Forming meaningful relationships with others helps to reduce stress and promotes good emotional and physical health.

Ways to improve your social health:

- Phone a friend
- Cook for someone
- Join a community class or volunteer

All three of these areas of health are interconnected. Neglecting one will impact the others. Take time to reflect on each area, identify behaviours you can control and take steps to improve your health.

"YOU CAN'T ENJOY WEALTH IF YOU'RE NOT IN GOOD HEALTH."

- Anonymous

Meeting with a physical therapist is a way to invest in your well-being. We help identify areas to improve your health and create a structured plan with you. Our team offers many treatment options with a focus on listening to what your goals are. It could be to reduce pain, increase movement or start a new activity. Visit our website for further information or call us today with any questions you may have!



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