

## West Texas VA Health Care System

# WHOLE HEALTH AND YOUR WELL-BEING

**Whole Health** centers around *what matters to you*, not what is the matter with you. Whole Health focuses on your well-being, skill-building and support. [www.va.gov/wholehealth](http://www.va.gov/wholehealth)

### POWER OF THE MIND

Mindful Awareness is *powerful*, and can positively affect our health to aid in well-being and healing.

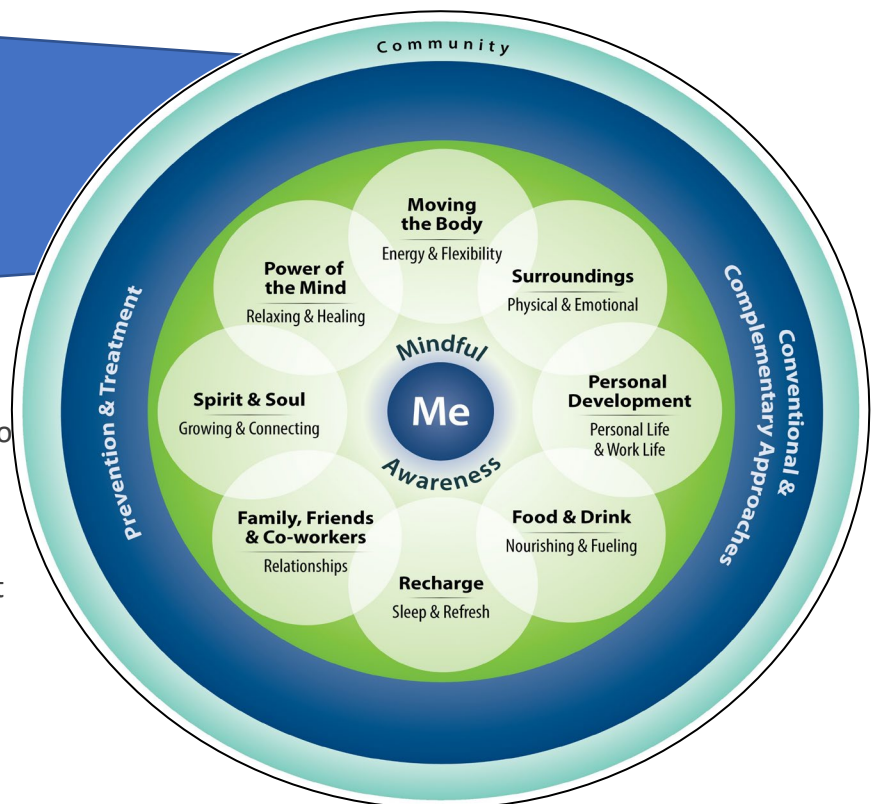
**Health Coaching:** A partnership with a certified Health & Wellness Coach to explore *your* unique needs, goals, and challenges, and to work toward sustainable lifestyle change with support along the way.

**Guided Imagery:** A mind-body approach that uses the mind's eye or visualization to support healing, change, and relaxation. The use of imagery can affect all major physiological control systems of the body.

**Hypnotherapy:** Using the power of your mind to focus your attention on making healthy changes. Effective in self-empowerment and channeling your energy to achieve your goals.

**Biofeedback:** Using your body's own signals, like heart rate and breathing, to bring about healthy changes. Biofeedback can improve health concerns caused or worsened by stress.

**Wellness Groups:** Lifestyle Management, Rest and Recharge, Tobacco Cessation, Diabetes Prevention, and Taking Charge of My Life and Health-- group coaching & education.



**TO GET STARTED:** Veterans can call

**432-264-4804**

or have their health care team complete a Whole Health Introduction Consult, or reach out directly to Whole Health staff.

**\*Veterans connecting with Whole Health are committing to a single phone call or video appointment only; Veterans can opt into or decline any of the available Whole Health well-being options at any time.**