



# Indigenous Wellness Framework and Outcomes

Physical wellness creates  
**PURPOSE**

**Physical Behaviour**  
expressed through:  
Way of being  
Way of doing  
Wholeness

**Spiritual Behaviour**  
expressed through:  
Values  
Belief  
Identity

Spiritual wellness  
creates  
**HOPE**

Mental wellness  
creates  
**MEANING**

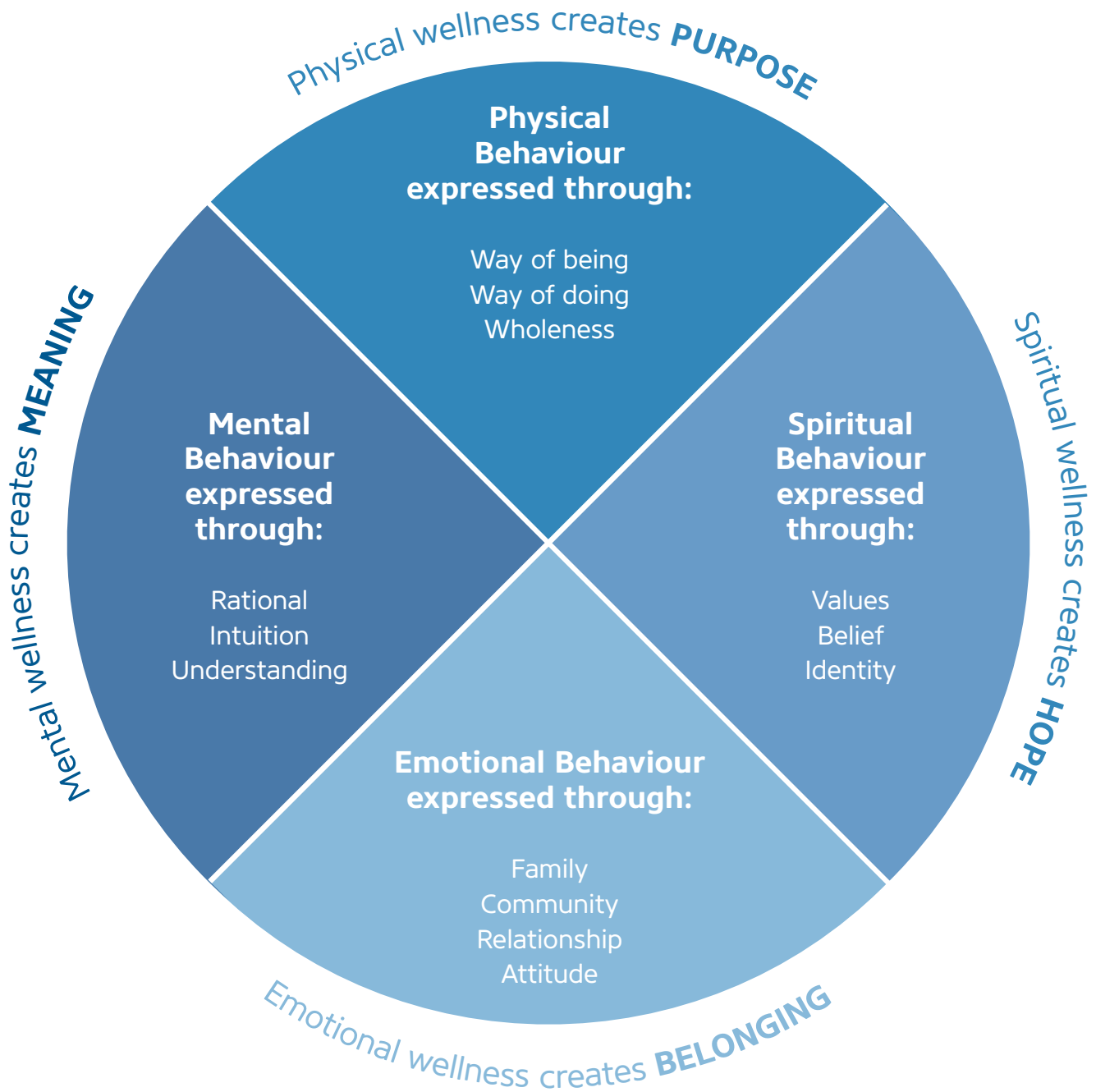
**Mental Behaviour**  
expressed through:  
Rational  
Intuition  
Understanding

**Emotional Behaviour**  
expressed through:  
Family  
Community  
Relationship  
Attitude

Emotional wellness creates  
**BELONGING**



# Indigenous Wellness Framework and Outcomes





# Indigenous Wellness Framework and Outcomes

