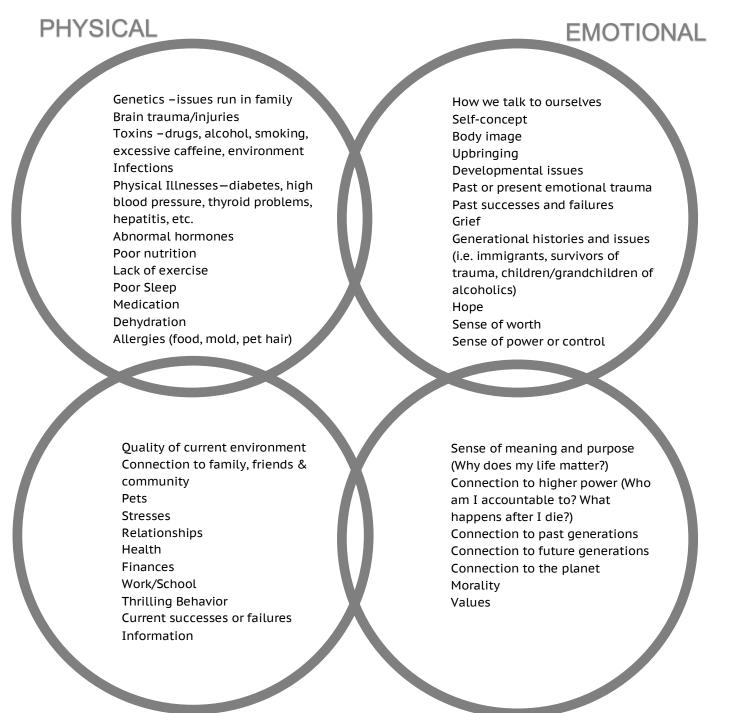


## The Amen Clinic: FOUR CIRCLES EVALUATION

*In the four circles below, check off the issues that might apply to you and contribute to your problems.* 



SOCIAL

SPIRITUAL



## The Amen Clinic: FOUR CIRCLES Wellness Approach

In the four circles below are strategies to get well in a physical-emotional-social-spiritual way.

## **PHYSICAL** EMOTIONAL Optimizing brain function Protecting brain from trauma Understanding your brain leads Avoiding toxins (drugs, much to forgiveness alcohol, nicotine, much caffeine, ANT Therapy (questioning and food, or environmental allergens) correcting your own thoughts Healthy sleep Gratitude Treating any physical illness Healing past emotional traumas Treating any psychiatric illnesses (EMDR/Havening) Brain healthy diet Meditation/hypnosis (have Exercise, especially with psychological benefits) coordination Offering hope Eliminate unnecessary meds Clearly written goals to stay on Neurofeedback, alpha stim track Supplements or medications Deep breathing Hyperbaric oxygen Hand-warming Bright light therapy Stress reduction Meditation/hypnosis (both have biological effects) Optimizing the environment Discovering a sense of meaning Group support and purpose Keeping yourself safe • Why does my life matter? Improving relationships and Evaluating your connection to community connections higher power Problem-solving techniques • Who am I accountable to? Work or school accommodations • What happens after I die? Hope for the future Explore connection to past **Opportunities** generations Information/education Explore connection to future Options generations and the planet Financial help Define your morality Clarify your values SPIRITUAL

SOCIAL