HEART & SOUL CURRICULUM

SESSION 1:

CARING FOR THE TEMPLE

Whole Person Wellness



CARING FOR THE TEMPLE :

Whole Person Wellness

The Healthy Five are five pillars that improve heart health and whole person wellness. We know that many things shape personal health and well-being, including faith and spirituality.

The Healthy Five include basic guidelines on:

- **Food & Nutrition**
- **Physical Activity**
- **Sleep Hygiene**
- **Stress Relief**
- **Heart Health**

Research shows these five areas can help prevent disease. For people with health conditions, heart-healthy behaviors and medical treatments are key for overall well-being. The Healthy Five helps us all build a personal foundation for healthy living.

Wellness isn't a single goal or behavior. The Healthy Five invites you to work on the areas of your life that shape your overall health. And to make small, meaningful changes that add up.

To learn more about health recommendations across The Healthy Five, see the Supporting Healthy Weight **Quick Action Guide** or **Full Learning and Action Guide**.

Interactive Activity

Complete the brief, 5-question **Personal Wellness Self-Assessment**. It asks you a few questions on the Healthy Five and helps you identify an area where you can grow as part of your wellness journey. This area can become your focus over the next few weeks as you build new habits to support your all-around wellness.

Heart & Soul in Action

There are opportunities for your faith community to move from learning to collective action on a health topic.

Actions in your faith community: Commit to completing the Heart & Soul Curriculum as a congregation. Identify how it will be used with your existing programs and how your faith community will encourage members to participate throughout the series.

Advocacy for community health: Review the ACE Your Health Community Wellness Survey Report and the ACE Your Health Story Maps to understand how community conditions impact individual and family well-being—and how to bring about change.

FACILITATOR'S GUIDE

Session Overview & Learning Goals

Your main goal for this session is to introduce your group or community to the Healthy Five pillars and help participants understand how each contributes to whole person wellness.



Food & Nutrition: Certain foods and eating patterns provide the body with more nutrients and energy to support health, basic body functions, and overall well-being.



Physical Activity: Regular movement supports physical health, strength, mobility, and overall well-being. This can include exercise and movement in everyday activities.



Sleep: Regular, quality rest allows the body and mind to recover, restore, and function at their best.



Stress Relief: Certain practices and tools can help people notice, respond to, and manage stress in ways that support their mental, emotional, and physical well-being.



Heart Health: Heart health and disease prevention practices happen both inside and outside the doctor's office. Recommendations include knowing your key health numbers, such as blood pressure, cholesterol, blood sugar, and other heart health tests.

Facilitator Checklist

Before the session:

- ☐ Review the Caring for the Temple session content and facilitator guide.
- ☐ Learn about the Healthy Five pillars and their definitions.
- ☐ Print the Personal Wellness Self-Assessment.
- ☐ Determine how participants will complete the assessment privately.
- ☐ Share the session announcement with your congregation in advance.

Discussion Questions

During the session, you might ask:

- When you think about whole person wellness, what comes to mind?
- Which areas of the Healthy Five guidelines do you already focus on and follow in your daily life?
- What can make it difficult to focus on your health and well-being?
- How can your faith community support healthy living?

Interactive Activity

Ask each participant to complete the **Personal Wellness Self-Assessment**. Invite them to reflect on their responses and identify one Healthy Five pillar to jump-start or strengthen on their wellness journey. Participants do not need to share their individual responses with the group.

Heart & Soul in Action

Let participants know that there are opportunities for this group and faith community to move into deeper learning, personal growth, and collective action on these health topics.

Point out the recommended **action steps** to take in the faith community and the tool for further learning and **community advocacy** to review and consider.

- Commit to completing the Heart & Soul Curriculum as a congregation.
- Review the ACE Your Health Community Wellness Survey Report and the ACE Your Health Story Maps.

Communication Templates

For a Bulletin/Flyer

Caring for the Temple: Whole Person Wellness
Join us as we begin Heart & Soul, a health and wellness series created to help our members explore simple ways to support whole person health and wellness.

Our first session will introduce the Healthy Five pillars and help you identify at least one area of your health and well-being you would like to strengthen.

[add date, time, location]

For a Weekly Email

This week, we're beginning a Heart & Soul series with **Caring for the Temple: Whole Person Wellness**. Together, we'll explore the Healthy Five and talk about how food and nutrition, physical activity, sleep, stress, and heart health affect our well-being.

Join us as we share simple and real ways to make our health a priority.

[add date, time, location]

CARING FOR THE TEMPLE: Whole Person Wellness

PERSONAL WELLNESS SELF-ASSESSMENT

This is a personal reflection tool, not a clinical test. Read each sentence and mark the response that matches where you are right now.

Healthy Five	Reflection Statement	Rarely	Sometimes	Often
Physical Activity	I add movement into my daily or weekly routine.	☐	☐	☐
Food & Nutrition	I make food and nutrition choices that support my health and well-being.	☐	☐	☐
Sleep	I get enough quality sleep to feel rested and restored.	☐	☐	☐
Stress	I have healthy habits that help me manage stress.	☐	☐	☐
Heart Health	I know important information about my heart health, such as my blood pressure and other recommended health numbers.	☐	☐	☐

Reflect on Your Responses

What do you feel you are doing well?

Which Healthy Five pillar could use more of your attention?

Choose one Healthy Five pillar to jump-start your health and wellness journey:

What is one small step you can take over the next few weeks?

My goal is simple, doable, and aligned with my faith because: