



# Indigenous Wellness Framework And Outcomes

**Physical wellness creates  
PURPOSE**

Physical Behavior  
Expressed through:  
Way of Being,  
Way of Doing,  
Wholeness

**Spiritual  
wellness  
creates  
HOPE**

Spiritual Behavior  
Expressed through:  
Values,  
Belief,  
Identity

Mental Behavior  
Expressed through:  
Rational,  
Intuition,  
Understanding

**Mental  
wellness  
creates  
MEANING**

Emotional Behavior  
expressed through:  
Family,  
Community,  
Relationships,  
Attitude

**Emotional wellness creates  
BELONGING**