

Who is Celeste The Therapist

- Born and raised in Boston
- -Traumatic upbringing (caused me to not feel like I had no control in my life.)
- -Didn't understand mental health growing up
- Became passionate about mental health
- Currently podcasting, group practice, and dedicate my life to helping others understand mental health and shift their way of thinking. -Married 15 years – 4 kids- oldest 2 I adopted both special needs,1 with autism



What is Optimal Health and wellness



Optimal health and wellness refer to achieving a state of complete physical, mental, and emotional well-being.



By adopting a holistic mindset, you can embrace all aspects of our well-being, including nutrition, exercise, sleep, stress management, and personal growth, to achieve a truly vibrant and fulfilling life.

Spiritual

Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an Financial important part to your wellness means overall wellbeing.

taking steps to live within your financial means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a

good consumer.

Financial

Your individual wellness

Environmental wellness means Environmental taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.

Social wellness involves having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy relationships.

Emotional

Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

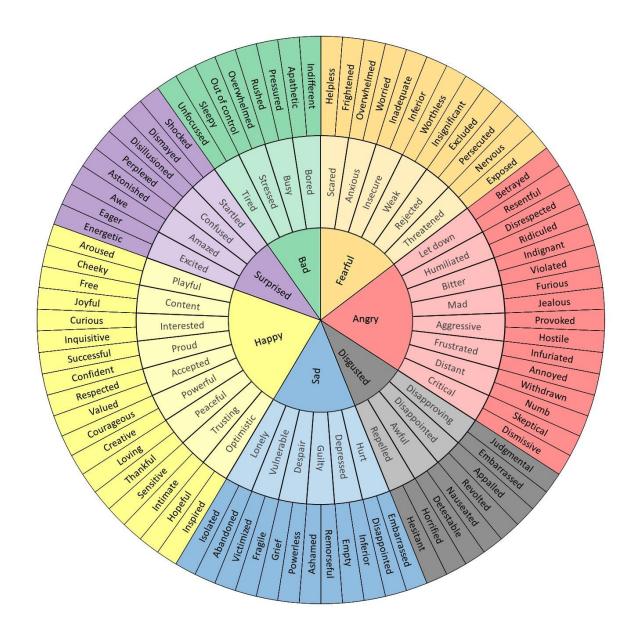
Intellectual Intellectual wellness means staying curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues, or join a club that focuses on enhancing intellectual interests

Physical

wellness involves moving your bodies (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active.

Social

I am vs I feel



A Holistic Mindset







OUR WELL-BEING IS INFLUENCED BY MULTIPLE FACTORS, INCLUDING PHYSICAL, MENTAL, AND EMOTIONAL ASPECTS.

TAKING A COMPREHENSIVE APPROACH TO OUR HEALTH IS CRUCIAL.

THIS MEANS PRIORITIZING NUTRITION, EXERCISE, SLEEP, STRESS MANAGEMENT, AND PERSONAL GROWTH, AS THEY ALL CONTRIBUTE TO A VIBRANT AND FULFILLING LIFE.

Mental Status

Sleep

Moving your body

Nutrition

Mental and Emotional Aspect of Optimal Health

1

Taking care of our mental health through practices like mindfulness, meditation, and therapy can help manage stress, improve moods, and cultivate resilience. 2

Embracing a holistic mindset means recognizing the interconnectedness of our physical, mental, and emotional health and nurturing all aspects for optimal well-being.

Social Aspect of Optimal Health



Building meaningful connections and fostering positive relationships can enhance our overall well-being.



Engaging in social activities, volunteering, and maintaining a support network can reduce feelings of loneliness and increase happiness.



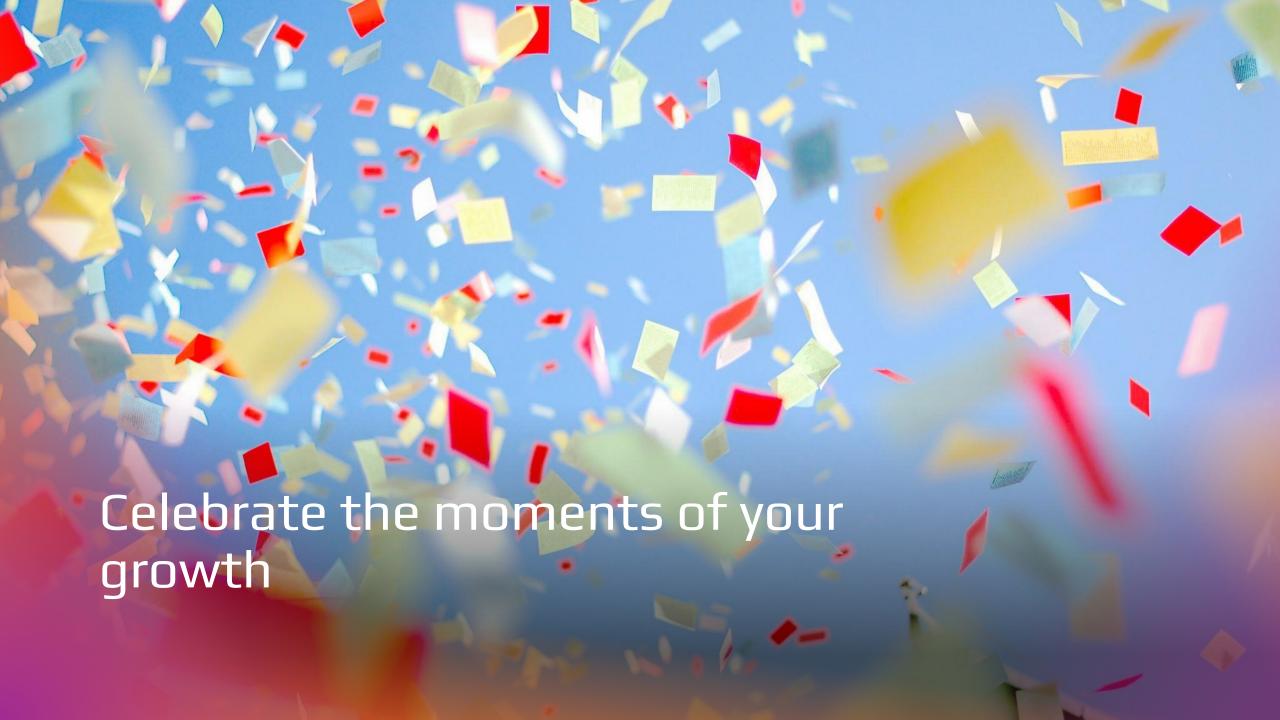
It is important to prioritize social interactions and invest time in nurturing connections for a holistically healthy lifestyle.

Social Aspect of Optimal Health

 Nurturing our spiritual well-being can provide a sense of purpose, inner peace, and a deeper connection to the world around us. Practices such as meditation, mindfulness, and gratitude can enhance our spiritual journey and contribute to overall holistic well-being. Incorporati ng Holistic Practices into Daily Routine Consider incorporating activities such as yoga, journaling, spending time in nature, and nourishing your body with whole foods. By embracing a holistic mindset and being mindful of your physical, emotional, and spiritual needs, you can achieve optimal health and a more fulfilling life.

Benefits of Embracing a Holistic Mindset

- improved mental and emotional wellbeing
- enhanced physical health
- increased self-awareness
- reduced stress levels
- heightened creativity
- strengthened relationships
- greater resilience
- improved sleep patterns
- deeper sense of purpose and fulfillment in life.



In Conclusion



Be patient with yourself



Forgive yourself



Practice self -compassion



Take it one day at a time

Where to find me:

- Group practice: ShiftingTheWayYouThink.com
- Social media:
- Tiktock, instagram, facebook, youtube, linked
- Search "CelesteTheTherapist"
- Email: <u>info@CelesteTheTherapist.com</u>
- Learn about me: CelesteTheTherapist.com

