



Embracing a Holistic Mindset

Celeste Viciere - "Celeste The Therapist"

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



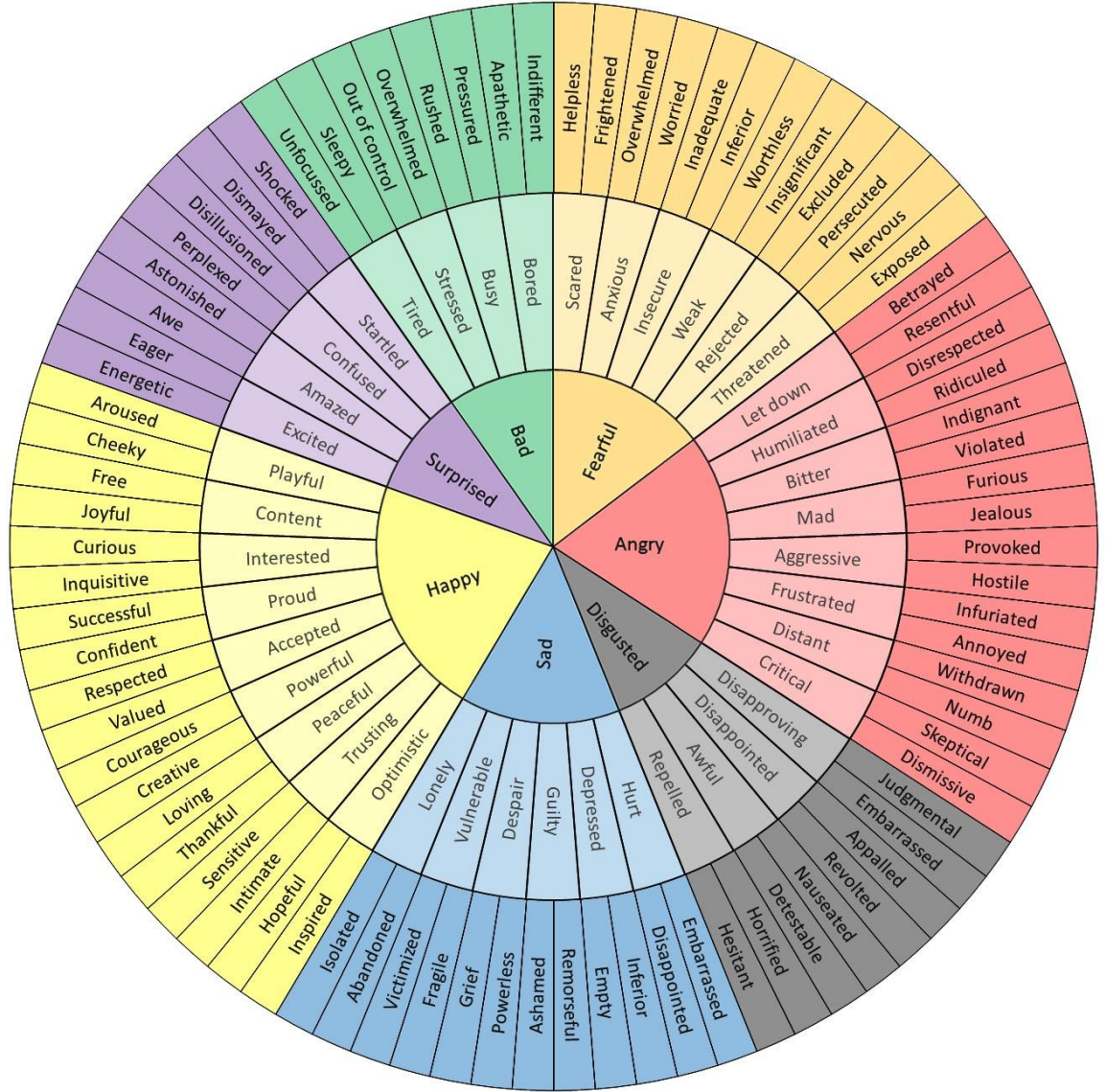
Optimal health and wellness refer to achieving a state of complete physical, mental, and emotional well-being.



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.



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.

Incorporating 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.



Celebrate the moments of your
growth

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:
- Tiktok, instagram, facebook,
youtube, linked

- Search "CelesteTheTherapist"
- Email:
info@CelesteTheTherapist.com
- Learn about me:
CelesteTheTherapist.com

