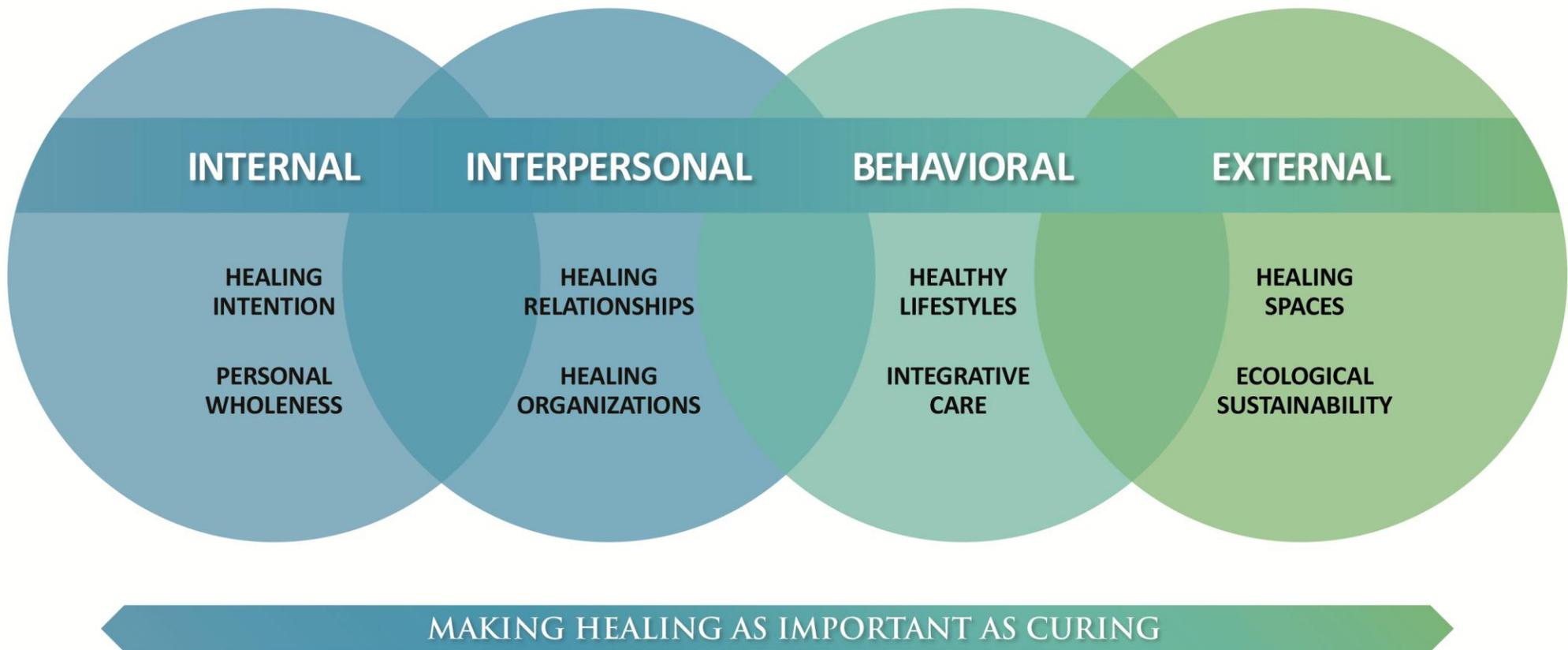


OPTIMAL HEALING ENVIRONMENTS

Surround the individual with elements that facilitate the innate healing process.



Internal Environments	Healing Intention	A conscious determination to improve the health of another person or oneself, incorporating the expectation of an improvement in well-being; the hope that a desired health goal can be achieved; the understanding of the personal meaning that is attached to the person's illness and suffering; and the belief that healing and well-being will occur.
	Personal Wholeness	The experience of well-being that occurs when the body, mind and spirit are congruent and harmonious. Personal wholeness can be developed and fostered with mind/body practices that reinforce wellness and recovery.
Interpersonal Environments	Healing Relationships	The social and professional interactions that foster a sense of belonging, well-being, coherence and healing. The nurturing of healing relationships is one of the most powerful ways to stimulate, support and maintain wellness and recovery.
	Healing Organizations	An organization's structure is important to implementing and maintaining an Optimal Healing Environment. The vision and mission of the organization contributes to the development of a healing culture. A successful Optimal Healing Environment organization also has a strategic plan for meeting goals, leadership support, stable funding, and an evaluative culture that is flexible and resilient.
Behavioral Environments	Healthy Lifestyle	Healthy behaviors can enhance well-being and prevent, treat or even cure disease. Making appropriate dietary choices; engaging in physical exercise and relaxation activities; and managing addiction are important to lifelong health and wellness.
	Integrative Care	Collaborative medicine is team based care that is person focused and family centered. It includes thoughtfully providing integrative health care that blends the best of complementary therapies with conventional medicine in order to treat the whole person.
External Environments	Healing Spaces	Healing spaces are designed to optimize and improve the quality of care, outcomes and experiences of patients and staff. Design components that foster wellness and recovery include evidence-based architectural design, color choices, and access to nature, music, art and light.
	Ecological Sustainability	Organizations and individuals can foster ecological sustainability by reducing their footprint and supporting the health of the planet. The chemical impact and energy use of their operations should be considered. Products or practices that are resource intensive can be replaced with more ecologically friendly, less harmful and cruelty-free alternatives.

Is your organization an Optimal Healing Environment? Visit us at SamueliInstitute.org to learn how you can improve your quality of care.