

## PHYSICAL

- Management of pain
- Control of distressing symptoms
- Serving nutritious food, after daily analysis of the individual's requirements

## SPIRITUAL

- Opportunity to give and forgive
- Encouragement to end quarrels and reconcile
- Getting ready to depart in a calm and peaceful frame of mind

## PSYCHOLOGICAL

- Professional counselling to provide a feeling of safety and security
- Helping rediscover a sense of worth and self-esteem

## SOCIAL

- Acceptance as part of a group; encouraging sense of belonging
- Treated with dignity, as a fellow human being

# HOLISTIC CARE

# Health For Human Effectiveness A Holistic Approach

**K Payea**



## **Health For Human Effectiveness A Holistic Approach:**

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Health For Human Effectiveness A Holistic Approach** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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