


## Das Wellness-Pflege-Modell (WPM)


The Wellness-Care-Paradigm (WCP)



Eudemonic wellbeing as a philosophical perspective of nursing

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## Wellness




Laut American Holistic Medical Association ist Wellness

*„a state of wellbeing in which an individual's body, mind, emotions, and spirit are in harmony with and guided by an awareness of society, nature and the universe“*

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## Wellbeing




*Eudemonic wellbeing* focuses on the meaning of self-realization, and describes wellbeing in terms of the degree to which a person is fully operational

In contrast, *hedonic wellbeing* focuses on happiness and defines wellbeing in terms of pleasure attainment and pain avoidance

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## Lifestyle




Refers to how one lives her or his life

- How one handles problems
- Interpersonal relations
- To do with individual coherence

Is heavily influenced by childhood experiences

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## Dimensionen des Menschseins



sprachlich-kommunikativ	<p><b>Reflektieren</b></p> <p>Gegenwart</p> <p>Zukunft</p> <p>Vergangenheit</p> <p>bewusst machen</p> <p><b>modellieren</b></p>
affektiv - geschichtlich	
kognitiv - kreativ	
physisch - mental	
ethisch - religiös	

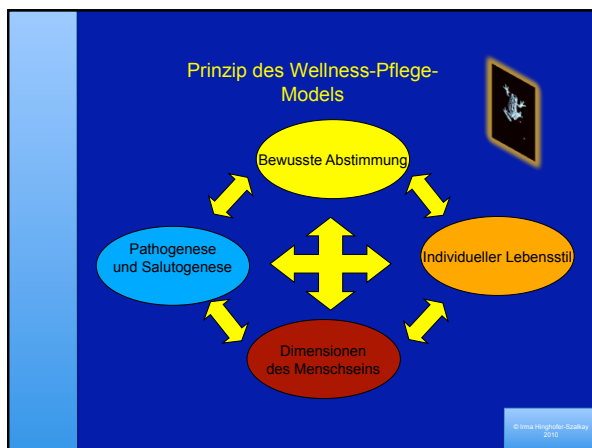
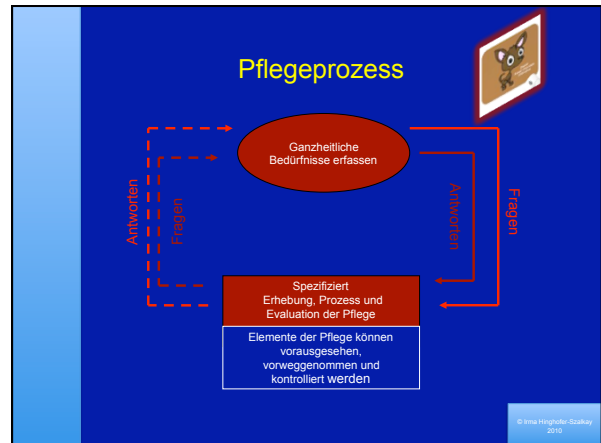
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## Wie erreicht und bewahrt man „Wellness“?

Es werden drei Schritte empfohlen




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