



220 Parker St. Warsaw, IN 46580

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# Starting the Conversation About Natural Wellness

## Introduction

When you're excited about something, it's natural to share it with others. As you progress on your wellness journey, you'll want to help others do the same—but sometimes people are skeptical. What does holistic health actually mean? Why should they care about it?

Inspiring others to take a whole-person approach to wellness can be complex. While you know the advantages of making healthy lifestyle choices, you cannot force others into action. If you equip yourself with the right knowledge, you can start a positive conversation about holistic health—and eventually inspire your friends and family to begin their journeys toward renewed minds, bodies, and spirits.

## Debunk the Myths

Find out which myths might be holding others back from seeking holistic health. Consider some of these concerns:

- ***“Anyone can be a holistic doctor.”***

Unless they've graduated from medical school, people who work in the wellness industry do not call themselves “doctors.” They are practitioners—and in order to practice, they must receive training and certification that properly equips them to advise others. Don't be afraid to speak up about the value—and validity—of practitioners.

- ***“Holistic practices are not scientific.”***

Extensive studies have been done to research the effectiveness of essential oils, vitamin supplements, exercise, and much more. Know the facts and be ready to answer questions. Keep in mind that each person's wellness journey is about learning what is best for their body and mind—it requires just as much research and experimentation on their part as any other major decision.

- ***“Holistic wellness requires a significant lifestyle change.”***

This is your opportunity to share the truth about self-improvement. It doesn't happen overnight. Encourage others to commit to whole-person health—by taking small, manageable steps.

## Ask Questions

The last thing your peers want is for you to force them to listen to the benefits of holistic health. Even if they are not interested, you can learn more about their wellness journeys. Being an active listener is more important than speaking. Ask your friends how they have been lately and you might be surprised at the opportunities for further discussion that arise.

Our lifestyles and routines are an integral part of our identity; they are sure to come up in conversation. When you get together with others, strive to learn more about their challenges without overwhelming them with potential solutions. Getting to know their needs will help you be a better friend—and will enable you to provide insight later. Learn what's stressing them out, how they've been feeling, and how they're spending their time. By creating points of connection and showing them they are not alone, you will build a solid foundation for supporting them.

## Start Simple

Holistic choices involve deep discussions about goals, dreams, and pain points. While it might be tempting to jump right into the hard topics, it is best to start simple. Take small steps toward building your relationships and make your wellness discussions a long-term goal.

Humans crave meaningful dialogue, but you can't always begin a conversation with it. One study showed that people who engage in deep, personal conversations had higher levels of happiness—which seemed to indicate that those interactions led to greater fulfillment.<sup>1</sup> Follow the cues; you will eventually get to address wellness as your conversations move beyond superficial topics.

*Avoid making your wellness journey a sales pitch. Acknowledge that everyone's health decisions look different, and this is what works for you.*

## Be Honest

While bombarding your friends with health tips isn't the wisest way to approach your time together, you should still be honest about how your health journey has affected you. If your friends and family truly care about you, they will be interested in your life—and that means they will want to hear about what matters to you.

Avoid making your wellness journey a sales pitch. Acknowledge that everyone's health decisions look different, and this is what works for you. People may ask questions about how your lifestyle choices have impacted you. Be honest with them and share about the rejuvenation you've experienced from focusing on your mind, body, and spirit in the pursuit of whole-person wellness.

## Conclusion

As you strive to inspire others in their holistic well-being, remind yourself that it takes time. No one will be ready to change on a whim, so be encouraging to your friends and family as you model your own healthy lifestyle. Invite questions and offer recommendations—but don't overwhelm them.

At Trinity School of Natural Health, we're just as passionate about wellness as you are, which is why we offer several programs to help you expand your knowledge and equip you to inspire others. Whether you want to be an aromatherapy specialist, herbalist, or holistic health practitioner, we have the online classes to help you achieve your goal. Learn more by [visiting our website](#).

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### REFERENCES

1. <https://www.verywellmind.com/how-to-start-a-conversation-4582339>



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