

The 4 Elements of Wellbeing, Resiliency and Radiance by Christine Arylo



The 4 elements of wellbeing, resiliency and radiance model is a way for us to understand and focus on where we might be lacking what we need to stay clear, centered, calm, radiant, motivated and healthy and in these times. It's a way for us to understand how we operate as a whole person.

We need all 4 realms to be healthy, vibrant and cared for in order for us to be strong in our resiliency and wellbeing. One of the key distinctions in the model is that it includes 4 elements. Mind, body, spirit AND heart. Not just mind and body. Not just mind/body/spirit. But also the heart, which often gets left out, but which often where the root of the challenge we see on the physical or mental begin.

A few pieces of wisdom to consider:

- **The physical body is the last place dis-ease shows up.** By the time a lack of wellbeing has shown up in our body or our mind has become cluttered, and chaotic the source of the dis-ease has been hanging out in our heart and spirit for some time. We just don't see it with our eyes.
- **Our heart informs our head in other words.** Our emotional environment and the thoughts that go with them get stirred up by the imprints and traumas (big and small) stored in our somatic physical and energetic bodies, our nervous systems, and our neural pathways and memories. If we want to heal and stay healthy, all on levels, we need to work with and be aware of both the emotional and mental realms.
- **The state of our spirit is the source of our long-term longevity.**

To read more – go to my blog post - <https://christinearylo.com/2022/08/the-4-realms-of-wellbeing-model/>

What follows below are descriptions of each of the 4 realms of the wellbeing model. Take a read through each and:

1. Rank which you tend to be strongest in and which weakest.
2. For each of the 4 realms, reflect and write down all the things that DRAIN your wellbeing and resiliency in this realm on one piece of paper.
3. Then on the other side of that paper, write down all the things that SUSTAIN your wellbeing and resiliency. The things that restore, regenerate, nourish, support, calm, center, enliven and energize you.
4. Choose between 4-8 things that you can put into your daily bookend, weekly, monthly, yearly rhythm and structure to keep your radiance and life-force and wellbeing and resiliency strong.

BODY

Your vitality, radiance, life-force, & energetic resiliency.

Your capacity to release tension, restore wellbeing & resist dis-ease.

Deep stores of energy and health that come from the small daily choices & big lifestyle choices you make.

MIND

Your sense of clarity, calm & centered neutrality.

Your capacity to be aware of your thoughts, transform negative & obsessive thinking, respond vs. react, and discern & make wise decisions.

Deep sense of internal peace & centeredness that comes from knowing your mind and consistent practices that calm & clear it.

SPIRIT

Your sense of passion, purpose and possibility, which keeps you lifted up and your light bright.

Your capacity to trust, surrender, and keep faith in people & the process.

Deep resiliency that comes from being connected to something greater than just the self.

HEART

Your emotional stability, sensitivity, resiliency & sense of wellbeing.

Your capacity to move through heavy & unsettling feelings, and stay open to receive & give care, compassion & connection.

Deep contentment that comes from a foundation of healthy self-love & love for others.