

Total WSH

A TCM Holistic Approach to Improve Health and Wellbeing

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Outline

- ❖ Concepts in TCM
- ❖ Cultivating Health
- ❖ TCM Treatments
- ❖ TCM, Work, Safety and Health

Concepts in TCM

Holism



天－地－人

Heaven – Earth – Human

Climate – Environment – Man

Three Treasures of TCM



精 – 氣 – 神

Jing – Qi – Shen

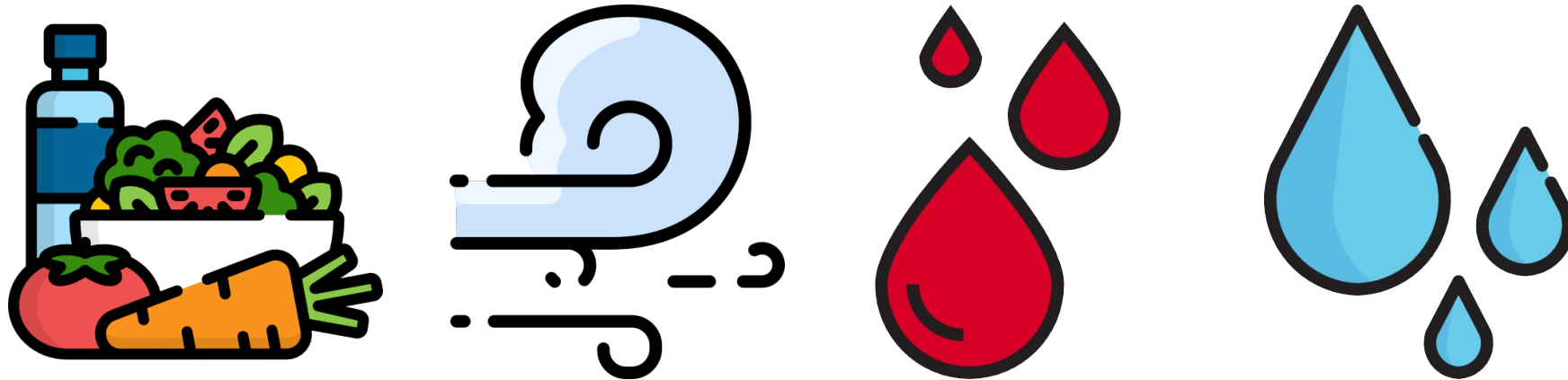
Essence – Energy – Mental/Spirit

Balance



陰陽
Yin Yang

Four Fundamental Substances



精 – 氣 – 血 – 津液

Nutrients – Air/Energy – Blood – Fluids

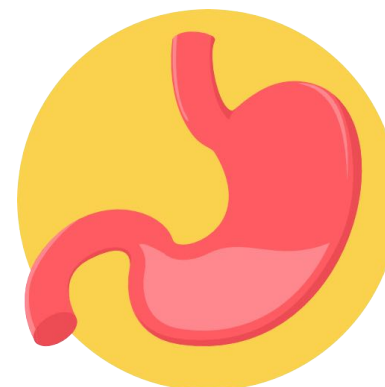
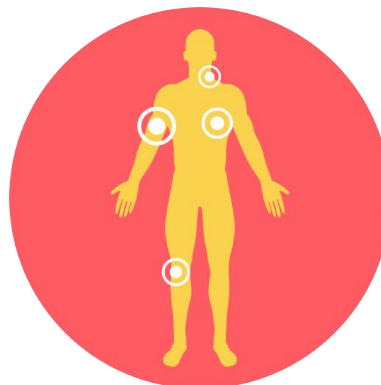
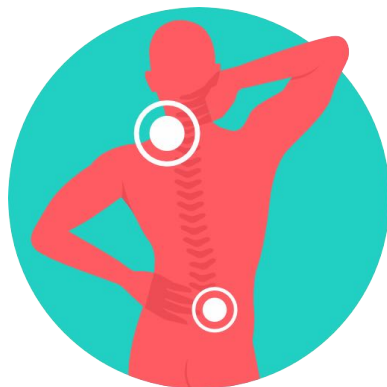
Cultivating Health



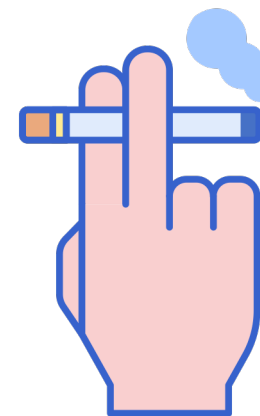
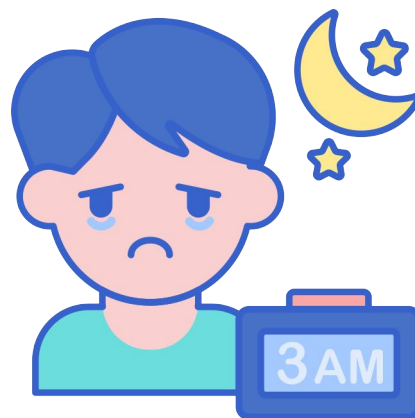
養生

TCM Treatments

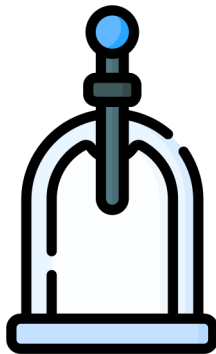
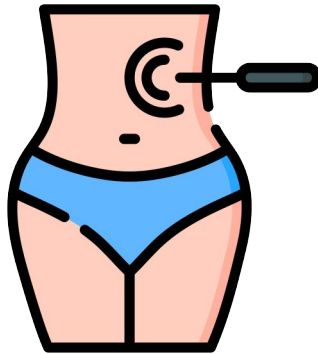
What can TCM help with?



What can TCM help with?



How can TCM help?



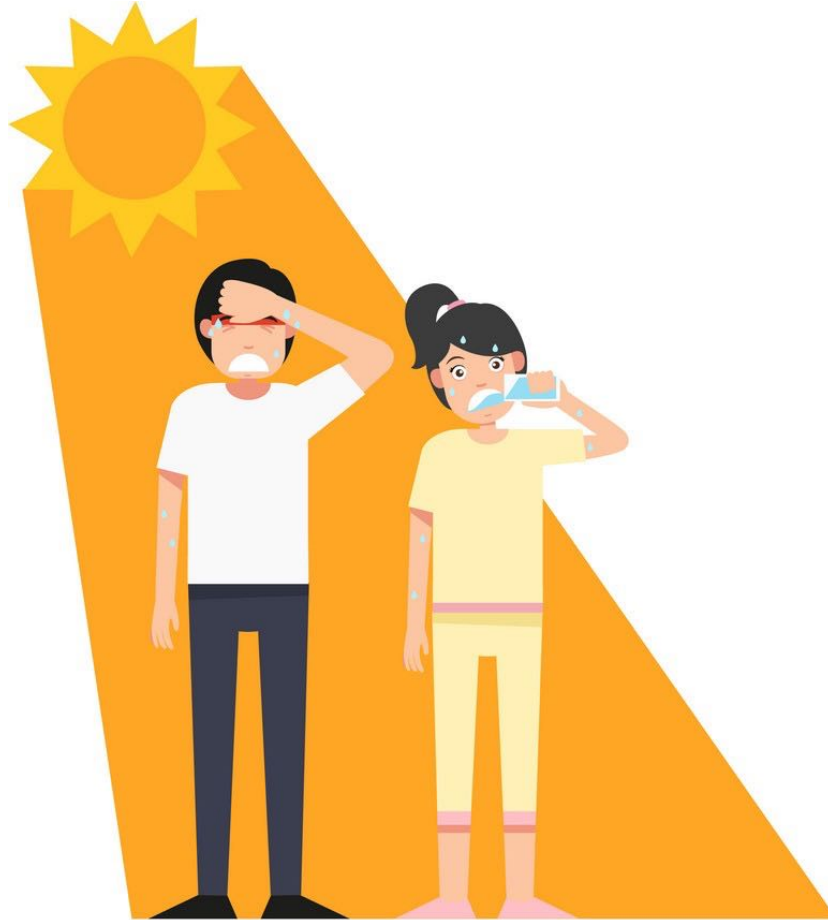
TCM, Work, Safety and Health

Total WSH



Total Workplace Safety and Health

Environment



Too hot or too cold?

Nature of Work



Too sedentary or too physical?

Your Body



Physical Body – Mental State – Emotional Wellbeing

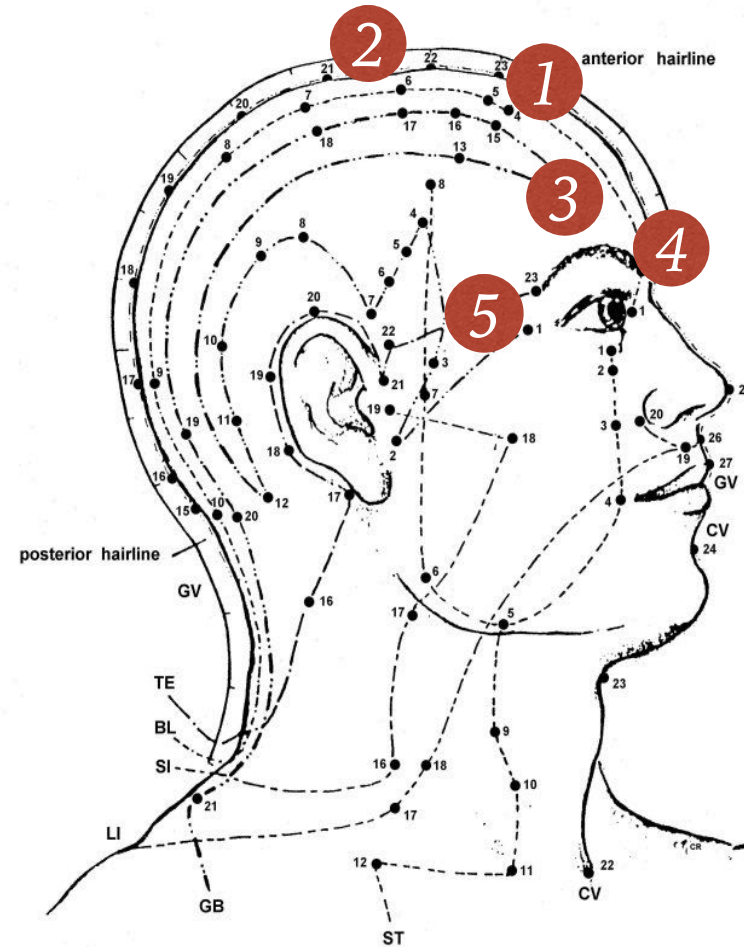
Tips for Health

Prevention is Key!

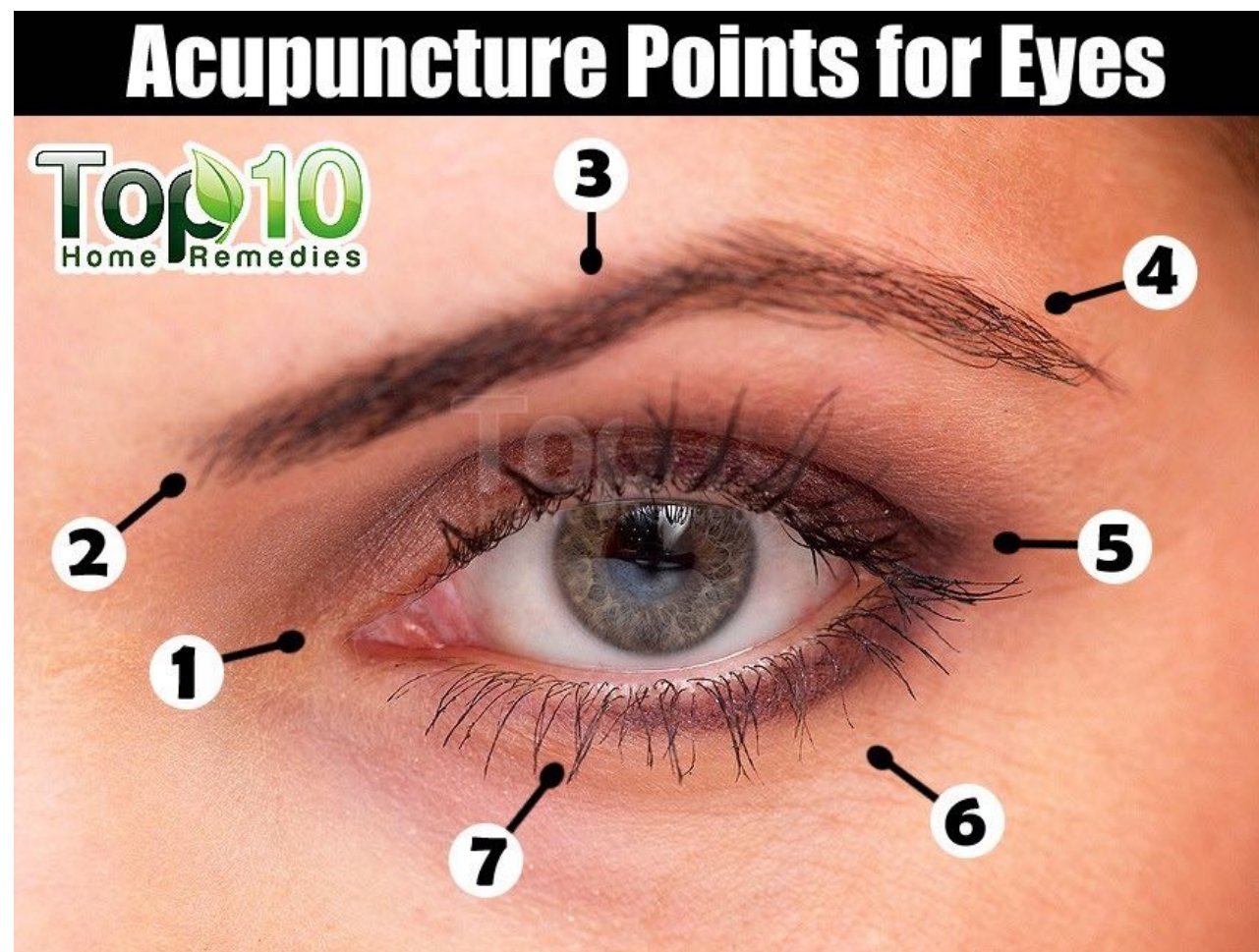


Head Acupressure

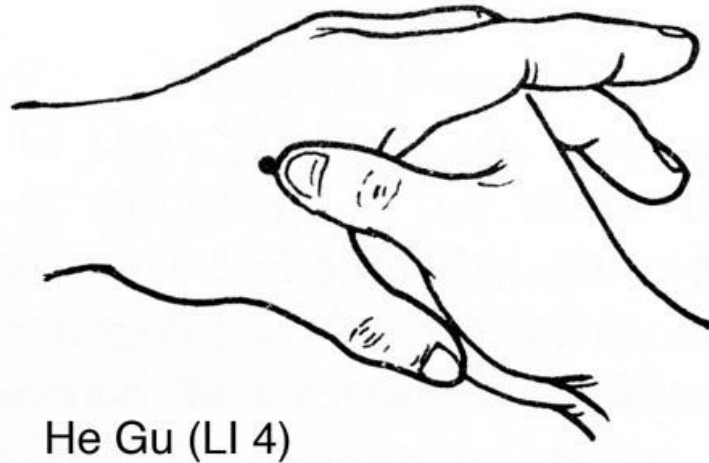
1. 神庭 (Shén Tíng)
2. 百会 (Bǎi Huì)
3. 本神 (Běn Shén)
4. 印堂 (Yìn Táng)
5. 太阳 (Tài Yáng)



Eye Massage



Relieving Stress



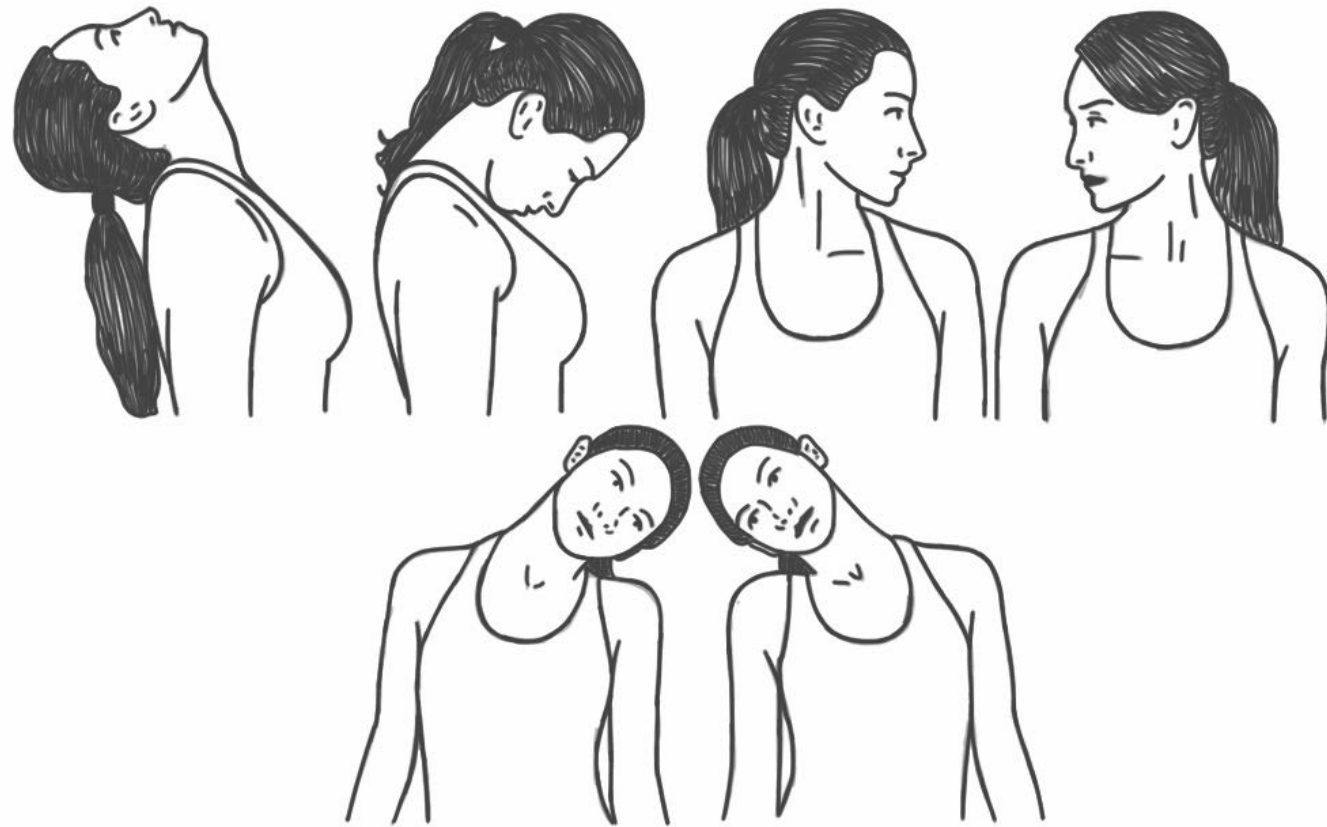
合谷 Hé Gu

He Gu (LI 4)



太冲 Tài Chōng

Neck Static Stretches



Three Deep Breaths



Total WSH



Total Workplace Safety and Health

Thank You!

