



CHOOSING POSITIVE HEALTH

COURSE OVERVIEW

This is an on line course of twenty lessons, providing valuable insights into your health and wellbeing.

The course is presented in an easy to comprehend and very practical style. It covers the latest research into the “Biopsychosocial model” of health. This is the physical, psychological and social aspects that all contribute to our health.

David Hall, the author of this program, bases the discussions on the experience of pain and the various contributions that influence this. The course contains interactive practical exercises, real life case studies, offers realistic advice and there are many exercises outlined for the participants use.

Any questions or ideas can be shared with the author and other participants via the discussion forum at “<http://positivehealth.net.au/phealthboard/>”. Or alternatively emailed directly to David at “dh@positivehealth.net.au”.

CONTENTS OF THE COURSE

Section A: Your sensitive nervous system

1. Listening to your body
2. Pain: The body’s great protector
3. Sensitivity
4. Types of pain
5. Persistent pain

Section B: The health system and you

6. Seeking advice
7. Taking charge of your health
8. Positive expectation

Section C: Overcoming fear

9. The influence of fear
10. Facing your fears
11. Goal setting



Section D: Stress management

12. The stress balance
13. Advanced stress management
14. Tai Chi for beginners
15. Massage for beginners

Section E: Physical wellbeing

16. The healthy spine
17. Body awareness
18. Office work
19. Exercise for the office worker
20. Sleeping: A practical guide



HOW TO USE THIS COURSE

The course is designed as an ideal compliment to the Peak Performance Institute Advanced course at www.peakperformanceinstitute.com.au.

Points that require further explanation will generally have links that you can research to gain more detailed information. They simply offer an opportunity to expand your knowledge on areas of particular interest.

ABOUT THE AUTHOR

David Hall is an Australian born and trained physiotherapist with over ten years experience in Australia and the United Kingdom. His experience as a physiotherapist also moulds with his experience of having been a chronic pain sufferer who has recovered using the principles outlined in this course.

For further details on David visit www.positivehealth.net.au.

