

PERSPECTIVES: THE JOHNS HOPKINS APPROACH TO EMOTIONAL HEALTH

What makes each of us sad, anxious, or depressed, and how we deal with it is based on causes unique to each of us. And they often cannot be easily understood or managed if considered from only a single perspective.

That's why the Johns Hopkins approach to an individual's emotional health, called "Perspectives," considers individuals' emotional health from four perspectives:

▶ WHAT DO THEY HAVE?

What does the individual have (e.g., anxiety, depression) and is there a systemic cause for it (e.g., a chemical imbalance in their brain)?

▶ WHO ARE THEY?

What are their personality traits, level of social engagement and intelligence?

▶ WHAT ARE THEIR LIFESTYLE BEHAVIORS?

Behavior is a complicated concept, and this perspective considers how certain drives (e.g., hunger, substance use) influence the choices that an individual makes.

▶ WHAT HAVE THEY EXPERIENCED IN LIFE?

Each of us has had—and continues to have—a wide range of life experiences that help define us and shape how we live and how we see the world and ourselves in it.

BALANCE STARTS WITH THE EMVITALS
EMOTIONAL HEALTH QUESTIONNAIRE
TO HELP INDIVIDUALS UNDERSTAND
THEIR EMOTIONAL VITAL SIGNS.

Based on the results, they may be eligible for a confidential consultation with a Balance Care Concierge, a specially trained, licensed practitioner who talks to them about their results and what support they may need and want. Together, they create an action plan, and the individual is connected to their best resources.