

Center for **R**ehabilitation, **E**ducation, **A**dvocacy, **T**reatment and **E**mployment
Personalized Recovery Oriented Services

LESSON PLAN

Component: CRS

Service: Wellness Self-Management

Class: Living Healthy

Goal: To promote awareness of the interaction between Physical and Mental Health in Recovery. To foster physical wellbeing, increased self-esteem and sense of control over their health and wellness through learning about the human body, healthy life style choices, health promotion and prevention of chronic illness. Students will make decisions and choices that help them lead healthy, positive lives.

Objective: To increase knowledge of the human body systems, preventive health care, safety, health care self-management skills, chronic diseases risk factors and about life style choices that support physical and emotional wellness.

Topics: Wellness; Definitions
Body/Mind Link
Physical, Emotional, Social and Spiritual Wellness
Healthy lifestyle tools: Exercise, Nutrition, Safety, Relationships,
Relaxation, Recreation, Life Purpose
Nutrition for Health and Wellness
Stress management
Health Self-Care and Management
Healthy life style choices for wellness
Substance use, including Tobacco: impact on health
Disease prevention
Understanding Medications
Understanding your diagnosis
Effective communication with your doctor

Resources:

The Chemistry of Joy Workbook by Henry Emmons MD and Susan Bourgerie MA, LP, Carolyn Denton MA, LN and Sandra Kacher MSW, LICSW.

Food Education for People with Serious Psychiatric Disabilities, Boston University center for Psychiatric Rehabilitation

MyPlate.gov, USDA interactive website

University of Minnesota
Taking Charge of Your Health and Wellness
www.takingcharge.csh.umn.edu

Wellness Self-Management: Personal Workbook, NY State Office of Mental Health

Wellness Workbook by J. Travis MD and Regina Ryan

The Wellness Book by H. Benson MD and E. Stuart RN, MS

Learning About Healthy Living: Tobacco and You by Jill Williams MD

What your Patients need to know about Psychiatric Medications by R. Hales MD, S. Yudofsky MD and R. Chew Pharm. D.

WELL, the Well column of The New York times, assorted articles

Educational materials: American Cancer Assoc., American Heart Assoc, American Diabetes Assoc, American Lung Assoc.

*most classes utilize an excerpt from one of these resources, selected to suit the group member's needs, interests and knowledge level. Resources are used both for providing specific information and for generating discussion. Students are encouraged to set wellness goals for themselves as an integral part of their mental health recovery.