



I Can Do It!

Community Inclusion & Eight Steps to Feeling Whole

FACILITATOR'S GUIDE

Description

'I Can Do It!' is designed to assist members to identify areas in which they can increase their Community Inclusion activities. We will use the Eight Dimensions of Wellness as created by SAMHSA. We will examine how we can improve our overall wellness within each of the Eight domains so that we can live independent lives as we work to live like everyone else.

Purpose

The Purpose of this group is to explore community interests and to engage in activities that will promote the community inclusion of the members so that they can live independent lives and live like everyone else.

Class Objectives:

1. Explain community inclusion and it's benefits
2. Identify priority community inclusion activities
3. Choose activities within the Eight Domains of Wellness

Facilitator Pre-Requisite Knowledge – N/A

SESSION ONE: Introduction to Course

* Overview of the Course

Description: 'I Can Do It!' is designed to assist members to identify areas in which they can increase their Community Inclusion activities. We will use the Eight Dimensions of Wellness as created by SAMHSA. We will examine how we can improve our overall wellness within each of the Eight domains so that we can live independent lives as we work to live like everyone else.

Purpose: The purpose of this lesson is to define Community Inclusion. Members will be exposed to new ideas of Community Inclusion and begin to examine the possibilities of their independence.

Goals for Lesson One:

- 1. Relate to each other.*
- 2. Define Community Inclusion and the self-initiated variables involved.*
- 3. Explain Person-Centered Activities vs. Agency-initiated activities.*



Introductions

* Ice Breaker Activity

"If You Could . . ." Icebreaker Questions

A speculative icebreaker game, "If You Could" asks participants to consider options for actions, some fun, some serious, and some designed to let others know more about you. This activity works well when used as an introductory icebreaker and the questions work well for any size group. Write each question on a page and fold over. Put all the pieces in a bowl for people to pick. Everyone answers the question they pick and then the next person. Once all 7 questions have been answered, put the questions back in the bowl and start again.

If you could . . .

- 1. Have 3 wishes granted, what would they be?*
- 2. Be an Olympic athlete, what sport would you compete in?*
- 3. Buy a car right now, what would you buy?*
- 4. Do your dream job 10 years from now, what would it be?*
- 5. Eat your favorite food now, what would it be?*
- 6. Go anywhere in the world, where would you go?*
- 7. Have any kind of pet, what would you have?*



* **Ever heard of Community 'Inclusion'?**

If you haven't, you're not alone. A more common term you may have heard is 'community integration'. However, they are not the same. Let's review some definitions of the various kinds of social frameworks.

Community Inclusion is the extent to which an individual can live in the community like everyone else. The goal is for people to live as fully participating citizens. Equal to everyone else.

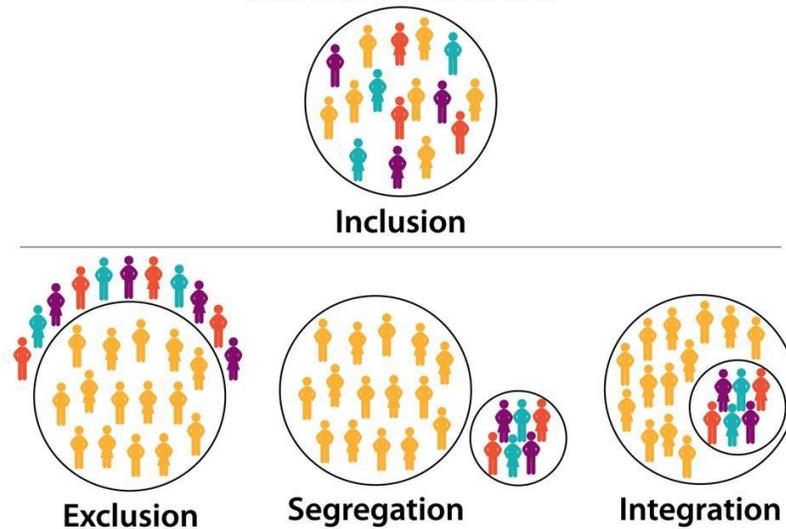
Community Integration includes people in the community, but not yet living like everyone else. For example, a person living in an Adult Home or Community Residence; they are technically living in the community as they are not in the hospital, however, they are not like everyone else because they don't live like everyone else.

Community Exclusion is the act of making certain groups of people within a society feel isolated and unimportant.

Community Segregation is the separating of groups of people based on perceived (not reality) inequality. Segregation limits opportunities and restricts the freedom of people.

Here is a graphic that shows the differences in a visual and simple way.

WHAT IS INCLUSION?



Community Inclusion: In order to be included in the community, there are several activities that we can engage in to truly be included. At minimum these activities meet the following criteria:

1. **Location of Activity:** Participation takes place outside of an institution or agency (e.g. PROS, Clinics, Recovery Centers, Psychosocial Clubs, Drop-In Centers, hospitals). This decreases segregation and increases the extent to which people have an opportunity to interact with others who do not have a similar disability.

Institution/Agency-Based Participation vs. Community-Based Participation

2. Self-Determination: Opportunities to make decisions about what one does with their day to the same extent as other people in the community.
Participation reflects individual choice in selecting the activity and initiative in engaging in the activity.

Staff-Directed Participation vs. Person-Directed Participation

3. Mainstreamed Interactions: Increased interactions with people who do not experience disabilities.

**Promotes Interaction with People of Similar Disabilities (Separation) vs.
Promotes Interaction with People Who Do Not Experience Disabilities
(Association)**

For successful community inclusion, the 3 activities must be met. Here's another way to see the critical differences (in green):

Institution/Agency-Based Participation.....	Community-Based Participation
Staff-Directed Participation.....	Person-Directed Participation
Separation.....	Association



IMPORTANT: This workshop is intended to support you in having more activities that move you towards complete Community Inclusion. However, this does not mean that you should not participate in agency-directed activities. You can begin exploring your community through activities initiated by your agency or program. What is important is to continue these activities in a more inclusive way.

Throughout this course, we will continue to come back to *Community Inclusion* and ways in which we can engage in activities that help us to achieve this. --- END OF SESSION ONE

SESSION TWO: Community Participation Measure Part I

Goals for Lesson Two

1. *Demonstrate understanding of community inclusion.*
2. *Using the Community Participation measure, discover activities of interest.*



* **Recap:** During our last session, Session One, we explored various social frameworks.

We were introduced to *Community Inclusion* and how engaging in activities that lead us closer to *Community Inclusion* will support our overall wellness.

Activities that promote *Community Inclusion* move away from agency or program directed activities and towards independent, self-directed activities. We learned that there are 3 types of activities. They are:

1. Location of Activity
2. Self-Determination
3. Mainstreamed Interactions

Note to Facilitator:

The first session of this curriculum serves as the foundation for what is to come. It will be important to review the information and to review more in-depth with the group if necessary to ensure their understanding.

- * For today's session, we will begin the work of gaining a better understanding of where we fall on our path towards greater *Community Inclusion*. The questions we will review are from *The Community Participation Measure* and it provides several examples of community activities and asks if we have engaged in that activity in the last 30 days. Additionally, for each activity, it also asks if that activity is important to you. Essentially, this is really an important thing to know!



For example, if you have not gone to the Zoo in the last 30 days, and you identify that it is not an activity that is important to you, then it is clear that you do not need to go to the Zoo in order to have greater *Community Inclusion*.

These questions are NOT intended to provide us with a final score. However, these questions hold significant value in our process towards increased *Community Inclusion* because it helps us to think more deeply about community activities and what is or is not important to us.

Note to Facilitator:

In this curriculum you will notice the use of the first person pronoun, 'we' and 'us'. The universal 'we' and 'us' is used as an informal way of speaking and serves as an active strategy of engaging the people in the group. This also has the additional benefit of reducing the 'you' vs. 'them' and reducing marginalization.

Note to Facilitator:

The Community Participation Measure is intended to:

- *Help the participant concretize examples of Community Inclusion activities*
- *Help the participant connect these activities and the frequency in which they are engaged in. The CPM measures these activities using a 30-day period. For some of these activities, 30 days is an accurate measure and for others it isn't. For example, one trip to the grocery store a month would be too little for some and one trip a month to the museum would be too much for some. If you wish, you can increase the measure from 30-days to 60-days. Anything longer than that would reduce the importance of these activities in the life of someone working to become more community inclusive.*
- *Help the participant connect these activities in the CPM with other similar activities they are or want to engage in. As a group, expand on these activities.*
- *Help to motivate the participant to engage in community inclusion activities that are important to them.*

Note to Facilitator:

CPM Instructions

Line by line, explore with the group what other activities they do or want to do that could be substituted or included with one in the CPM. For example, going to Barnes and Noble can be considered in the same category as Library.

Once this is explored and agreed upon by the group, the activity should commence and should take the entire rest of the class. During this time, the Facilitator should check in with everyone to provide assistance and support. It is your discretion if you choose to have them complete this form independently or as a group.

Exploring everyone's answers will happen in the next session.

Community Participation Measure Questions

Instructions: Please answer each question to the best of your ability.

Activity you attended <u>without</u> a program staff person going with you? <u>WITHIN THE LAST 30 DAYS</u>		Number of days you attended?	Do you do this activity?			Is this activity important to you?	
			Enough	Not Enough	Too Much	Yes	No
1	Go shopping at a grocery store, convenience store, shopping center, mall or other retail store, flea market, or garage sale.						
2	Go to a restaurant or coffee shop.						
3	Go to a church, synagogue, or place of worship.						
4	Go to a movie.						
5	Go to a park or recreation center.						
6	Go to a theater or cultural event (including local school or club events, concerts, exhibits and presentations in the community).						
7	Go to a zoo, botanical garden, or museum						
8	Go to run errands (e.g. go to post office, laundromat, dry cleaner, etc.)						
9	Go to a library						
10	Go to watch a sports event (can include any sporting event from professional to high school, bowling, etc.)						
11	Go to a gym, health or exercise club, pool, or participate in a sport event (e.g. bowling, mini-golf)						
12	Go to a barber shop, beauty salon, nail salon, spa.						
13	Use public transportation (e.g. bus, train, subway. Does NOT include program van transportation or ambulette).						

Continue on Next Page

Activity you attended <u>without</u> a program staff person going with you?	Number of days you attended?	Do you do this activity?			Is this activity <u>important</u> to you?	
		Enough	Not Enough	Too Much	Yes	No
14 Go to a 12-Step/self-help group.						
15 Go to a Support group in the community (e.g. overeaters anonymous, gamblers anonymous, etc.)						
16 Go to a <u>consumer-run</u> organization or group.						
17 Go to a social group in the community (e.g. book club, hobby group, etc.)						
18 Work for pay.						
19 Go to school to earn a degree or certificate.						
20 Take a class for leisure (e.g. cooking, art, ceramics, photography, etc.)						
21 Participate in volunteer activities.						
22 Attend an event or celebration with family or friends.						
23 Entertain family or friends in your home or in their home.						
24 Go to a community fair, block party, community clean up day, etc.						
25 Go to or participate in civic or political activities.						

SESSION THREE: Community Participation Measure Part II

Goals for Lesson Three

- 1. Review the result of the CPM*
- 2. Identify activities important to them*
- 3. Identify priority activities*



Today's session will focus on reviewing our answers to the Community Participation Measure. We will review them together and we will then place your answers in a priority order of your preference.

Note to Facilitator:

Review results. This is the time when participants will see their results and have a greater understanding of where they fall on the scale. If they have not independently participated in many of these activities, they may experience the enormity of the steps they need to take to reach Community Inclusion. This is an opportunity to:

- Identify the activities on this list they are interested in doing. Not everything is important to them. This will reduce the overall number.*
- Of those, have them identify which is a priority for them. This will reduce the overall number further and help them to focus on what they are most interested in.*

First, it is important to identify the activities that are Important to you. Using the CPM from the last class, transfer those you identified as important to you on the form below. If you have more than 10, add them underneath the form. For today, leave the **Green** boxes empty.

ACTIVITIES IMPORTANT TO YOU

ACTIVITIES IMPORTANT TO YOU		# of days a month you <u>WANT</u> to engage in the activity
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Okay, now that you have written down the activities from the CPM that you identified as important to you, review the list again. This time, look at each activity and identify which you consider to be of top priority for you. List here your top 5 Priority Activities. We understand that all activities can be important, but we need to identify your top five in order for us to begin to take steps towards achieving our goals.

PRIORITY ACTIVITIES		# of days a month you <u>WANT</u> to engage in the activity
1		
2		
3		
4		
5		

How does your PRIORITY list look to you? While it is possible for you to have more than 5 Priority community inclusion activities we ask that you list the top five only because unlike the previous list (What is Important to You), this Priority list will help you to begin working on engaging in these activities. Anything more than 5 activities can be overwhelming for anyone.

We encourage you to share this list with the Clinician who works with you on your Individualized Recovery Plan (IRP). This will help him or her to assist you with attaining your goals.

For the next session, bring back this form (Priority) because we will review them and further evaluate their role in our lives based on the Eight Dimensions of Wellness.

Note to Facilitator:

Mutual Aide: Prior to providing Program Support (see below), support the members to engage in at least one activity with another person – either from the group or from their personal lives. The important piece here is that the activity is self-directed and not program led.

Program Support: In order to support the participants with their Community Inclusion goals, the program should identify a number of community trips that are in keeping with their priority interests.

SESSION FOUR: Eight Dimensions of Wellness

Goals for Lesson Four

- 1. Understand the Eight Dimensions of Wellness*
- 2. Revisit our priority areas and determine where they fall on the Dimensions of Wellness.*



Today's class will introduce you to **The Eight Dimensions of Wellness** and how they each relate to our lives. We will then revisit our answers to the Community Participation Measure (CPM) and identify the Dimension of Wellness that applies to each.

What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

*Remember that wellness is not the
absence of illness or stress.*

*You can still strive for wellness
even if you are experiencing challenges
in your life.*

* **What Are the Eight Dimensions of Wellness?**

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life

* **Eight Dimensions of Wellness Video**

Learn more about the Eight Dimensions of Wellness in this three-minute animated video (link is external and will require connection to the internet).

<https://www.youtube.com/watch?v=tDzQdRvLafM>

The following is the narrative from this SAMHSA short video on Wellness.

“Improving wellness by taking action in each of these 8 dimensions, addresses early mortality from treatable and preventable conditions. Embracing wellness is about life and living and becoming the healthiest you possible.

1. Emotional Wellness: *Listen to your feelings; express them to people you trust; and maintain a positive outlook.*
2. Financial Wellness: *Make it a point to understand your finances. Establish good financial habits and plan for the future.*
3. Social Wellness: *A sense of belonging and a reliable support system can help during difficult times. Make at least one social connection daily. Seek advice from peers or support groups and create healthy friendships*
4. Spiritual Wellness: *enhancing your connection to self, nature and others brings balance and peace to your life. Take time to discover what values and beliefs are most important to you*

5. Occupational Wellness: Look for satisfaction from things that you're passionate about. Whether it is through work, school, or volunteering
6. Physical Wellness: Reduce your risk of many illnesses by increasing activity levels according to your abilities. Getting restful sleep at night. Choosing healthy foods and exploring outdoors to reduce stress and increase energy levels.
7. Intellectual Wellness: be a lifelong learner by expanding your knowledge and find creative outlets that stimulate your mind and sense of curiosity. Be open to new ideas, insights, and wisdom.
8. Environmental Wellness: A positive environment has a calming effect. Find surroundings that encourage good physical and mental health and where you also feel safe.

At SAMHSA we envision a future where people with mental health and or substance use disorders and all people can pursue optimal health, happiness, recovery and a full and satisfying life in the community. Wellness is an ongoing pursuit and can be challenging at times but striving to make small daily improvements is the key to success."

* **Why should we care about the Eight Dimensions of Wellness?**

Making the Eight Dimensions of Wellness part of daily life can improve mental and physical health for all people. Your wellness journey is intimately connected to your journey of Community Inclusion. Remember, **Community Inclusion** is the extent to which an individual can live in the community like everyone else. The goal is for people to live as fully participating citizens. Equal to everyone else.

Activities that promote *Community Inclusion* move away from agency or program directed activities and towards independent, self-directed activities. We learned that there are 3 types of activities. They are:

1. Location of Activity
2. Self-Determination
3. Mainstreamed Interactions

Last session, we reviewed your answers to the Community Participation Measure and distilled Activities that are Important to You to create your Priority Activity List. This list should comprise of approximately 5 activities that you consider PRIORITY.

Anything more than 5 activities can be overwhelming for anyone.

Next, we will look at each Priority activity and in the **green** column, identify the corresponding Dimension of Wellness that you believe corresponds to each. We will then review as a team.

PRIORITY ACTIVITIES	Dimension of Wellness	# of days a month you <u>WANT</u> to engage in the activity
1		
2		
3		
4		
5		

It is not necessary to have a Priority Activity for each of the Eight Dimensions of Wellness. If you have any dimensions not represented here, it still may be part of your *Activities Important to You* list. This list is your *Priority List* and will therefore, not have everything.

* **Wellness Partner**

During the last class, we learned about the Eight Dimensions of Wellness and we identified each Priority List activity with one of the Dimensions. Today, we will take this a step further and identify a person who can be your Wellness Partner to support you with your Community Inclusion Activity. This person can be anyone that you feel supports your recovery and will support your wellness goals. This person can be someone in this room that shares the same or similar Community Inclusion goals. Or it can be someone where you live or really, anyone who supports you. This should not include PROS staff members as we are moving away from agency-directed activities and we want to support your connections to others to increase your social network.

* **Who is this person?**

Name: _____

Relationship: _____ (friend, family, co-worker, classmate, etc.)

Mobile Phone Number: _____

Can you call this person and/or text them? ____ Yes ____ No

Are there any call or text restrictions? (e.g. can't call after 9PM)

These rules may sound simple, but when we make plans with others, it's important to keep the relationship productive and amicable. Therefore, sometimes, we have to pay attention to rules on how to engage with them (or when not to). Can you think of any other rules that may apply to this person? If so, write them here:

You can use the * **Who is this person?** Form again to fill in information for another person you have identified as a Wellness Partner.

You may have different Partners for different Priority Activities. As each person is unique and has their own interests and priorities, it is important to connect with people who share the same activity interests. This may not be necessary, if your person is someone who would support you regardless of the activity. In the Priority List below, there is additional room to add the name of the person who will be your Partner for each activity. This may be the same person, or different people.



PRIORITY ACTIVITIES	Dimension of Wellness	# of days a month you <u>WANT</u> to engage in the activity	Wellness Partner
1			
2			
3			
4			
5			

* **Homework:**

Connect with the person or persons you have identified as your Wellness Partner.

Speak to them and get their commitment to support you in that activity. Their support will require them, at minimum, to physically be with you as you take on that specific

Community Inclusion Activity. They should help you plan the activity and this may

include discussing transportation to and from the activity, ensure you have money necessary to engage in that activity, etc.

Financial Responsibility: The person you choose, should support you emotionally, but this may not include monetary support. When we engage in Community Inclusion Activities, part of planning for these activities is saving our own money to engage in that activity.

Remember, Community Inclusion is the extent to which an individual can live in the community like everyone else. The goal is for us to live as fully participating citizens. Equal to everyone else.

Social Responsibility: Getting and keeping friends (or any kind of social relationship) requires us to pay attention to the needs of the other person. We must pay attention to keeping these relationships fair and in equal footing with each other. We should not burden them and they not burden us. Getting together for social activities will require us to be aware of keeping our relationships friendly and mutually emotionally beneficial. Friends can be a very powerful support.

Note to Facilitator:

The discussion of money is important to this class. Community Inclusion activities cost money, some less than others. Help the students understand this fundamental necessity of engaging in Community Inclusion activities. This is an opportunity for people to learn financial responsibility as well as social responsibility. Money can be very damaging to relationships.

* **Wellness Partner Homework**

Let's review the homework from the previous class. Our assignment was to speak to the person we identified as our Wellness Partner or Partners, if you have more than one; and ask them if they are interested in helping you with specific tasks on your Community Inclusion goals.

Facilitator's Note: Review everyone's responses with the group. Encourage the opportunity for them to support each other. The mutual aid process is a powerful one and allows for people to learn from each other – from their successes and their failures. Some people may have had a positive experience seeking a Wellness Partner and are well on their way to accomplishing their goals. Others may not have had the same support.

Some people have no one to ask, with whom they feel comfortable with and with whom they feel would support them. This is a very important time for the group. If you have a person or persons with this experience, it's a perfect opportunity to pair those people together even if they do not have similar Community Inclusion goals. They can help and support each other through their goals.

This is also an opportunity for you to determine what if any Community Inclusion activities you feel should be program-initiated and program-directed to help people along. This would require the program to make clear that program-directed activities are **NOT** Community Inclusion. However, this can be helpful to people who feel they need a 'walk-through' of sorts while also feeling safe with staff who understand their concerns.

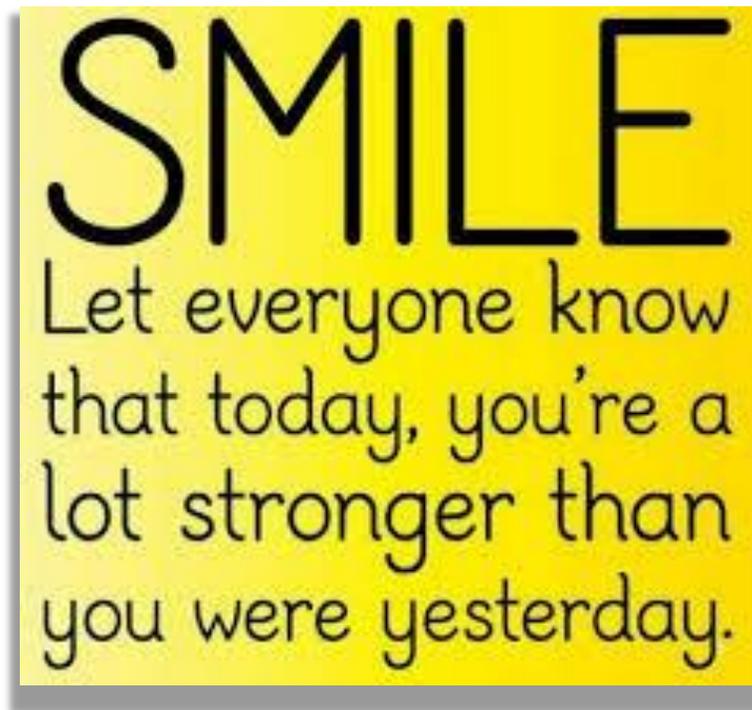
Students need to clearly understand the difference between self-directed activities and program-initiated activities or they may miss the most important aspects of this course – that in order to achieve Community Inclusion, people must be independent.

Over the next several classes, the curriculum will focus on Wellness Tips for each of the Eight Domains of Wellness. You can use this time to review that content, and/or you can use that time for program-initiated activities to help the students with their specific Community Inclusion goals. Therefore, semester to semester, any program-initiated activities would change based on the specific needs of the students in each semester.

SESSION SEVEN TO END: Wellness Tips

Goals for Lesson SEVEN to END

- 1. Identify wellness tips for each domain of wellness.*
- 2. Engage in Community Inclusion activities.*



* **Wellness Tips and Tricks Based on the Eight Dimensions of Wellness**

Physical Wellness

“He who has health, has hope. And he who has hope, has everything”

-Thomas Carlyle

Physical Wellness Checklist:

- Do I get enough Sleep?
- Do I drink enough Water?
- Am I eating well?
- Do I exercise?
- Do I share my physical health concerns with my doctor about my physical health?
- Do I smoke? If so, am I trying to quit or reduce?
- Do I take vitamins or herbal supplements? If so, do I discuss these with my doctors?
- Am I drinking too much coffee or soda?

- Do I consider myself healthy?

These steps of physical wellness lead to a healthy life:

- Activity
- Moderation
- Personalization
- Proportionality (Eat all food groups in small portions)
- Variety
- Gradual Improvement (one step at a time)

Easy Exercise Tips

- Take the stairs instead of the elevator
- Walk while talking on a cell phone or portable phone
- Have a schedule for exercise each week
- Challenge yourself by walking just one more block than you are used to
- Walk with a friend for enjoyment
- Lift things at home, like cans of vegetables or soup. Try 15-20 times per arm.
- Spend at least 20 minutes a day doing some type of physical activity
- Dance to music
- Stretch as often as you can
- Shoot basketball or kick a soccer ball around
- Go for a hike in a park
- Play a sport with friends or a group in the community (*Ideas from Buzzle.com*)

"Exercise is good for your mind, body, and soul."

Susie Michelle Cortright

Quick Top Ten Healthy Food Guide

1. Drink water instead of soda and sugary drinks.
2. Eat small portions throughout the day instead of big meals
3. Limit processed carbohydrates such as white bread, pasta, white rice, and cereal
4. Eat fresh vegetables and fruits for snacks
5. Eat yogurt instead of ice cream
6. Stop eating before you feel full
7. Do not eat fast food
8. Eat more chicken and fish
9. Do not eat 2-3 hours prior to bedtime
10. If eating out, eat half of the meal and save the rest for lunch the next day.

Food Portion Tips

- 3 ounces of meat = deck of cards
- 1 teaspoon of oil = the size of a quarter in diameter
- 1 cup raw vegetables = light bulb
- 1 medium fresh fruit = one tennis ball

- 1 bagel or roll = 6oz. can of tuna

Food Facts

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- 10 calories a day (2 hard candies) of unused energy puts on an extra pound a year.
- Every gram of carbohydrate or protein equals 4 calories.
- Every gram of fat equals 9 calories.
- With each decade we age, we need 100 fewer calories a day.

(Information from Learningzonexpress.com)



Spiritual Wellness

Searching for meaning and purpose in each of our lives can be a major part of wellness. How we perceive our world and existence can include our ideas of values and beliefs that we are able to identify with. Spirituality goes beyond religion and into the depths of our awareness and understanding of being connected within ourselves and the universe.

Question yourself!

What is my purpose in life?

Do I identify with any spiritual beliefs? If so what are they?

Do I have any customs or rituals pertaining to my spirituality? If so what are they?

What is Inner Peace?

Inner peace can be described as being one with your mind and body.

Inner peace is a spiritual connection of your mind, body, and soul with the universe.

Spiritual growth can be finding inner peace with the world, people, and things that you can discover on your own, in time.

Everyone has a different way of perceiving and achieving inner peace.

It may come naturally to some and others may have to work on it.

Here are some different techniques that people use to help find inner peace;

- Meditation
- Deep breathing
- Massage
- Acceptance
- Forgiving
- Prayer
- Relaxation Techniques

“Let your hopes, not your hurts, shape your future.” Robert H. Schuller

Relaxation Techniques

- Take five deep breaths through your nose. Close your eyes and pay attention one to your breathing.
- Take a hot shower or bath. The hot water will relax your muscles. Use bubbles in the bath to help soothe you and light a candle.
- Drink a non-caffeinated herbal tea like Chamomile
- Stretch your arms and legs and focus on your breathing
- Practice Yoga
- Meditate
- Go for a walk
- Go to a park, ocean or lake for a relaxing environment
- Listen to relaxing music such as rain, ocean waves, etc.
- Create artwork (e.g. draw, sculpt, paint, music)

**Practicing and experiencing peace, joy, happiness, love,
and gratitude are all parts of spirituality.**

A great resource for more information on Spiritual Wellness can be found at

<http://www.spiritualityandpractice.com/>

Intellectual Wellness

Intellectual wellness consists of using creativity, experiencing new ideas, and learning new concepts about skills, hobbies, the community, and culture.

Intellectual wellness is continuing to learn and educating yourself about concepts that help you grow intellectually.

Question yourself on Intellectual wellness

- What kinds of things interest me?
- Do I read often (including Newspapers, on-line resources, books, magazines)?
- Do I enjoy writing?
- Do I do any drawing or other arts or crafts?
- Do I keep a journal to express myself?
- Am I continuing my education? GED? College degree?
- Attending free trainings and seminars?
- Do I attend the local library?
- Do I embrace change and new experiences?
- Do I stimulate my mind by doing puzzles or crosswords?
- Do I know what's going on in my neighborhood or community? The world?

What resources can I use to build my Intellect?

- Libraries are great for exploring current events, books, newspapers and some may even host township meetings where people discuss some issues of their community.
- Local community colleges sometimes offer classes and trainings that are free to the community for learning new skills, hobbies, and informational sessions.
- Museums are a great resource for learning about art of the past and present as well as opening new concepts about one's own culture.
- Radio programs such as talk radio or podcasts can provide audio information rather than reading. Many programs are easily accessible in your car or on a radio at home, and allow you to use your listening skills to promote learning through hearing.

Puzzles, board games, crosswords, and word searches are also a great way to engage the mind and learn different facts.

Try the word search on the next page!

Wellness Crossword Search

W O L F Q C R S M L A S H E B
O E I E G B O H A K P N X H T
Y B L B I C P I I I J E D O N
R P Y L I S C E R R R Y K B E
E G A A N N U I L C D U K B M
C P L R A E T R I Z J R L I N
O H O N E U S S E R T S U E O
V R I H A H E S X A L E R S R
E F M L A U T C E L L E T N I
R F I Q X B N A T S J V G F V
Y T K O Y N I J M Z F B V S N
Y A Z I B Y R D D O K K X C E
V O L U N T E E R V R K H D M
P O S I T I V E P T V A G P U
V G X G N B H D E O O F J Z O

AROMATHERAPY

ENVIRONMENT

EUSTRESS

EXERCISE

FINANCIAL

HOBBIES

HOPE

INTELLECTUAL

LEISURE

POSITIVE

RECOVERY

RELAX

SOCIAL

SPIRITUALITY

VOLUNTEER

WELLNESS

Emotional Wellness

Emotions are a part of who we are and how we are perceived by others.

Emotions can allow us to express happiness, joy, sadness, or anger about a situation.

Your mood can affect your thoughts and behaviors.

Your emotions are affected by certain events like thinking about friends and family and past and future events.

Good emotions can motivate and excite us to look forward to new things and activities.

When we feel unpleasant emotions, it can be a sign that we don't want a certain activity or event to occur or continue. Emotions are an important part of our personalities. Dealing with our emotions can be difficult. There are different ways we can address our feelings.

Tips to Increase Emotional Wellness

- Practice optimism like thinking positive
- Spend time with friends and family
- Participate in self-esteem workshops or support groups
- Read a self-help book that is of interest to you
- Learn time management and stress management skills
- Attend a wellness forum
- Smile as much as you can

Stress is the way one's body responds to new situations.

There are good types of stress that make you feel energized, and there are bad types of stress that can have a negative impact on us—not only emotionally but physically as well.

Learning ways to cope with stress can help us in our everyday lives.

Dealing with situations that cause bad stress: The FOUR A's

1. Accept situations that you cannot change.
2. Avoid things and people who cause you stress. Some things we cannot avoid and others we can
3. Alter the situations you can change by communicating more effectively
4. Adapt to the situation with an open mind and focus on the positive

(Ideas from <http://www.helpguide.org>)

*“Motivation is what gets you started.
Habit is what keeps you going.”
Anonymous*

Ways I can handle bad stress:

* Exercise

* Eat healthy

* Reduce sugar and caffeine

* Call a friend

* Others: _____

Good Stress

(Eustress)

Yes! Sometimes stress can be a good thing!

We always talk about how stress causes and negative impact on people physically and emotionally but stress can also motivate, improve one's abilities and coping skills.

Types of Eustress

- Falling in love Starting a new job or school
- Moving Going on vacation
- Buying a home Retiring Having a child Caring for a pet

(Ideas from www.helpguide.com and www.mentalhelp.net)

Aromatherapy

The release of chemicals to help us with relaxing after a stressful day.

Using powerful oils, we inhale air filled with an aroma or powerful scent, which travels through the nose to a part in the brain called the limbic system.

The limbic system controls mood and emotion.

Benefits of Aromatherapy

- can help reduce headaches
- reduces stress
- great for relaxation
- improving sleep
- relaxes muscles

Many different types of scents can trigger different emotions that may differ from person to person.

For suggestions and other information on Aromatherapy go to www.aromaweb.com

Positive Self Talk

Self talk helps us deal with stress and it is a good way of working issues out amongst ourselves.

Practicing positive self talk is a very important skill and will help in everyday life as well as in stressful situations.

The power of thought is very important to how we perceive ourselves.

Positive Self Talk

- Boosts your happiness
- Produces success
- Creates awareness of one's thoughts
- Boosts self-esteem and increases motivation
- Creates positive self-image and attitudes

**Every good thought you think is contributing its share to the ultimate result of your life.
Grenville Kleiser**

Improve self-esteem with positive self talk such as;

- "I've done well with this."
- "I like the way things are going."
- "It was rough for an hour or two."
- "I'll do the best I can."
- "I can handle things if I take one step at a time."
- "I can get help if I need it."
- "We can work it out."
- "I won't let this problem get me down."
- "I'm human, and we all make mistakes."
- "Some day I'll laugh about this."
- "I can deal with this situation when I feel better."

(Ideas from Buzzle.com)

EMOTIONAL

- E** Express how you feel
- M** Motivate yourself and others
- O** Organize yourself
- T** Time management
- I** Improvise with the things you have
- O** Overcome obstacles that can be in your way
- N** Nature is beautiful and can help us feel well
- A** Actions mean the most
- L** Listen to your heart

Occupation and Leisure

Work can be a huge part of wellness for most people.

Working allows one to feel a sense of importance and responsibility while allowing people to work on skills on a daily basis.

Benefits of working can range from personal benefits such as money and health benefits to professional benefits such as building a resume and establishing new skills

VOLUNTEER WORK

Volunteer work can benefit people both personally and professionally.

Volunteering allows someone to work without pay in order to give back to the community or gain skills.

Volunteering opportunities can be found almost anywhere and organizations are always looking for more people to commit their time and dedication for the good of others.

Volunteer work can also lead to a full time or part time paid position!

Check out this great website that offers volunteer opportunities in your

local area <http://volunteer.united-e-way.org/>

Leisure

Many people need to set aside time to relax and enjoy their time.

**Relaxing can be engaging in activities such as sight-seeing, driving, fishing,
sports, crochet,
knitting, photography, arts and crafts, travel, music, and reading.**

**Puzzles, crosswords, and board games are also apart of leisure activities that engage
the mind and promote relaxation.**

Hobbies and recreation help us relax and benefit from participating in an activity we enjoy doing.

“Leisure time motivates me and gives me self- esteem”

Anonymous

What do I do for leisure?

List of Hobbies

acting	football	reading
archery	gardening	roller skating
astronomy	health spas	rowing
astrology	horse riding	running
betting	hunting	sailing
bicycling	ice skating	scuba diving
birdwatching	jogging	sewing
bowling	keep fit	shopping
canoeing	knitting	sketching
car maintenance	model boat sailing	stargazing
chess	modelling	swimming
cinema	motor racing	tennis
crosswords	mountain climbing	theatre
dancing	music	treasure hunting
darts	pets	videos
driving	photography	walking
fishing	picnicking	weightlifting
	radio	

What activities would I consider adding to my leisure time?

1. _____

2. _____

3. _____

4. _____

5. _____



Environmental Wellness

Our environment can affect the way we feel about ourselves. Where we live and work has a very important effect on how we feel.

Environmental wellness not only includes places of where we live and work but it also relates to the relationships we have with nature, physical possessions, and buildings.

Some positive things people say about their environments:

“In my environment, I enjoy having my cats that I enjoy spending time with.”

“I like having my own room at my house which makes me feel independent.”

“I enjoy my independence and living on my own.”

**The sun and good weather affect wellness by making people feel good, uplifted, and
alive, which also impacts our emotions.**

**The weather influences what activities people participate in such as skiing in
cold weather, and being outdoors at the beach in hot weather.**

**Weather also affects the physical dimension of wellness by promoting physical
activity.**

Question yourself!

1. How does my neighborhood benefit my wellness?
2. If I could change something about the environment I live in what would it be?
3. If I changed my environment how would it make me feel? Excited, scared?

Go Green!

Recycle and Reuse



Everyday should be Earth Day!

Our environmental wellness can be affected by the way we treat the world!

Reuse plastics such as water bottles, bags, plates, forks, knives and spoons.

Using recycling and making a conscious effort can save our environment and the community we live in.

You can make a difference!

Check out www.earth911.com to find recycling information and centers near you!

Social Wellness

Social Wellness is about having supports, a sense of belonging, and finding commonality with people, places and things.

The National Wellness Institute describes social wellness as having many different aspects that influence people every day such as:

- 1. Meaningful Relationships (friends, family, supports, acquaintances)**
- 2. Environment/Community**
- 3. Education/Occupation**
- 4. Pets (social connection)**
- 5. Technology-Internet (chat rooms, message boards, online clubs)**

All of these aspects are part of helping someone be socially well.

For more information: <http://wellness-institute.org/>

Importance of Social Wellness

- Being able to create and maintain relationships with friends, family, co-workers, and peers.
- Having these supports through good times and bad.
- Networking can be an outcome through having positive relationships. One can gain more opportunities occupationally, educationally, as well as socially.
- Interactions with different cultures and religions can offer more experience to people which is important to social wellness.
- Exposure to different lifestyles can help one become well rounded as well as more educated about different belief systems.
- Social wellness also encourages communication. One can benefit from this by being able to work through conflicts

Ideas from Travis. J. (2008). Dimensions of wellness (social).

<http://www.sasked.gov.sk.ca/docs/wellness/dimensions.html>

The Social Dimension is not limited to relationships with people, but also includes interactions with animals, such as pets.

Social wellness includes interactions between people using material things such as cars, places such as malls, and museums, and events such as parades or walks for a cause (cancer, AIDS, etc.)

Social Wellness Networking Websites

Check out some social networking sites that can help you reconnect with people from the past, make new friends, and create other networking opportunities! **www.facebook.com**

www.myspace.com www.linkedin.com www.twitter.com

Animal and Pets

- One may have a social connection with animals and pets
- Pets can provide a social connection through love and affection
- People often have find comfort in having a companion such as a
dog or a cat
- Pets can reduce bad stress
- Volunteering in an animal shelter can show your care and
commitment to animals

Financial Wellness

The Wellness Institute describes financial wellness as having a balance of the physical, mental, and spiritual aspects in life.

Money is a very important aspect in our lives.

Money allows us to engage in activities, maintain a healthy life style, and pay our bills.

Financial wellness is understanding finances and being aware in a way that a person can be ready for financial and life changes that can occur.

Financial wellness is different for everyone. We often hear that money is a major concern for people in recovery. By attending to our finances and understanding budgeting we can work on our financial understanding.

Question yourself!

- Do you use cash or credit?
- Do you have a bank account?
- Do you balance your check book?
- Do you know the total amount of debt you have?
- Do you save your money?

Did you know that financial aid can be provided for people who have low incomes?

Financial aid can help you get back to school without having large loans to pay back when you graduate.

Check out this site for more information on eligibility and requirements for financial aid for college: <http://www.fafsa.ed.gov/>

BUDGETING

- Income - Figure out how much money you receive and how often (SSI, SSDI, food stamps, and other income)
- Fixed Expenses - Make a list of the bills you have daily and monthly (rent, transportation, food, utilities)
- Variable expenses - Make a list of goods you do not normally buy, like clothing and eating out at restaurants
- Manage these expenses to the amount of your income and try to keep the expenses below your income in order to save
- **SAVE**

National Help Lines

Projects for Assistance in Transition from Homelessness (PATH) Technical Assistance Center
800-795-5486

National Clearinghouse on Family Support & Children's Mental Health
800-628-1696

National Mental Health Association
800-969-NMHA (6642)

National Suicide Prevention Lifeline
800-273-TALK (8255)

SAMHSA's Center for Substance Abuse Treatment
800-662-HELP (4357), 800-487-4889 (TDD), 877-767-8432 (Spanish)

Medicare Issues Hotline
800-633-4227
820-1202 (TDD/TTY)
8:00 a.m.-8:00 p.m. (central time) Spanish-speaking operators available. www.medicare.gov

National Health Information Center
800-336-4797
9:00 a.m.-5:30 p.m., Monday-Friday (eastern time) Spanish-speaking operators available.
www.health.gov/nhic

Pension Benefit Guaranty Corporation
800-400-7242
8:00 a.m.-5:00 p.m.
Spanish-speaking operators available. www.pbgc.gov

Social Security Administration
800-772-1213
7:00 a.m.-7:00 p.m.
Spanish-speaking operators available. www.ssa.gov

Office of Minority Health Resource Center

888-444-6472

8:30 a.m.-5:00 p.m.

Spanish-speaking operators available. www.omhrc.gov

S.A.F.E. Alternatives

(800) DONT CUT (366-8288)

Spanish-speaking operators available. <http://www.selfinjury.com>

References for Wellness Tips section

Gina Zippo, the members of the Freehold Self-help Center and staff from the Institute for Wellness and Recovery Initiatives, 2010.

Intelligent Life on the web (2009). Physical Wellness. Retrieved from [http:// www.buzzle.com](http://www.buzzle.com)

Leisure (2009). Retrieved from <http://www.collaborativelearning.org/leisure.pdf>

Nutrition information (2009). Retrieved from <http://www.learningzonexpress.com>

Travis. J. (2008). Dimensions of wellness. Social Dimension. Retrieved from

<http://www.sasked.gov.sk.ca/docs/wellness/dimensions.html>

Self help (2009). Retrieved from www.helpguide.net Stress reduction and management.

(2009). Retrieved from [http:// www.mentalhelp.net](http://www.mentalhelp.net)

Other Resources

The NIH site below has an interesting interactive questionnaire--

Portion Distortion. <http://hp2010.nhlbihin.net/portion/>