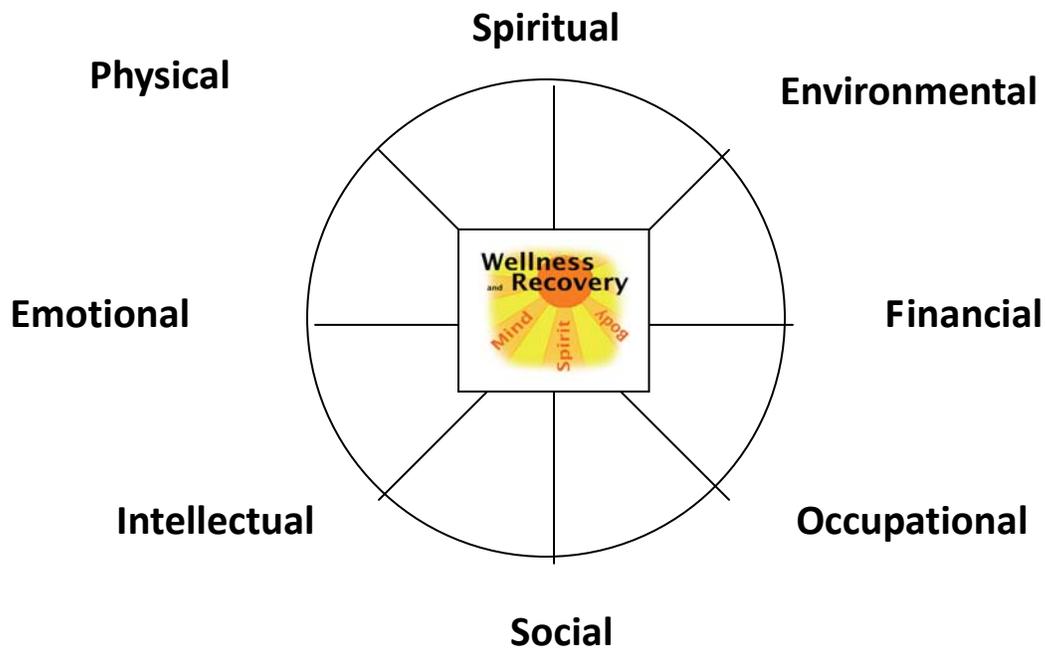


Ensuring Social Inclusion by Focusing on Personal and Community Wellness



**Collaborative Support Programs of New Jersey
Institute for Wellness and Recovery Initiatives
Annual Wellness Conference 2010**

This wellness resource manual was developed by Gina Zippo, the members of the Freehold Self-help Center and staff from the Institute for Wellness and Recovery Initiatives.

Many thanks to those who shared their experiences for others' benefit.

What is Wellness?

Everyone has a personal definition of wellness.

Wellness encompasses a balance of the multi-dimensional journey that each of us takes at one time or another.

Each of our journeys is unique and different. We all strive to succeed as individuals who create our own paths in life.

Eight dimensions of wellness are important to every day living and have a great impact on our lives.

Physical

Spiritual

Social

Intellectual

Emotional

Environmental

Occupational/Leisure

Financial

Wellness

**This wellness manual addresses
these eight aspects of life
and how they relate to staying well
and
discusses each of the eight dimensions
to help you
develop insight into your recovery journey
and to provide guidance
for how you might incorporate wellness
into every aspect of your life.**

*All our dreams can come true, if we have the
courage to pursue them.*

Walt Disney

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

1. 3 ounces of meat = deck of cards
2. 1 teaspoon of oil = the size of a quarter in diameter
3. 1 cup raw vegetables = light bulb
4. 1 medium fresh fruit = one tennis ball
5. 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

Created by Puzzlemaker at DiscoveryEducation.com,

Tips

Learn and new word each day
Learn words in a new language
Challenge yourself!

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 can not change.
2. Avoid things and people who cause you stress. Some things we can not 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](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)

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 some one 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.

“Leisure time motivates me and gives me self esteem”

Anonymous

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

What do I do for leisure?

List of Hobbies

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

List of activities by: <http://www.collaborativelearning.org/leisure.pdf>

**What activities would I consider adding to my
leisure time?**

1. _____
2. _____
3. _____

Environmental Wellness

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

How does my neighborhood benefit my wellness?

If I could change something about the environment I live in what would it be?

If I changed my environment how would it make me feel?

Excited, scared?

Go Green!
Recycle and Reuse



Earth day should be everyday!

**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

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

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

All of these aspects are part of helping someone be socially well. Social Wellness is about having supports, a sense of belonging, and finding commonality with people, places and things.

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>

Self Help Centers

The self help center is often a big part of relaxation and leisure in people's lives. Peer support is a great for socialization, getting to know new people and share their experiences. Groups are held at the self help center and are an optional activity for those who want to talk and share their experiences.

Self help centers take members on outings for shopping and recreation. Some recreation activities include camping, day trips to museums, movies, parks, zoo, aquarium and beach trips.

The self help center also provides weekly meals that bring people together.

Self help centers are located in every county in New Jersey:

<http://njgroups.org/>

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

- 1. Income - Figure out how much money you receive and how often (SSI, SSDI, food stamps, and other income)**
- 2. Fixed Expenses - Make a list of the bills you have daily and monthly (rent, transportation, food, utilities)**
- 3. Variable expenses - Make a list of goods you do not normally buy, like clothing and eating out at restaurants**
- 4. Manage these expenses to the amount of your income and try to keep the expenses below your income in order to save**
- 5. 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

More National Help Lines...

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>

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Other Resources

The NIH site below has an interesting interactive questionnaire--
Portion Distortion.

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



The Institute for Wellness and Recovery Initiatives of CSP-NJ provides innovative, state of the art services aimed at creating wellness, recovery and economic self-sufficiency for persons living with disabilities. Through our interactive and uniquely tailored trainings, seminars and consultation, we assist organizations in developing a workforce and service system grounded in a recovery and wellness orientation.

The Institute provides half and full day *seminars* and individual, tailored *consultation* to organizations that provide services to persons living with disabilities and economic challenges. Institute staff upon request offer consultation and technical support on how organizations can incorporate wellness and recovery philosophy, principles and practices into existing services. For more information about our services please contact Peggy Swarbrick at pswarbrick@cspnj.org.

The Institute also offers a monthly newsletter, *Words of Wellness*, which features valuable information and resources, including details about educational events, to help people to achieve and maintain wellness. For more information about the Words of Wellness please contact us at nleditor@cspnj.org.

Please visit our website at www.cspnj.org for more information.