TH Wellness Project’s Vision:
to empower personal well-being, improve mental wellness and increase life joy.
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TH WELLNESS PROJECT

FINDING & MAINTAINING WELLNESS

PIECE OF CAKE... RIGHT???

“When ‘I’ is replaced with ‘We’ even Illness becomes Wellness.” – Malcolm X

“You body hears everything your mind says, stay positive.” – unknown

Wellness is Easy - Right?

• It appears that for some people, wellness is easy. The reality however is different from our assumptions. Wellness is a practice of intentional ways of being and thinking that is dynamic and lifelong.

• Wellness can be easier for some if they had/have:
  o Healthy role models
  o Critical thinking
  o Willingness to set limits
  o Friends/family who support healthy living
  o Realistic expectations – perfection is not the goal!
  o An understanding of the need for rest and recovery time
  o An accountability partner(s)

Wellness is not about Extremes

• Being balanced in life is critical to wellness. When we go to ‘extremes’ – we can take a healthy life component and create damage.

• The extremes are what is marketed – it gives us the illusion of immediate gratification that we are often seeking. We allow ourselves to become victims of a good ad campaign – then we give up when we don’t get the perfect results.

• Our goals related to wellness need to be centered around sustainable practices.

What does Wellness look like?

• It is important to recognize that wellness looks and is different for each of us. Comparing triggers judgement, shaming, perfectionism and extremes.

• Wellness is an intentional daily practice.

• Wellness feels best when we embrace it as a fun way of life. The constant state of ‘have to do...’ does not work!

• Wellness is a life long journey. It’s made of many small steps instead of giant leaps.

• Being surrounded with like-minded, wellness focused people enhances the collective’s wellness while helping to hold the collective accountable.

• Faith and hopefulness are critical components of wellness.

• Wellness also includes making decisions and being adaptable to life changes.

• Balanced living that includes sufficient rest, play, creativity, recovery time and realistic thinking.

• Healthy boundaries/limits and the ability to say ‘no!’
Action Steps to Advance Wellness

- Be honest with yourself with where you are at in your Wellness process. Denial can be one of our biggest barriers.
- Determine if you’re willing to do the work towards wellness – or will you resist and complain every step along the way. It’s ok to say this may not be the right time.
- Develop a mindset that wellness is a gift you are giving to yourself and you’re excited about this opportunity and part of life.
- Recognize that you are worthy! There are times when the process will be more challenging – you need to believe you are worth the effort to keep going despite the challenges.
- Define your circle of support and be willing to ask for help when needed.
- Be open to feedback – this requires lowering walls, being vulnerability, and actively listening.
- Seek mutuality in relationships. If you’re engaged in draining, one sided connections, wellness is compromised.
- Practice and share gratitude routinely.
- Take small realistic steps and focus on small successes.
- Keep setbacks from becoming failures by learning from them. Mistakes are a given and part of the learning process.
- Be open to and take necessary steps to change unhealthy behaviors. This cannot be done for anyone other than for yourself.
- Believe... you are worthy, you can!

Wellness Plans

- Do you have a Wellness Plan?
- Is it written out or just in your head?
- Does it need to be updated?

Let’s Create/Update our Wellness Plans

- Set procrastination aside and let’s get to it!
- You can use the TH Wellness Plan form – or create one of your own.
- Define what help is needed and ask for ideas and/or support.
- Make it fun and creative.

Wrap Up

“Healing comes when we choose to walk away from darkness and move towards a Brighter Light.” – Dieter F. Uchtdorf

“Take care of your body. It’s the only place you have to live.” – Jim Rohn