

*Relationships lacking in mutuality and respect
can drain you rather than lift your spirits.*



Sometimes you have to walk away.



TRANSITION HOUSE
Changing Lives by Creating Pathways for Mental Wellness
www.thouse.org

Wellness Kindness



Respect their connection, especially during challenging times.
Wellbeing flourishes in the presence of Support & Kindness.



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*SO IF TODAY
DOESN'T GO AS PLANNED,
HOW WILL YOU REACT?*

**CREATE YOUR OWN
SAFETY AND WELLNESS PLANS,**

It will help you make better choices!



Transition House, Inc.
Hope & Opportunities for Recovery
www.thouse.org

Becoming
Relaxed
Energized
And
Thankful
Healing
In
Natures
Gifts



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

DOES YOURS WORK???

“When ‘I’ is replaced with ‘We’ even Illness becomes Wellness.” – Malcolm X
“Your body hears everything your mind says, stay positive.” – unknown

Wellness is Easy - Right?

- It may appear that for some people, wellness is easy. However, reality is different from our assumptions. Wellness is a practice. It is an intentional way of being and thinking that is dynamic and lifelong.
- Wellness can be easier for some if they had/have:
 - Healthy role models
 - Critical thinking
 - Willing and able to set limits
 - Friends/family who support healthy living
 - Realistic expectations – perfection is impossible!
 - An understanding of the necessity for rest and recovery time
 - 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.
- Marketing thrives on extremes – 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 must be centered on 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. If it is attempted with a pessimistic attitude, it will not work!
- Wellness is a life long journey. It’s made of many small steps instead of giant leaps and there will likely be setbacks to overcome.
- Being surrounded with like-minded, wellness focused people enhances the collective’s wellness and accountability.
- Faith and hopefulness are critical components of wellness.
- Wellness 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

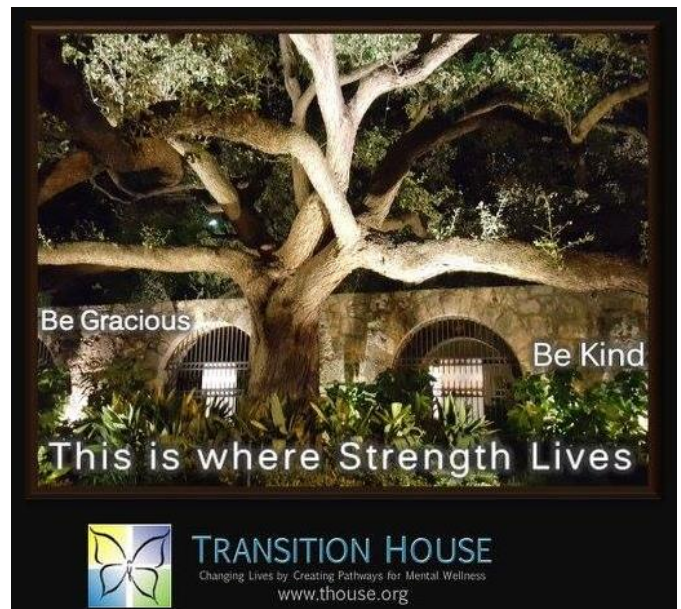
- **Honesty:** Be honest with yourself about where you are at in your Wellness process. Denial can be one of our biggest barriers.
- **Willingness:** Determine if you're willing to do the work towards wellness – you will not be successful without hard work. It's ok to say this may not be the right time.
- **Wellness Mindset:** Develop a mindset that wellness is a gift you are giving to yourself and you're excited about this opportunity.
- **Worthiness:** 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.
- **Circle of Support:** Define your circle of support and be willing to ask for help when needed.
- **Openness:** Be open to feedback – this requires lowering walls, being vulnerability, and actively listening.
- **Mutuality:** Seek mutuality in relationships. If you're engaged in draining, one sided connections, wellness is compromised.
- **Gratitude:** Practice and share gratitude routinely.
- **Be Real & Celebrate Successes:** Take small realistic steps and focus on small successes.
- **Managing Challenges:** Keep setbacks from becoming failures by learning from them. Mistakes are a given and part of the learning process.
- **Change:** Be open to and take necessary steps to change unhealthy behaviors. This cannot be done for anyone other than for yourself.
- **No Guilt:** Do NOT feel guilty for giving yourself the gift of wellness. You may judge yourself or be judged by others, who have poor work life balance. Rest and relaxation are restorative NOT lazy.
- **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

“People inspire you, or they drain you – pick them wisely.” Hans F. Hansen



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Facilitator's Guide:

FOLLOW UP ON HOMEWORK:

- Questionnaire that would provide yourself and facilitators with useful information to help make this a more meaningful learning experience.
- Start developing your Worthiness List.
- Be mindful... Record the times over the next week when you've been able to be more authentic. How did that impact your sense of well-being?
- Be mindful... When your Perfectionism button is 'pushed,' try a new behavior. Record how it works.
- Develop your own list of Hope Energizing Activities and note how it impacts you.
- Monitor your rest and play. How are you doing? Where can you improve? What changes have you made/are making?
- Create Something!
- Find a new way to practice intentional mindfulness
- Become aware of the role drama triangles play in your social circles
- Work on Wellness Plan

BREAK UP INTO GROUPS OF 2-3:

1. What is the status of your Wellness Plan?
2. What barriers have you run into in developing your plan?
3. Brainstorm ways to further develop your plan?
4. What have you learned through the Wellness Planning process?

HOMEWORK ASSIGNMENT:

- **DEVELOP AFFIRMING STATEMENTS FOR EACH MEMBER OF THE CLASS — BE PREPARED TO SHARE AT THE FINAL CLASS ON MAY 2**
- **CONTINUE TO WORK ON YOUR WELLNESS PLAN**

