

Wellness – Getting Started



Presented by:
Guidance for Change

www.guidanceforchange.org

What is Wellness?

Holistic Approach Dimension of Wellness



Wellness is an active process of making choices toward a healthy and fulfilling life.



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Holistic Approach

Holistic Approach Dimension of Wellness



This type of approach could help to address the need for holistic approaches.

Holistic approaches emphasize the need to consider many behaviors.

Moreover, a one-page checklist may provide a way of taking the abundance of information and using it.



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Topic of Where to start?

Anything that is of benefit to you.

- ✓ wellness activities
- ✓ social contact
- ✓ fun
- ✓ nutrition
- ✓ accomplishments
- ✓ mindfulness
- ✓ exercise
- ✓ hobbies
- ✓ work
- ✓ reminders
- ✓ short term vs long term plans
- ✓ journaling
- ✓ thankfulness
- ✓ goal achievement

Getting Started for Activities

- Sometimes start with what is easy
- Sometimes start with what is important to you
- Sometimes start with something that is fun
- Start somewhere, pick wellness activities

Other Ideas:

- What do you like doing?
- What makes you happy?
- What is healthy for you?

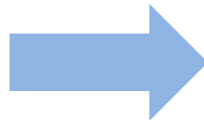
Daily Action Plan

Well-being Checklist

Tools/materials



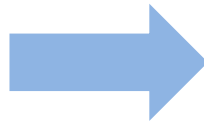
Music



Treadmill, walks, cue card by table, checklist

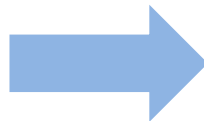


Humor



Stand up comedy videos, movies

Fun



List of must watch humor videos

Scientific Support

- Fun reduces stress
- Laughter is associated with more positive emotions
- Laughter programs are sometimes offered as treatments for depression, stress and anxiety
- Neurotransmitters are positively impacted by music, fun, exercise, and laughter

Plan Materials

Wake up

- ☑ music: mp4 player

Evening

- ☑ comedy video
- ☑ go for walk



Music

Humor



Suggestion

Make a list of activities you would enjoy and plan for doing at least 2 activities.

Wake up

☒ treadmill

Anytime

☒ sing

☒ go for walk outside

Story from my
personal experience.

Thanks

Sources

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