Workbook

Healthy Minds
Healthy Bodies:
a peer approach
Montana’s Peer Network

is a 501c3 non-profit organization whose mission is to provide opportunities for recovery across Montana. We are a peer run, peer driven organization with over 390+ members across the state. We advocate to improve treatment systems, we provide educational presentations on wellness and recovery. We host training on peer support and wellness tools through workshops, support groups, and community presentations.

Join the network

Give yourself a voice

Get connected to others

Help improve the mental health system

Be part of positive change

Become a Peer Advocate

Share your recovery story

Visit us online

mtpeernetwork.org

or find us on Facebook
Published by Montana’s Peer Network

This workbook was developed by: Michelle Jermunson, Robin Johnson and Jim Hajny. Special thanks to other contributors: Robyn Priest, Melissa Meyer, Mike Caruso, and Gary Travis.

Healthy Minds Healthy Bodies, a peer approach, is a signature program from Montana’s Peer Network. This workbook is based on SAMHSA’s Recovery Support Strategic Initiative and the 8 Dimensions of Wellness.

To find more information about SAMHSA’s Strategic Initiative visit www.samhsa.gov.

This workbook is made possible in part by the Statewide Consumer Networking Grant from (SAMHSA) Substance Abuse and Mental Health Services Administration Department of Health and Human Services.

Montana’s Peer Network

406-551-1058  www.mtpeernetwork.org

Montana’s Peer Network is a non profit organization providing opportunities for recovery.

Membership Form

Sign up today to become part of the network! It’s free!

Fill in the information below, tape it closed, add a stamp and mail it back to us. You will automatically begin to receive our monthly newsletter absolutely free! Our newsletter includes information about events, training, peer support and other recovery resources to help keep you connected. Please print clearly and provide as much information as you are comfortable giving.

Yes, I would like to join MPN as an _______ individual membership or as an _______ Organization Membership (please check one)

Name__________________________________________________________
Address________________________________________________________
City, State, Zip_________________________________________________
Phone __________________________ Email __________________________

Tell us something about yourself

Are you interested in starting or attending a peer support group in your community?

We are always looking for individuals interested in spreading the message of recovery. Would you be interested in finding out more about our Peer Advocate Program?

Another way to become a member is to visit our website mtpeernetwork.org. Click “Membership”. Fill out the form online and save a stamp!
So many areas of wellness are improved by getting involved in something. That could be community activities, hobbies, volunteering, support group, and many more things.

Montana’s Peer Network has opportunities for member involvement on many different levels. Members can become Peer Advocates in their community and can choose any of the following activities.

1. Distribute literature in the community
2. Start a peer support group in the community
3. Tell personal recovery story
4. Join the Local Advisory Council
5. Recruit members in the community
6. Be a resource for others

If any of the above sounds like something that you would enjoy or if you would just like to receive our monthly newsletter, you can fill out the membership form on the following page and mail it in.

“When I is replaced by We, even Illness can become Wellness”
Montana’s Peer Network is a 501c3 non-profit organization whose mission is to provide opportunities for recovery across Montana. We are a peer run, peer driven, organization with over 500+ members across the state at the time of publication. We are a coalition of individuals in recovery from mental health, substance abuse or addiction issues. Together we support one another, advocate for systems change, we provide educational presentations, training on wellness and recovery topics including peer support. We also provide workshops, podcasts, webinars, support groups, and various community events. We believe in peer support. We believe there is no single path to recovery and that the pathway holds both peaks and valleys. At times we may stray off course. But with the love and support from others we will gently find our way back. The journey of recovery is as varied as each and every one of us. We believe in the power of knowledge and informed choices. We believe recovery should be holistic, organic and culturally appropriate in nature. Lastly we believe that taking personal responsibility for our own recovery is paramount. This workbook was designed as a tool to assist in that effort. After all it is our recovery, our own wellness. We own it. We live it everyday because recovery is possible.

Jim Hajny, Executive Director

Cryptogram Cypher Solution

Solution Letter

V E K B N G S M Q

Puzzle Letter

A B C D E F G H I

L Z D A Y T J H X

J K L M N O P Q R

W U C R I F P O

S T U V W X Y Z

Glycemic Index Solution

Wheat Bread GI 71, Coca-Cola GI 63, Banana GI 62, Snickers Bar GI 51, Orange Juice GI 50, Corn Chips GI 42

Word Jumble Solution

WELLNESS
STIGMA
POSITIVE
STORY
CREATE
BELIEVE
RECOVERY IS POSSIBLE
The Medical Directors Council of the National Association of State Mental Health Program Directors released a report in October 2006 that states:

“People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population.”

The report, Morbidity and Mortality in People with Serious Mental Illness, says that increased morbidity (illness) and mortality (death) are largely due to preventable conditions such as metabolic disorders, cardiovascular disease, and diabetes.

Preventable health risk factors include:

- Poverty, isolation, and trauma
- Obesity
- Smoking
- Substance abuse
- Inadequate access to medical care
- The report also states that some psychiatric medications contribute to the risk
In September 2013 Montana’s Peer Network embarked on a 3 year project to promote our signature program Healthy Minds Healthy Bodies: a peer approach by taking our program on the back roads of Montana. We visited both large and small communities as well as the Blackfeet, Salish Kootenai and Rocky Boy reservations. We participated in health fairs, radio interviews, podcasts, webinars and workshops. We wrote letters to providers and articles for magazines. Presenting our Healthy Minds Healthy Bodies: a peer approach has been a rewarding experience and feedback has been positive. Our interactive workshops include education and activities on whole health wellness, peer support, trauma and trauma informed care, co-occurring disorders, and advocacy. We believe understanding the mind body connection is key to a long satisfying life. The workshops are presented by peers with lived experience. This project was made possible by a grant from the Substance Abuse and Mental Health Services Administration.

This workbook is a continuation of our Healthy Minds Healthy Bodies project. We have organized the workbook around SAMHSA’s 8 dimensions of wellness which include emotional, physical, environmental, spiritual, intellectual, social, occupational, and financial. We have also tied in information about recovery, peer support, trauma, advocacy and personal recovery stories. There are many interactive components of this workbook. This is intended to be for you to self examine your own recovery journey and all of the aspects of that journey. Overall wellness connects all aspects of our lives. It is our hope that you will find the workbook a fun and useful tool in your pursuit of overall wellness.

<table>
<thead>
<tr>
<th></th>
<th>Spiritual</th>
<th>Occupational</th>
<th>Physical</th>
<th>Intellectual</th>
<th>Environmental</th>
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<tbody>
<tr>
<td><strong>Do</strong></td>
<td>+1</td>
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</tr>
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<td><strong>Don’t</strong></td>
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<td>-3</td>
<td>+1</td>
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</tbody>
</table>

Fill in your own ideas and score them for how you feel.
### Hypothetical ideas for scoring your wellness wheel

<table>
<thead>
<tr>
<th>Goal Examples</th>
<th>Emotional</th>
<th>Financial</th>
<th>Social</th>
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<tbody>
<tr>
<td></td>
<td>Do</td>
<td>Don't</td>
<td>Do</td>
</tr>
<tr>
<td>Attend a support group</td>
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<td>-2</td>
<td>+2</td>
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<tr>
<td>Develop a wellness toolbox</td>
<td>+3</td>
<td>-2</td>
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<tr>
<td>Developed a Budget</td>
<td>+2</td>
<td>-2</td>
<td>+3</td>
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<td>Develop a new hobby</td>
<td>+1</td>
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<td>End an unhealthy relationship</td>
<td>+3</td>
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<td>-1</td>
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<tr>
<td>Exercise program</td>
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<tr>
<td>Improve your diet</td>
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<tr>
<td>Lose weight</td>
<td>+2</td>
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<td></td>
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<tr>
<td>Make a new friend</td>
<td>+2</td>
<td>-2</td>
<td>+2</td>
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<tr>
<td>Move to a better home</td>
<td>+1</td>
<td>-1</td>
<td>-1</td>
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<tr>
<td>New Job</td>
<td>+1</td>
<td>-1</td>
<td>+2</td>
</tr>
<tr>
<td>New volunteer position</td>
<td>+1</td>
<td>-1</td>
<td>-1</td>
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<tr>
<td>Peer Support</td>
<td>+2</td>
<td>-2</td>
<td>+1</td>
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<tr>
<td>Regular Counseling</td>
<td>+1</td>
<td>-1</td>
<td>-1</td>
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<tr>
<td>start recycling</td>
<td>+1</td>
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<td></td>
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<tr>
<td>Started a savings account</td>
<td>+1</td>
<td>-1</td>
<td>+2</td>
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<tr>
<td>Take a class</td>
<td>+1</td>
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<td>+1</td>
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<tr>
<td>Start a new spiritual practice</td>
<td>+2</td>
<td>-2</td>
<td>-1</td>
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SAMHSA defines recovery as a *process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.*

**National Recovery Month is September**

**Join the Voices for Recovery!**

[Visit recoverymonth.gov](http://recoverymonth.gov)

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**What does recovery mean to you?**

____________________________________________________________________

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Recovery is Possible

Physical
www.wellness.ucr.edu › Human Resources › Wellness

Intellectual
http://wellness.ucr.edu/lflw_intellectual_wellness.html
http://wellnesschallenge.ucdavis.edu/intellectual.html
http://www.montanamuseums.org/
http://www.healthandwellnessforfamilies.com/health-wellness/intellectual-health/
http://www.mhai.org/College_Students.pdf

Environmental
http://www.volunteer.gov/
www.earthday.org

Overall Wellness
http://und.edu/health-wellness/_files/docs/wellness-assessment-worksheet.pdf
http://www.integration.samhsa.gov/health-wellness/wellness-

http://mn.db101.org/mn/situations/workandbenefits/myths/article.htm
http://www.careerexplorer.net/article/career-aptitude-test
http://www.dphhs.mt.gov/detd/vocerehab/
http://www.peeremployment.com
Additional Resources

Check out the web pages below for more information, interesting articles, or tips on wellness

**Trauma informed care**

http://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/
www.acestoohigh.com
www.acestudy.org

**Emotional**

http://www.saatchiwellness.com/emotional/

**Financial**

www.foundationforfinancialwellness.org
www.financialliteracymonth.com/30Steps.aspx
www.Peerlink.org

**Social**

www.facebook.com
www.supportgroupcentral.com

**Spiritual**

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755140/
http://www.army.mil/article/104122/
Dimensions of wellness_Spiritual fitness critical to readiness/

**Occupational**


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Guiding Principles of Recovery

- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery is supported by peers and allies.
- Recovery emerges from hope and gratitude.
- Recovery involves a process of healing and self-redefinition.
- Recovery involves addressing discrimination and transcending shame and stigma.
- Recovery involves (re)joining and (re)building a life in the community.
- Recovery is a reality. It can, will, and does happen.

Peer Support

Peer Support could be defined as two people supporting one another through a difficult time because they share a similar experience. The journey may be different for each person. A peer supporter may be a person who works with others sharing their experience of recovery in a positive and meaningful way. The peer supporter is a person who listens and responds with love and compassion.

Peer support is one component of recovery, an important one. Finding someone that we can connect with (a peer) can be very beneficial. Recovery is not a journey we have to go alone. In fact, wellness and recovery are rarely found this way. Being able to share our experience with others, to be heard and supported can be transformative. For some of us it was just that a turning point. We may find this type of support at a drop in center, recovery program or support group. We may find it when we least expect it. The important thing is that we have it as a resource in our recovery toolkit.

Mutuality— Supporting one another in recovery is the basis for all peer support. Listening to what the other person has to say is just as important as being able to share our own needs. Being able to support the other person is as important as being supported. Being present in the moment will build a stronger connection deepening the

"Peer support means having someone who knows what it is like to live life with a mental illness and understands stigma."

Mike Caruso,
Peer Support Specialist

Word Jumble

Unjumble the six words below, then unjumble the circled letters within the words to answer the following question.

Question:
What is one main thing to take away from this workbook?

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L N E S W L S E
G T M S I A
I T O P V I E S
Y O S T R
R T A E E C
V E L E E I B
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Answer:

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Solution on page 106
We have covered a great deal of terrain throughout this workbook. You were given a personal look at co-occurring disorders, self-advocacy, trauma, and peer support. We hope this peer approach to these topics has made the material more accessible to you and your own recovery journey.

SAMHSA has identified 4 elements key to recovery; health, home, purpose, and community. Good health, a safe place to live, a sense of purpose and a feeling of community all contribute to our personal recovery.

The eight dimensions of wellness provide an overall perspective on well-being. We hope the exercises in the workbook have lent themselves to you taking a personal perspective of your own wellness.

We have enjoyed creating this Healthy Minds, Healthy Bodies workbook from a peer approach. We are hopeful that you will find it a useful tool for as long as you are pursuing goals of interest to you. Thank you for going on this journey with us.

Michelle, Robin, and Jim

Once we begin to find our own way on the path of recovery we may want to actively be a supporter for someone else. We may even want to pursue employment as a peer supporter. We may want to lead a peer support recovery group. These are all positive steps in the recovery process. Just as we were once supported by others we now want to give back and be a healthy supporter for others. There are many trainings and educational programs to pursue that can help in the process.

Peer support it works! We are the evidence!

What types of peer support do you use? If you don’t use any, what are some types you would like to use?

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A Personal Take on Peer Support

Interview with Mike Caruso, peer supporter, vice president Montana’s Peer Network

Question: How do you define Peer Support?

Caruso: Peer support is when someone gives their time to another peer who is working on recovery. Who has been there and has a measure of recovery themselves. Who can help their peer with tools and advice and is there for them. Helping other peers to know they are not alone dealing with illness.

Question: Peer Support has been growing in all areas of care. What do you believe is the greatest benefit of peer support?

Caruso: The greatest benefit of peer support is that a person is able to not feel alone in the dealing with their illness.

Question: There are different training programs and levels of training for Peer Supporters around the world. What do you find to be the most important piece of training or knowledge for Peer Supporters to have?

See page 37 for a SMART goal refresher
My Environmental Wellness Goals

1. ____________________________________________
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S: ____________________________________________
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A: ____________________________________________
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R: ____________________________________________
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T: ____________________________________________
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Caruso: There needs to be training on boundaries and keeping things confidential. Also training on what programs like WRAP (Wellness and Recovery Action Planning) could be used in a Peer's on-going recovery. There needs to be training on cultural differences and substance abuse and how it effects mental health issues.

Question: Some programs have a set amount of “time in recovery” as a requirement for Peer Supporters. What would you suggest for a peer to look at in their lives to help determine if they are ready to be a Peer Supporter?

Caruso: There needs to be at least one year of good recovery in order for a peer to become a peer support specialist. They also need to be trained in CPR and be familiar with local programs that can help their fellow peers.

Question: Do you have anything else that you would like to add about Peer Support?

Caruso: I believe that by doing peer support you are adding to your own recovery as you will for sure have a feeling of self worth that comes with it. A peer doing this kind of work will smile when the day comes that they feel they crossed the line from client to professional. Just being able to tell people that you have the title of peer support specialist will give a boost to how you feel about yourself.
Co-occurring Disorders

Co-occurring disorders, formerly referred to as dual diagnoses or dual disorders, refers to the presence of two or more disorders at the same time where by each one is independent of the other. One must be a substance use disorder and one must be a mental health disorder. Since there are often more than two disorders present, co-occurring disorders is a more accurate term.

It’s estimated that better than 50% of the people with a mental health disorder suffer with a substance abuse disorder. The numbers depend on the disorder. According to Centerpointe.org studies indicate 85-90% of people with Post-Traumatic Stress disorder have a substance abuse disorder while do 72% of people with Bipolar Disorder. People with Major Depressive Disorder are twice more likely to have a substance abuse problem than the general population. It is also estimated that more than 50% of people with substance use disorders have co-occurring mental health disorders.

According to the National Survey of Substance Abuse Treatment Services about 45% of Americans seeking substance use disorder treatment have been diagnosed as having a co-occurring mental health and substance use disorder.

85%-90% of people with Post-Traumatic Stress disorder have a substance abuse disorder

Centerpointe.org
What can one person do to help the environment?

Bob purchases a bottled water ($1.25) at the convenience store each day for one year. Total cost to Bob $465.25. Total cost to Mother Earth is hundreds of years in a landfill.

Sally purchases a reusable stylish water bottle ($9.99) at the same convenience store and fills it with water at home every day for one year. Total cost $9.99

ENVIRONMENTAL WELLNESS includes having quality relationships in your life. You may want to consider potential issues. It’s important to take notice of the people you choose to have around you. Do they contribute to your serenity or bring chaos?

Check potential issues between yourself and a person you may be considering for a roommate whether an intimate partner, best friend, or an acquaintance:

- Borrowing – computer, car, clothes?
- Money – management skills, in house loans?
- Guests - late night or overnight guests?
- Alcohol or drugs- recovery, moderation, habitual use?
- Work ethics or study habits – level of commitment?
- Cleanliness- dishwashing, garbage removal, picking up clothes?
- Television- drama, news, sports, reality?
- Sleep- sleepless nights, naps, snoring?
- Children- visiting, staying overnight, bedtime, discipline?

After completing the checklist, you can discuss the issues with the other person. You can also have them fill in the checklist. Knowing what you can accept and what you cannot is an important part of your wellness.

The Substance Abuse and Mental Health Services Administration (SAMHSA) supports integrated treatment. Integrated treatment is a coordination of substance abuse treatment and mental health treatment coming from a provider or a treatment team. The alternative to this treatment model is sequential (treatment for one disorder followed by treatment for the other disorder) or parallel (treatment for both disorders run co-currently but they do not intersect.) Integrated treatment is proving to be the most effective.
Personal look at co-occurring

By Jim Hajny Montana’s Peer Network

I remember being told by my doctor that all I had to do was stop drinking and I would be fine. At the time I was lying in a hospital bed due to a suicide attempt. I would spend the next week locked down in the behavioral health unit. His words rolled around in my head. “All I had to do…”. It sounded so simple yet my life was anything but that at the time. Of course that didn't work. After another suicide attempt I was given a dual diagnosis. I was clearly abusing alcohol, that I knew, even accepted. But I was also told I had a mental health diagnosis. That was much harder to accept. The stigma around what that meant haunted me. It was easier for me to say to myself, “I have a drinking problem.” It took me years to reach a point where I could say that about my mental health diagnosis. Some of the stigma that I felt was self imposed, some was external, mostly it was self imposed stigma. In reality I was drinking because I could not deal with what was going on in my head. I self medicated.

Eventually I checked into an outpatient chemical dependency program for my drinking and started regular therapy for my mental health. That was how I thought of it as two separate things. There was A and there was B. As time went by I realized that A and B were both me. It was my life, my recovery and most importantly my responsibility to get better. I had another suicide attempt and two more hospitalizations those were the dark times. As time went by I got better, I got sober and fully engaged in my well being, my recovery. It took time, a lot of time, years in fact. In the beginning I

Environmental wellness includes surrounding yourself with positive people. According to a new study by the St. Louis University psychology department, stress can be as contagious as a cold. Stress can be toxic – the tone of voice, mannerisms, and touch can spread stress to those around it. Being aware of your environment may mean separating yourself from those whose tension and/or irritability can impact your own sense of serenity. While it’s agreed that a little stress is okay, even motivating, too much stress increases the risk for numerous physical and psychological problems.

December 12—Even though it was cold and snowy today I decided to walk to my appointments. I was tired by the time I got home but it felt good to walk.
Environmental Wellness

Environmental wellness is related to how we feel about our environment and how we care for that environment.

- Recognizing the limits of earth’s natural resources
- Conserving energy
- Volunteering for community causes
- Being aware of one’s surroundings
- Recognizing the impact of one’s choices each day
- A lifestyle that contributes to the wellness of one’s environment

What was your wheel score? __________

What are you proud of in this dimension? (Don’t forget to be proud of yourself)____________________________________
____________________________________________________
____________________________________________________

didn't even know I was in recovery. I went to meetings, read books on recovery, saw my therapist and took my medication. Little by little my life improved, I began to feel better about who I was and worked towards who I wanted to be. Looking back it wasn’t until I began to work on both issues that things really started to change for me.

Integrated treatment… is key to protecting approximately 7 million individuals from the poverty, illness, isolation, incarceration, and homelessness that often affects people with co-occurring disorders.

Dual Recovery Anonymous  www.draonline.org
Double Trouble Recovery  www.doubletroubleinrecovery.org
SAMHSA co-occurring disorders  www.samhsa.gov/co-occuring
Advocacy

“Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth.”
William Faulkner, a Nobel prize winning American novelist

Standing up for what we believe is right.
Having a voice, a choice in our recovery.
Sharing our own recovery story. These are some of things that make up advocacy and self advocacy.

Let’s start with self-advocacy which refers to an individual’s ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs, or rights. It involves making informed decisions and taking responsibility for those decisions. (Van Reusen et al., 1994)

Knowing yourself and your strengths, needs, and interests is the first step towards advocating for your rights. Once we begin to find our way on the path of recovery, we may want to begin to advocate for ourselves with those around us - peer supporters, friends, family, service providers and doctors. These conversations may be difficult but having them is vital to your recovery. Remember you are the expert on yourself.

See page 37 for a SMART goal refresher
My Intellectual Wellness Goals

1. ________________________________________________
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T:______________________________________________
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It may be that prior to getting on the path to recovery others were making decisions for you or acting in what they believed to be your best interest. Now may be the time for you to let others know what you believe to be in your best interest.

You may find yourself in the process of taking control and making decisions that affect your life and perhaps other’s lives. This process of self-determination means making informed choices, problem solving, setting and attaining goals – being a self-advocate.

Advocacy or advocating for others may be something you are interested in doing. Advocating for another person isn’t about acting in that person’s perceived best interest but standing with a person to ensure they are able to say and try to get what they want or need. Or you may want to speak up and advocate for change in the services in your community.

- Speaking to your legislature or a special committee.
- Getting involved with an advocacy group or organization.
- Sharing your recovery story
- Whether advocating for yourself, for others, or as part of an organization, advocacy is very self-empowering. And you can make a real difference in your life or in the lives of others.

Self Advocacy - one component of recovery
Personal story about advocacy

By Michelle Jermunson, Recovery Coach, Montana’s Peer Network

When I began feeling extreme fatigue, general weakness, and other upsetting symptoms; I made an appointment to see my physician. I walked in to the exam room. She looked at my file and told me these were symptoms of my depression. I had been in recovery for over three years at the time and knew how my body showed signs of depression and this felt like something else. My physician politely nodded while I told her this and asked her what else could lead to my symptoms. She gave me some generic answers on what else it could be, finishing each answer with her opinion that it was just my depression. I felt that I was not being heard and eventually thanked her and left.

I found another physician and began preparing for my appointment. I wrote a list of all of my symptoms, my activity level and changes in activity ability, my diet, my stress level and stress management practices, and some questions about potential causes of my symptoms. When I arrived at her office and we began talking, I started by saying that I am in recovery from depression and I do not feel that is the cause of my symptoms. She said there were other potential causes and that I know my body best. A wave of relief came over me, I was being listened to! She then took my history and talked through my symptoms with me for over an hour. I felt very heard and that I may be able to feel better in the near future.

After a couple appointments, blood work, and more conversations; my physician told me that she thought I had fibromyalgia. We then moved on to treatment and management planning. Much of my treatment would be the same as controlling depression symptoms, which made some people ask me why I made such a big deal out of
the whole thing. I explained that it was not a matter of how to treat my symptoms, but how I was being treated by physicians. At the first physician, I felt very passed over and marginalized. When I found my current physician, I felt heard, cared about, empathized with, and that my concerns mattered.

It was important for me to educate myself, be aware of my own body, and to advocate for the best care for myself.

What do you need to self advocate for?
1.

2.

3.

What are some small steps you could take to begin advocating?
1.

2.
Trauma and
Trauma Informed Care

Greek word for trauma τραύμα means “wound”

Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

- SAMHSA’s working definition of trauma for the individual

Events or circumstances may include actual or extreme threat of physical or psychological harm or severe life-threatening neglect for a child that imperils healthy development.

The individual’s experience of these events or circumstances helps to determine whether it’s a traumatic event. A particular event may be experienced as traumatic to one person and not another.

The long-lasting adverse effect of the event are a critical component of trauma. The duration may be short term or long term.

“Before you act, listen.

Ernest Hemingway

Cryptogram Example
Keeping your mind active is very important for your intellectual and overall wellness.

Help your brain grow with fun mind games on The National Geographic television show Brain Games or play some games yourself on luminocity.com

Brain teasers are a fun way to exercise your brain. Try the cryptogram on page 90. See example on next page for how a puzzle will look when finished (it is not the same code as the next puzzle). Have fun! Solution on page 106.

<table>
<thead>
<tr>
<th>Learn a foreign language</th>
<th>Get physical exercise</th>
<th>Take a class</th>
<th>Develop a new hobby</th>
</tr>
</thead>
</table>

When discussing trauma it is important to note there are at least 10 trauma-related psychiatric diagnoses including PTSD, the dissociative disorders, somatization disorder, substance abuse disorders, and personality disorders. People with PTSD are two to four times more likely than those without PTSD to have virtually any other psychiatric disorder and almost eight times as likely to have three or more disorders.*

* Sandra Bloom, M.D. “Safety and Adversity in Childhood”, CommunityWorks, 2005 & 2010

There are many kinds of trauma including but not limited to the following:

- **Community Trauma** – this includes predatory violence (e.g. rape, robbery) and violence from personal conflicts experienced as a victim or witness.
- **Complex Trauma** – exposure to multiple and/or prolonged traumatic events as the individual is maturing: typically involving psychological abuse, physical abuse, and sexual abuse, neglect and domestic violence.
- **Early Childhood Trauma** – experienced by children, aged 0-6, as a result of intentional physical or sexual abuse, domestic violence, natural disasters, accidents, or the loss of a parent/caregiver.
- **Neglect** – children or elders not having basic care needs met (e.g. food, shelter, safe environment, etc.)
In 1995, Dr. Vince Felliti and Dr. Robert Anda initiated a study with over 17,000 participants from Kaiser Permanente (HMO). The objective was to assess the relationship between adverse childhood experiences, health care use, and causes of death. Childhood abuse, neglect, and exposure to other traumatic experiences are ACEs. The study’s researchers developed the ACE scoring system to predict a person’s risk for health and social problems. Yes to one of the ten questions asked is an ACE. The majority of participants were over 50 years of age, white, and college educated. There are broader implications for urban populations. Almost two-thirds of the participants reported at least 1 ACE score. More than one out of five reported at least 3. Things started getting serious with an ACE score of 4. There is a 460% increase in the likelihood of depression between and ACE score of 0 and an ACE score of 4. Those with an ACE score of 4 are 2x more likely to smoke and 10x more likely to have injected street drugs. A child with an ACE score of 4 is 32x more likely to have a learning disability or a behavioral problem. As an adult they are more likely to be violent, have more marriages, and more auto-immune diseases. The ACE study has demonstrated that adversity appears to determine the likelihood of the ten most common causes of adult death in the US.

Visit [http://www.acestudy.org/ace_score](http://www.acestudy.org/ace_score) to get your ace score

www.acestoohigh.com and www.acestudy.org

The New Traditional Students

Students 23 and older, those who work 25-40 hours a week, or those students who are either a single parent, active military member, veteran or baby boomer are referred to as ‘non-traditional students.’ These ‘non-traditional students’ now make up 75% of the student population. So the ‘non-traditional’ is now the new traditional student.
Intellectual Wellness means that a person is able to recognize one’s creative abilities and to find ways to expand one’s knowledge and skills.

Intellectual wellness involves seeking personal growth through education, learning new skills, expressing one’s creativity, and pursuing personal interests, etc.

- Exercising one’s creative abilities
- Seeking lifelong learning opportunities
- Challenging oneself
- Problem solving
- Being open to new ideas or ways of thinking
- Involving oneself with cultural activities

What was your wheel score? __________
What are you proud of in this dimension? (Don’t forget to be proud of yourself)____________________________________
___________________________________________________
___________________________________________________

Trauma-Informed Approach
According to SAMHSA’s concept of a trauma-informed approach, “A program, organization, or system that is trauma-informed: realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; responds by fully integrating knowledge about trauma into policies, procedures, and practices; and seeks to actively resist re-traumatization.”

SAMHSA’s Six Key Principles of a Trauma-Informed Approach
A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:
1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

From SAMHSA’s perspective, it is critical to promote the linkage to recovery and resilience for those individuals and families impacted by trauma. Consistent with SAMHSA’s definition of recovery, services and supports that are trauma-informed build on the best evidence available and consumer and family engagement, empowerment, and collaboration.
A Personal Look at Childhood Trauma

By: Robin Johnson, Assistant Director, Montana’s Peer Network

The story of my history with mental illness begins in my 6th grade year. I found out what was going on in my home was not going on in my friends’ homes. The way our family portrayed itself sharply contradicted the truths behind closed doors. I felt my family was living a lie and I was part of that lie. I became very depressed — missing school, isolating from my friends, and sleeping a good share of the time. My depression went untreated and I lived with the taunting of my 3 older brothers saying that what was wrong with me was “all in my head.”

Life at home did not change. My depression and social anxiety continued untreated through high school. When I was engaged to be married at 18, I went to talk to a therapist and told the story of my upbringing. The male therapist sidestepped my story and the issues I came in with. I became silent.

The next 25 years were spent in the mental health system becoming more and more symptomatic. There were numerous diagnoses from agoraphobia to schizophrenia. Each diagnosis brought new medications on board but I didn’t get any better. My story became about nothing but symptoms, side effects, and daily crises. By my mid-forties, I had several suicide attempts behind me and my will to live was seriously lacking. Then at 49 years old, my childhood

The guilt and self-blame that so often accompany childhood trauma were addressed

See page 37 for a SMART goal refresher
My Physical Wellness Goals

1. __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

S: __________________________________________________
   __________________________________________________
   __________________________________________________

M: __________________________________________________
   __________________________________________________
   __________________________________________________

A: __________________________________________________
   __________________________________________________
   __________________________________________________

R: __________________________________________________
   __________________________________________________
   __________________________________________________

T: __________________________________________________
   __________________________________________________
   __________________________________________________

trauma story came out for the first time in 30 years at an outpatient group therapy session. It was really a slip of the tongue but finally my therapists were able to make sense of my myriad of symptoms and the life style choices I had made over the years.

With my story out, my recovery really began. The guilt and self-blame that so often accompany childhood trauma were addressed. The incredible sense of loss I had felt since 6th grade now made sense. Those endless nights of tears now made sense. My grieving had not been ill-placed.

I tell my story to encourage others to speak up and tell their own stories. We all possess the power to help ourselves and to recover. My story finally came out in the company of peers and I believe that speaks to the power of peer support. Seek out peer support in your community. Everyone has a story to tell and there are great benefits to its being heard.

Facts about Trauma

90% of public mental health clients have been exposed to trauma
(Mueser et al, 2004; Mueser et al, 1998)

55-99% of women with substance use disorders have a lifetime history of trauma; 50% of women in treatment have history of rape or incest
(Najavits et. al., 1997; Gov. Commission on Sexual and Domestic Violence, Commonwealth of MA, 2006)

97% of homeless women with SMI have experienced severe physical & sexual abuse – 87% experience this abuse both in childhood and adulthood
(Goodman et al, 1997)
Using this workbook…

You have now been introduced to some concepts related to recovery. The remainder of this book is for you to have some hands on practice with some recovery tools and to continue educating yourself about different areas of wellness.

SAMSHA’s four elements central to recovery and eight dimensions of wellness will be the main focus. It is so important for us to look at our overall wellbeing rather than one small piece. If we can slowly begin to improve our wellness and continue on our journeys of recovery, we will see unimaginable results.

There is an opportunity to set goals under the different dimensions and you are encouraged to work through your goals at your own pace and to revisit any area again. Remember, you are not looking for a destination of wellness but a continuation of healthy choices and positively changing habits.

---

WATCH/READ/LISTEN

Do you want to start running and are not sure where to begin?

Check out **5K Runner: 0 to 5K run training Pro** by Clear Sky Apps LTD available. This app comes with a built-in audio coach that will tell you when to start running and when to slow down to walk. Want to listen to music while you run? You still can! The coach interrupts to give instruction and then your music comes back. It is an 8 week program that will get you on your way to a runner’s lifestyle.

---

Ten Reasons You Need Coconut Oil in Your Life:

- Increased Energy
- Fight infection
- Normalize Brain Function
- Decrease Hunger
- Weight Loss
- Reduce Risk of Heart Disease
- Skin Health/ Anti-Aging
- Hair Health
- Better Nutrient Absorption
- Stabilize Thyroid and Blood Sugar

Visit [www.naturallivingideas.com](http://www.naturallivingideas.com)
SAMSHA identified four elements that are central to recovery through the Recovery Support Strategic Initiative. The purpose of this initiative is partnering with people in recovery from mental health and substance use disorders and family members to guide the behavioral health system and promote individual, program, and system-level approaches that foster health and resilience; increase permanent housing, employment, education, and other necessary supports; and reduce discriminatory barriers.

**Health**
Overcoming or managing one’s disease(s) as well as living in a physically and emotionally healthy way.

**Home**
A stable and safe place to live that supports recovery.

**Purpose**
Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

**Community**
Relationships and social networks that provide support, friendship, love, and hope.
On the following checklists, check the examples in each element that you currently have or do. Then you can determine where you are for each element and where you would like to improve. This is not an exhaustive list and these are just examples. Feel free to add to the list as needed.

"Being connected to my community through work and people I have met has given me a greater sense of belonging and connection."

**WHICH OF THESE SIX ITEMS COULD CAUSE THE GREATEST SPIKE IN BLOOD SUGAR?**

- Wheat bread
- Corn Chips
- Candy Bar
- Banana
- Orange Juice
- Cola

GI or Glycemic Index is a measurement used with carbohydrate containing foods and the impact on blood sugar. High Glycemic index foods generally make blood sugar levels higher.

Answer on page 106
June 3 – I bought myself a gym membership today that made me feel good, although it was a bit intimidating. I would like to get in better shape so I can fit into my clothes instead of buying new ones. I also met some nice people when they gave me a tour of the facility. My goal is to work out in the mornings M-W-F.

**OXYTOCIN (Tend & Befriend) HORMONE**

This hormone is associated with nurturing and cooperative behavior. It is a calming hormone – released when hugging thus 8 hugs a day is prescribed. High stress inhibits its release.

**CARBOHYDRATES and BRAIN HEALTH**

High blood sugar created by carbohydrates causes inflammation which weakens your brain’s health. Good news – the brain is highly resilient. Coconut Oil is a leading preventative tool in cognitive health.

<table>
<thead>
<tr>
<th>Health Element</th>
</tr>
</thead>
<tbody>
<tr>
<td>I get regular physical check ups</td>
</tr>
<tr>
<td>I utilize peer support</td>
</tr>
<tr>
<td>I have healthy eating habits</td>
</tr>
<tr>
<td>I am responsible for my wellness</td>
</tr>
<tr>
<td>I take time for myself to relax and recharge</td>
</tr>
<tr>
<td>I make self-care practices a priority in my life</td>
</tr>
<tr>
<td>I get regular exercise</td>
</tr>
<tr>
<td>I get adequate sleep</td>
</tr>
<tr>
<td>Other:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Element</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel safe where I am living</td>
</tr>
<tr>
<td>I feel supported by those I live with and/or around</td>
</tr>
<tr>
<td>My living situation is stable</td>
</tr>
<tr>
<td>My environment matches my recovery lifestyle</td>
</tr>
<tr>
<td>I like where I live</td>
</tr>
<tr>
<td>Other:</td>
</tr>
<tr>
<td>Other:</td>
</tr>
</tbody>
</table>
Purpose Element

| ✔️ | I have a job and/or go to school |
| ✔️ | I volunteer my time to causes I believe in |
| ✔️ | I have hobbies that I actively engage in |
| ✔️ | I take care of family members or others |
| ✔️ | I feel a sense of independence in my life |
| ✔️ | I find a sense of meaning in my daily activities |
|     | Other:                           |
|     | Other:                           |

Community Element

| ✔️ | I enjoy spending time with my friends |
| ✔️ | I know my neighbors |
| ✔️ | I feel loved and love others |
| ✔️ | I feel connected to my community |
| ✔️ | I participate in community events |
| ✔️ | I participate in social networks or groups |
|     | Other:                           |
|     | Other:                           |

The primary cause of early death for people with serious mental illness is cardiovascular disease. Obesity is nearly twice that of the overall population. So it’s not surprising that people with serious mental illness have an increased burden of weight-related conditions including Type II Diabetes, hypertension, and certain cancers. Physical inactivity, poor diets, and many psychotropic medications, often considered necessary for long term symptom control, contribute to obesity. Lifestyle interventions to modify diet and activity should be considered vitally important to this vulnerable population.

How would you achieve this?

Why do you feel this would be beneficial?

Heal your Body, Heal your Brain:
4 Top Therapeutic Foods, Kelly Brogan, MD

- Coconut oil
- Liver
- Gelatin
- Turmeric
Physical Wellness refers to how we take care of our bodies. This involves preventing sickness and healing when sick.

- Getting enough restful sleep per night (7-8 hours)
- Exercising regularly (30 minutes/day, 5 days/week)
- Drinking plenty of water (Eight 8 oz. glasses on average)
- Eating healthy, making sure to incorporate fresh fruits and vegetables
- Doing regular health checks with doctors
- Using sunscreen and other damage prevention products

What was your wheel score? ____________

What are you proud of in this dimension? (Don’t forget to be proud of yourself)______________________________________________________________

What do you feel needs improvement?_________________

Let’s start off with what wellness is.

**Wellness** is...so much more than the absence of disease or disability. Embarking on a path of wellness is engaging in a process of growing awareness and commitment to one’s life as a whole. All of equal importance, strengthening the eight dimensions of wellness contributes to a higher quality life. Creating all-encompassing wellness reduces stress and the risk of illness. Now for the eight dimensions of wellness...

The four elements are expanded into The Eight Dimensions of Wellness derived from SAMSHA’s Wellness Initiative.

**Emotional Wellness** is coping effectively with life and creating satisfying relationships.

**Financial Wellness** is satisfaction with current and future financial situations.

**Social Wellness** is developing a sense of connection, belonging, and a well-developed support system.

**Spiritual Wellness** is expanding our sense of purpose and meaning in life.

**Occupational Wellness** is personal satisfaction and enrichment derived from one’s work.

**Physical Wellness** is recognizing the need for physical activity, diet, sleep, and nutrition.

**Intellectual Wellness** is recognizing creative abilities and finding ways to expand knowledge and skills.

**Environmental Wellness** is good health by occupying pleasant, stimulating environments that support well-being.
How do we measure our Dimensions?

One option is with a wellness wheel and assessment. You take the assessment and then fill in the wheel according to your scores 1-5 (ranging from needs improvement to light maintenance). This will allow you to see what dimension you may want to set goals for first.

Susan’s Scores (Example)

**Emotional score = 3**
**Financial score = 1**
**Social score = 1**
**Spiritual score = 3**
**Occupational score = 4**
**Physical score = 2**
**Intellectual = 4**
**Environmental = 2**

Here we have placed the number in the wheel for each dimension. Feel free to shade in your wheel or write in the numbers, whichever you prefer.

For the example of Susan’s wheel given, she may work on setting goals for Social and Financial Wellness followed by Physical and Environmental Wellness.
Example Wheel
Susan’s Scores

Solution on page 105
The 8-Dimensions Wellness Assessment

This assessment will help you to fill in your wellness wheel for each dimension. Use the scale below to determine how much you agree with the statement

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

**Emotional Wellness**

1. I ask for assistance when I need it
2. I express all of my emotions in a healthy way
3. I adapt to change in a positive way
4. I manage stressors in my life
5. I do not let my emotions control me

Total

Divide total by 5 and use this number for your wheel

**Financial Wellness**

1. I separate my material needs from wants
2. I have a budget that I stick to
3. I have a checking and/or savings account
4. I have money left after my bills are paid
5. I feel secure with my financial situation

Total

Divide total by 5 and use this number for your wheel

See page 37 for a SMART goal refresher
My Occupational Wellness

Goals

1. ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________

S: ______________________________________
   ______________________________________
   ______________________________________

M: ______________________________________
   ______________________________________
   ______________________________________

A: ______________________________________
   ______________________________________
   ______________________________________

R: ______________________________________
   ______________________________________
   ______________________________________

T: ______________________________________
   ______________________________________
   ______________________________________

Social Wellness
1. I have supportive friends and family ______
2. I have at least one meaningful relationship ______
3. I participate in social activities ______
4. I have someone to talk to about my feelings ______
5. I think about my words before I speak ______

   Total ______

Divide total by 5 and use this number for your wheel ______

Spiritual Wellness
1. I have a sense of purpose in my life ______
2. I have a belief system ______
3. I strive toward peace in my life ______
4. I think about what is important in life ______
5. I have faith in something greater than myself ______

   Total ______

Divide total by 5 and use this number for your wheel ______

Occupational Wellness
1. I find balance between work and leisure ______
2. I enjoy the work that I am doing ______
3. I work well with others ______
4. I have good work habits ______
5. I strive to learn new aspects of my work ______

   Total ______

Divide total by 5 and use this number for your wheel ______
Physical Wellness
1. I sleep 7-8 hours per night and wake refreshed
2. I see a doctor when I sense something is wrong
3. I eat healthy and drink plenty of water
4. I abstain from using harmful substances
5. I exercise regularly (30 min/day, 5 days/week)

Total

Divide total by 5 and use this number for your wheel

Intellectual Wellness
1. I believe learning is a lifelong process
2. I stay informed about current issues
3. I do research before making decisions
4. I am open to ideas different from my own
5. I exercise my critical thinking skills

Total

Divide total by 5 and use this number for your wheel

Environmental Wellness
1. I feel safe and secure where I live
2. I enjoy nature and spend time outdoors
3. I recycle or reuse products
4. I try to preserve & protect natural resources
5. I am aware of life’s interconnectedness

Total

Divide total by 5 and use this number for your wheel

VOLUNTEERING PROVIDES A SENSE OF SELF-WORTH

Interview with Gary Travis, Board of Directors, Montana’s Peer Network

Q: When did you begin volunteering?
A: My whole life since a teenager. First at the YMCA at 13 and then became licensed to be a junior and senior life saver. I also joined the student counsel in 10th grade to represent special education.

Q: What started you thinking about volunteering?
A: It just fell into place. I was on the swim team at the YMCA and then entered volunteering there.

Q: What has been one of your favorite volunteering experiences?
A: Anything with people. I use to be timid, but through volunteerism I’ve learned they are just like me.

Q: What do you feel and think after volunteering?
A: I feel a sense of self-worth and that I have accomplished something for me and for whoever I am working for. It is a sense of good communication when everyone is working toward one goal. It’s like having a birthday all over again.

Q: What advice would you give to someone looking to start volunteering?
A: Never give up on your hopes and dreams. Not everyone can do every task but everyone has skills.
April 21 – I got that job I applied for. I guess good things do happen from time to time. I start on Monday. The paycheck will sure help. I hope I like it. I hope they like me. Susan

“What purpose is it that gives life a meaning.”
Charles Perkhurst

What is your purpose?

Fill in your wheel however you would like, using the assessment as a guideline for each dimension.

Fill in your wheel however you would like, using the assessment as a guideline for each dimension.
How do we set goals after we have finished our wellness wheel?

It can be difficult to set goals that we will stick to and achieve. For this workbook we will use the SMART goal model. You can put every goal to the test and see if it passes the SMART model.

**SMART Goals** are

**Specific**, narrowing down the goal makes it easier to do,

**Measurable**, this allows you to see your progress,

**Attainable**, don’t set yourself up for failure,

**Relevant**, make it a goal YOU want to do for your own wellness,

And **Timely**, start with short term goals so you are not tempted to give up before you see change

**Now that’s SMART!**

“What the secret of change is to focus all your energy, not to fighting the old, but on building the new.”

—Socrates

———

INFORMATIONAL INTERVIEWING

An informational interview is an informal conversation with someone who is employed within a field or industry you are interested in working. This interview will give you up to date, hands on information not always available on line or in print. You can get tips about pursing work in your particular field of interest while improving your communication skills and confidence. Prepare a short introduction about yourself and your reason for wanting the interview. Also prepare questions prior to the interview addressing what information you would like to have. Dress as if you are going to a job interview but remember this is not a job interview and it would not be the appropriate time to ask for a job. For more tips on informational interviewing visit [https://careerberkley.edu/info/infointerview.stm](https://careerberkley.edu/info/infointerview.stm)
Occupational Wellness

Occupational Wellness is to experience satisfaction and enrichment from one’s paid or non-paid work, vocational activities or education.

The ultimate in occupational wellness includes sense of purpose, loving what you do and living a comfortable life personally and financially.

- Enjoying work
- Balancing work, purpose and home demands
- Progressing toward career goals
- Achieving personal goals
- Understanding your sense of purpose
- Reducing work or study related stress

What was your wheel score? __________
What are you proud of in this dimension? (Don’t forget to be proud of yourself)_____________________________________________
______________________________________________________
______________________________________________________

Susan’s Wellness goal example

Financial wellness: Developing a budget for entertainment expenses, follow it, and evaluate at the end of the month if anything needs to be altered.

S: The goal is specifically for entertainment expense budgeting
M: At the end of the month she will measure how she did by comparing her budgeted amounts to what she actually spent
A: She can set the budget to an amount that she can handle to make the goal attainable
R: Her entertainment spending seems high to her, which makes this a relevant goal
T: She has allowed one month to look at the effects of the budget.

January 1 –
Happy New Year!
A chance for a
new start. A
chance to breathe
fresh air. I think I
will set some goals
for myself
throughout the
new year...
Checking and measuring your own goals

When a goal is achieved it will effect and change our wellness wheel. Pages 103-104 have some examples of different hypothetical goals and how they may change someone’s wellness wheel. Remember these are made up examples and it is up to you how your goals will effect your overall wellness.

It is very important to look back on your goals and see how you are doing. It is a good practice to check the progress of your goals after one month and then again after three months. Of course, this will depend on the goals that you have set. You should schedule when you want to review your goals when you are writing them. This is also a good time to do another Wellness Wheel Assessment. It will help you to gauge your progress. Good luck and have fun!

See page 37 for a SMART goal refresher
My Spiritual Wellness Goals

1. __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

S: __________________________________________________
   __________________________________________________
   __________________________________________________

M: __________________________________________________
   __________________________________________________
   __________________________________________________

A: __________________________________________________
   __________________________________________________
   __________________________________________________

R: __________________________________________________
   __________________________________________________
   __________________________________________________

T: __________________________________________________
   __________________________________________________

Notes

_________________________________
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_________________________________
_________________________________
_________________________________
_________________________________
Emotional Wellness involves being able to manage life’s difficult situations while maintaining a healthy perspective. Experiencing the full range of emotions while maintaining a healthy perspective.

- Experiencing harmony and fulfillment in all aspects of life
- Taking a solution focused approach to life’s challenges
- Knowing when to ask for help
- Recognizing one’s expectations of self and others
- Accepting the limitations of yourself and others
- Choosing positive emotions such as love, compassion, patience and understanding

What was your wheel score? __________

What are you proud of in this dimension? (Don’t forget to be proud of yourself)_______________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
March 1 –
Went to the Dharma Center today for a drop in meditation. Mandy my therapist suggested I work on being more mindful. The center was so peaceful. I was so relaxed as they led us through the process. I think I fell asleep more than meditated. Next week I may go back. Susan

What do you feel needs improvement?___________________
___________________________________________________
___________________________________________________
How would you achieve this?___________________________
___________________________________________________
___________________________________________________
Why do you feel this would be beneficial?_______________
___________________________________________________
___________________________________________________

Enjoy some soul searching with Brad Pitt in Seven Years in Tibet
Cuddle up with W.M. Young’s book The Shack for a new look at God
Find your center with Youtube.com guided meditations, my favorite speaker is Jason Stephenson

"If the only prayer you said in your whole life was, ‘thank you’, that would suffice”
~Meister Eckhart

Enrich your life with thoughts of gratitude. Setting aside two minutes each morning to be thankful contributes to a happier day. Whether sitting in quiet reflection, writing in a gratitude journal, or creating a mental list while showering, thankful thoughts counter your anxieties, still your fears, and dampen your resentments. Being grateful for your health or the health of your loved ones, the job that puts a roof over your head, or the lessons learned through life’s challenges brings a sense of peace and happiness to your day. Vary your thoughts each day or simply say ‘thank you’ in prayer, meditation, or reflection.
We physically express our emotions throughout the day with our controlled body language (a smile when we are happy) and with uncontrolled nervous system responses (a red face when angry or embarrassed).

How does your body express positive and negative emotion?

What do you feel needs improvement? _____________________________________________________________________________________
________________________________________________________________________________________________________________________________
How would you achieve this? ______________________________________________________________________________________
________________________________________________________________________________________________________________________________
Why do you feel this would be beneficial? ____________________________________________________________________________
________________________________________________________________________________________________________________________________

A “Higher Power” is a term coined by Alcoholics Anonymous in the 1930’s, and is at times referred to as ‘a power greater than ourselves” within the twelve-step culture. A higher power can be a twelve step meeting, nature, consciousness, God, science, Buddha, however the individual defines it. The only stipulation being that it is a power greater than the individual. Studies have found that 92% of individuals believe in God or a universal spirit. Over 50% of Americans pray each day. Most of those polled had a non-exclusive attitude towards other faiths than their own – 70% of those affiliated with a religion believe that many religions lead to external salvation. Many believe in a spirit – a spirit that lives within us. Whatever your beliefs may be a spiritual dimension to your overall wellness is important.
Spiritual Wellness

Spiritual wellness involves exploring our sense of purpose and meaning in life often through prayer, meditation, and/or reflection.

- Living a life consistent with one’s personal beliefs
- Making the most of everyday experiences
- Is not dependent on finding answers to life’s questions but is instead about the journey
- Positive experiences with people and nature
- A process of self-understanding
- Recognizes life’s complexities – joy and sorrow, pleasures and fears, doubts and wonders

What was your wheel score? __________

What are you proud of in this dimension? (Don’t forget to be proud of yourself)___________________________________
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__________________________________________________

Notes

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My Emotional Wellness Goals

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   R: ____________________________________________________________
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See page 37 for a SMART goal refresher
My Social Wellness Goals

1. __________________________________________________
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   S: __________________________________________________
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   A: __________________________________________________
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   R: __________________________________________________
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   T: __________________________________________________
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   See page 37 for a SMART goal refresher

2. __________________________________________________
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   See page 37 for a SMART goal refresher
Financial Wellness is achieved when a person feels in control of their finances.

- Creating a budget and sticking to it
- Putting at least some money in savings regularly
- Paying bills on time or working out payment plans
- Using money to enrich life, not just live

What was your wheel score? ____________

What are you proud of in this dimension? (Don’t forget to be proud of yourself)

________________________________________________________________________

________________________________________________________________________

What do you feel needs improvement? _____________________

________________________________________________________________________

________________________________________________________________________
March 13— I’ve begun a new relationship. While I’m excited, I’m apprehensive too! I can feel the stress building so I will be sure to seek the support of my friends during this transition. This will be a rewarding experience if I stay true to myself and my recovery.

“One day you’ll meet someone who doesn’t care about your past because they want to be with you in your future”

~ Anonymous

How would you achieve this? ___________________________
___________________________________________________
___________________________________________________

Why do you feel this would be beneficial? ______________
___________________________________________________
___________________________________________________

Budgeting is often looked at as limiting yourself and your spending. This does not have to be the case. It should be about taking control of your finances rather than them taking control of you. Making a budget that works for your needs and wants is important for your financial wellness. It can help to alleviate the stress that can so often surround paying bills and spending money. It can also increase positive feelings of accomplishment by paying bills, purchasing necessities, and savings for wants. Try the basic budget on the next page for a month and see how it feels to take back control. From there, you can develop your own budget and make it part of your wellness practice.

“Being in control of your finances is a great stress reliever”
### Monthly Budget

<table>
<thead>
<tr>
<th>Income</th>
<th></th>
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<tbody>
<tr>
<td>Check 1</td>
<td>$</td>
</tr>
<tr>
<td>Check 2</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>$</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent</td>
<td>$</td>
</tr>
<tr>
<td>Utilities (electricity, internet, etc.)</td>
<td>$</td>
</tr>
<tr>
<td>Phone</td>
<td>$</td>
</tr>
<tr>
<td>Auto Expenses</td>
<td>$</td>
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<tr>
<td>Fuel</td>
<td>$</td>
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<tr>
<td>Maintenance</td>
<td>$</td>
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<tr>
<td>Insurance &amp; Registration</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
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<tr>
<td>Health Expenses</td>
<td>$</td>
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<tr>
<td>Counseling</td>
<td>$</td>
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<tr>
<td>Medication</td>
<td>$</td>
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<tr>
<td>Insurance</td>
<td>$</td>
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<tr>
<td>Groceries</td>
<td>$</td>
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<tr>
<td>Self-care (massage, gym membership, etc.)</td>
<td>$</td>
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<tr>
<td>Savings</td>
<td>$</td>
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<tr>
<td>Fun</td>
<td>$</td>
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<tr>
<td>Other</td>
<td>$</td>
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<tr>
<td>Other</td>
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<tr>
<td>Other</td>
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</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td>$</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Income</th>
<th>+ $</th>
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</thead>
<tbody>
<tr>
<td>Total Expenses</td>
<td>- $</td>
</tr>
<tr>
<td><strong>Difference</strong></td>
<td>= $</td>
</tr>
</tbody>
</table>

The difference should always be zero. If it is not, make adjustments (add to savings, change payment amounts, look for ways to increase income, look for ways to decrease expenses, etc.)

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**The Most Basic and Powerful Way to Connect to Another Person is to Listen. Just Listen. Perhaps the Most Important Thing We Ever Give Each Other is Our Attention.**

- Rachel Naomi Remen

Good listening skills help build relationships, solve problems, and resolve conflicts.

**Tips to practice:**

- **Focus**—Listening requires paying attention
- **Prepare**—Rid yourself of distractions
- **Be Silent**—Nod or wait for a pause for clarification
- **Absorb**—Pay attention to body language and facial expressions
- **Stop**—Don’t be preparing an answer when the other person is speaking
- **Reflect**—Paraphrase or restate what you have heard
Social Wellness Crossword

ACROSS:
2 what we try to achieve between work and play
4 well
7 verbal and non-verbal language
8 pals
11 opposite of negative

DOWN:
1 partnerships
3 differences
5 essence
6 group of people
9 relatives
10 consideration

Solution provided on page 105
February 4-
I took a workshop yesterday on budgeting. They gave out example budgets and blank budgets that we can fill in. This is going to make it so much easier for me to start saving money for my future.

“A budget is telling your money where to go instead of wondering where it went”
- Dave Ramsey

What do you feel needs improvement?

How would you achieve this?

Why do you feel this would be beneficial?

Compassion may reverse the effects of chronic stress on our aging process. Telomeres are caps that shield the ends of our chromosomes and telomerase is an enzyme that can protect the telomeres. The telomeres have been proven to shorten and the level of telomerase becomes lower when a person is under chronic stress. Elissa Epel and Elizabeth Blackburn did a study with mothers raising chronically ill children. The study proved that that one’s telomeres shorten and that stress literally ages us. But when the women became involved in a support group the telomeres began to heal. Trials suggest the exercise, eating healthily, and social support can all help protect the telomeres and increase the level of telomerase. Meditation may be one of the most effective interventions capable of slowing the erosion of the telomeres and perhaps even lengthening them again.
Social Wellness reflects one’s ability to interact in a positive manner with the people in and around one’s life.

Social Wellness includes good communication, meaningful relationships, and respect for self and others.

- Living in harmony
- Pursuing positive relationships with others
- Seeking balance between nature and community
- Developing healthy behaviors
- Appreciating diversity
- Spending quality time with friends and family

What was your wheel score? ____________

What are you proud of in this dimension? (Don’t forget to be proud of yourself) ________________________________________________________________
__________________________________________________________________________
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Do You Have an IDA?

An IDA or Individual Development Account is a savings account with which you can get a match of 1-4 times what you deposit depending on the particular IDA. An example would be if you save $25 a month for two years your match would be anywhere from $600- $2400 . Each IDA may differ but the savings is usually for one of three reasons: 1.) Starting a Business 2.) Buying a Home or 3.) Going to College.

You are required to take a free financial literacy training provided by the IDA program. You must be within certain income guidelines and you must be working. Find an IDA program that allows those receiving SSI to participate if you are an SSI recipient. There are no restrictions for those receiving SSDI payments.

For a list of IDA programs in your state go to www.idanetwork.org and click on “State Pages.” Select your state and then select IDA programs and those available in your state will be listed. For more information you can google the World Institute on Disability and search Individual Development Accounts.
My Financial Wellness Goals

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See page 37 for a SMART goal refresher