

Session

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# The Good Life— Wellness

*Eat Well & Keep Moving*

From L.W.Y Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

# Agenda

- **Description of wellness**
- **Ways we can achieve mental, physical, and social wellness**
- **Stress reduction and the relaxation response**
- **Making a commitment to healthy lifestyle change**

# What Is Wellness?

**Wellness is a choice of lifestyle marked by a balance of mind, body, and spirit.**

# Body: Physical Wellness

- **Physical wellness involves aspects of health related directly to the body.**
- **Physical wellness means you can get through the day with enough energy for work and play.**

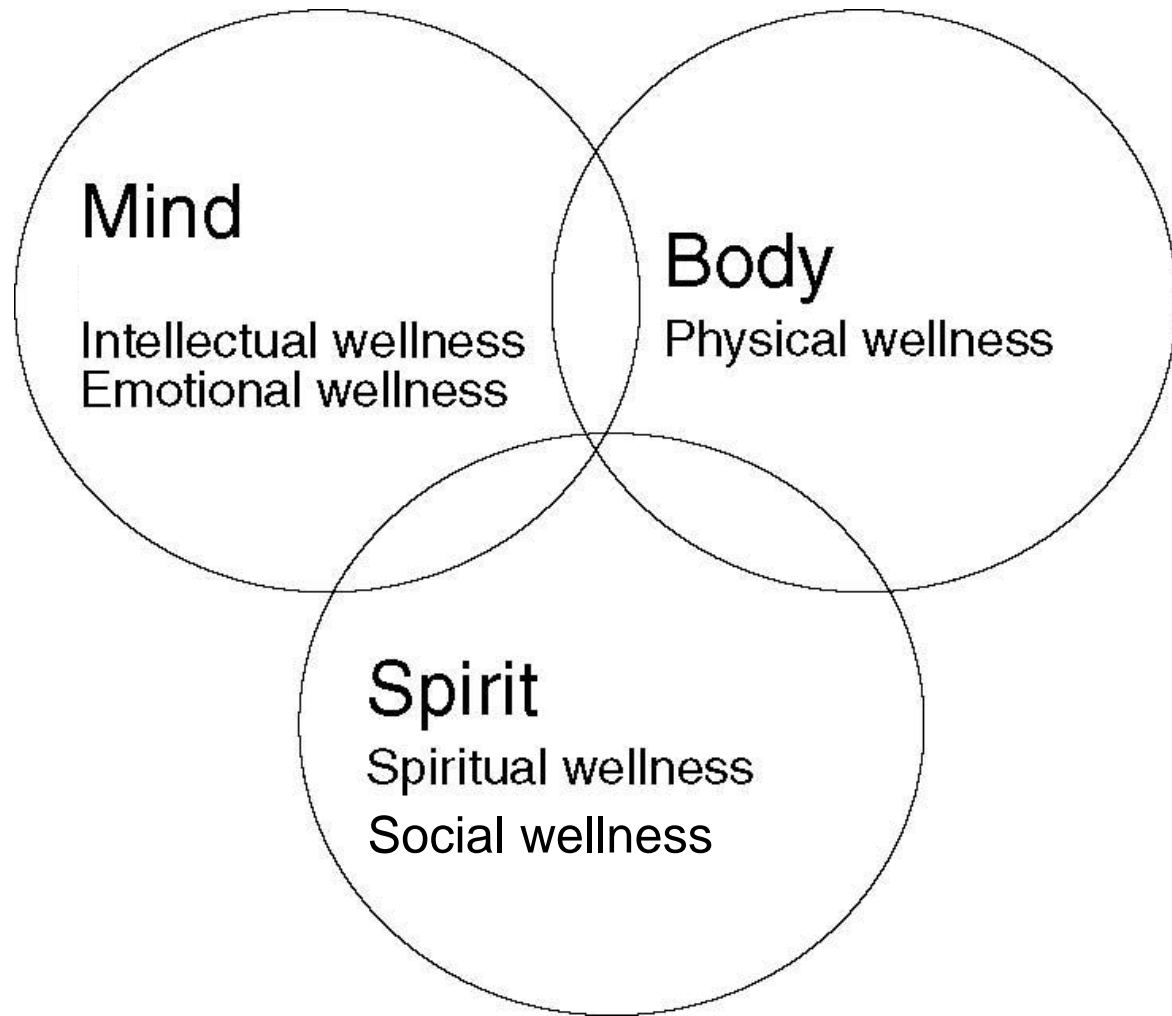
# Mind: Emotional and Intellectual Wellness

- **Emotional wellness involves a sense of self-worth and an acceptance of things that are different.**
- **Intellectual wellness involves your ability to use the knowledge that you acquire.**

# Spirit: Social and Spiritual Wellness

- **Social wellness involves interacting with people and the environment and having satisfying relationships.**
- **Spiritual wellness involves your relationship to other living things and the role of spiritual direction in your life, working to find potential and find harmony in living.**

# Group Activity: Mind, Body, Spirit



# Mind: Activities to Enhance Psychological Wellness

- **Support groups for grieving**
- **Time management techniques**
- **Facilitated communication classes**
- **Massage therapy**
- **Reading groups**
- **Deep breathing techniques**
- **Mindfulness**

*(continued)*



# Mind: Activities to Enhance Psychological Wellness (*continued*)

- ***Mindfulness*** is the practice of being fully present in each moment. Being:

*Receptive*

*Open*

*Accepting of things as they are*

# Body: Activities to Enhance Physical Wellness

- **Smoking cessation**
- **Aerobics**
- **Walking clubs**
- **Strength training**
- **Food literacy**
- **Choosing healthy foods and cooking with healthy oils**
- **Mindful eating**

*(continued)*

# Body: Activities to Enhance Physical Wellness (*continued*)

- **Mindful eating:**
  - What to eat?
  - How much to eat?
  - How to eat?
  - Why we eat what we eat?

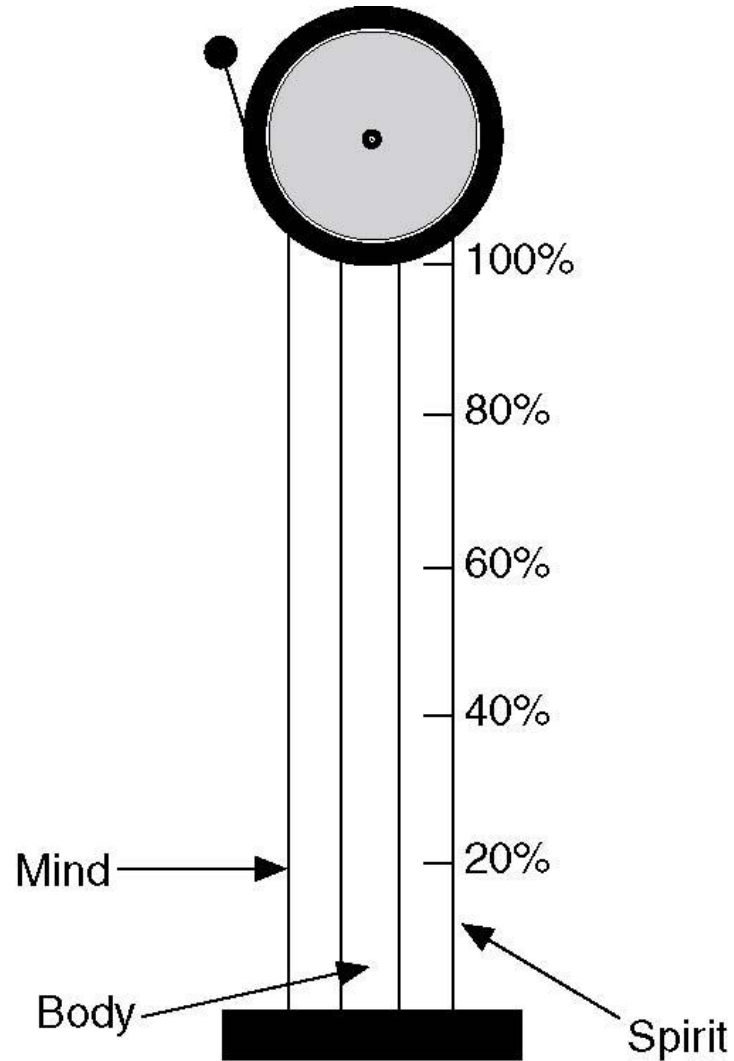
# **Spirit: Activities to Enhance Social and Spiritual Wellness**

- **Journal writing and writing groups**
- **Spending time in nature**
- **Gardening**
- **Painting**
- **Singing**
- **Listening to music**
- **Meditation**
- **Yoga, Tai Chi**

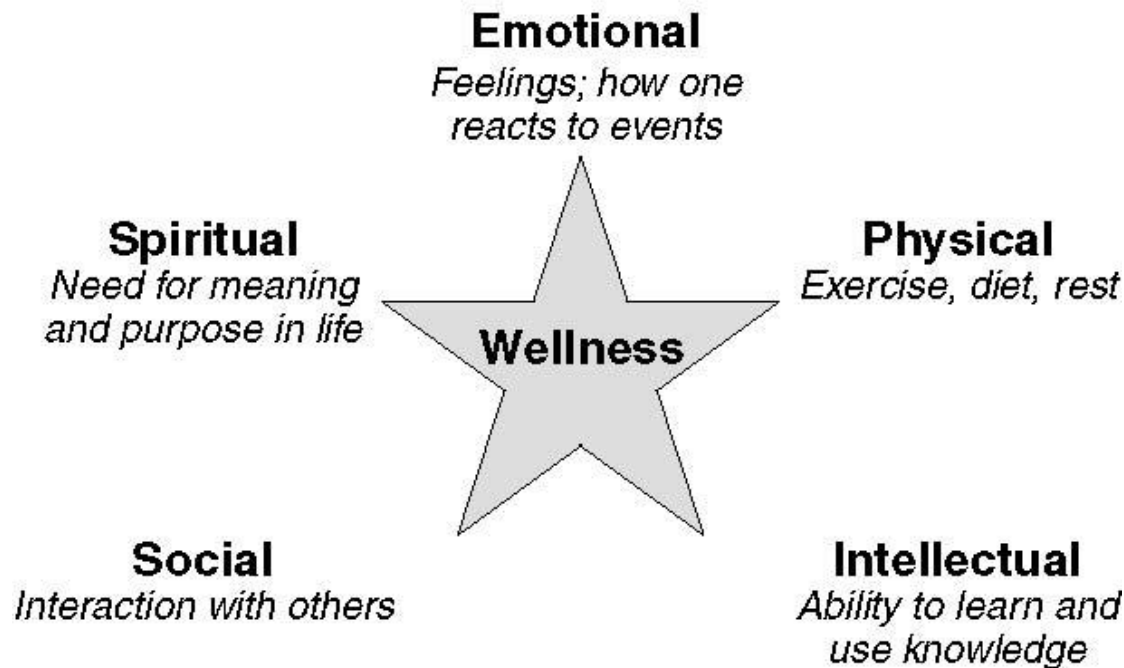
# Questions for Discussion

- **Why is wellness important?**
- **How would you rate the overall health of the students in this school? Why?**

# Can You Ring the Wellness Bell?



# Total Person Concept of Wellness



*All 5 dimensions are equally important to the total well-being of the individual.*

# Stress Reduction and the Relaxation Response\*

- **Stress management is a key aspect of wellness.**
- **The relaxation response is one way to practice mindfulness. It is a physical state in which heart rate, blood pressure, and muscle tension decrease.**
- **Eliciting the relaxation response can help reduce stress in our lives.**



# Eliciting the Relaxation Response Through Mindful Breathing

- **Sit quietly in a comfortable position.**
- **Focus on a repeated word or phrase or on the breath.**
- **Disregard everyday thoughts that come to mind.**
- **Stay focused on your word or phrase or on your breath.**

# Lifestyle Change Card

## **A Personal Health Declaration of Independence**

I believe that among my inalienable rights are the rights to health, happiness, and a longer life. To secure these rights, I will become more conscious of the whole person that is me. This plan is duly constituted by me and will be reviewed regularly.

I pledge to put into practice, with verve, that which I have written for each area:

Physical \_\_\_\_\_

Social \_\_\_\_\_

Emotional \_\_\_\_\_

Intellectual \_\_\_\_\_

Spiritual \_\_\_\_\_

**Questions?**