

WELLNESS FOR LIFE

Staying active and preventing complications post neurological injury/illness



Shepherd Center

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WHAT IS WELLNESS?

According to the National Wellness Institute *wellness* is:

- A conscious, self directed, and evolving process of achieving full potential.
- Multidimensional, holistic, and encompassing lifestyle.
- Positive and affirming.



QUESTION:

Does this match your personal definition of wellness?

- What is the same?
- What is different?



Dimensions of Wellness



Dimensions of Wellness





SOCIAL WELLNESS



Developing a sense of connection, belonging and a well-developed support system.

- Friends
- Family members
- Social networking
- Your community



Dimensions of Wellness



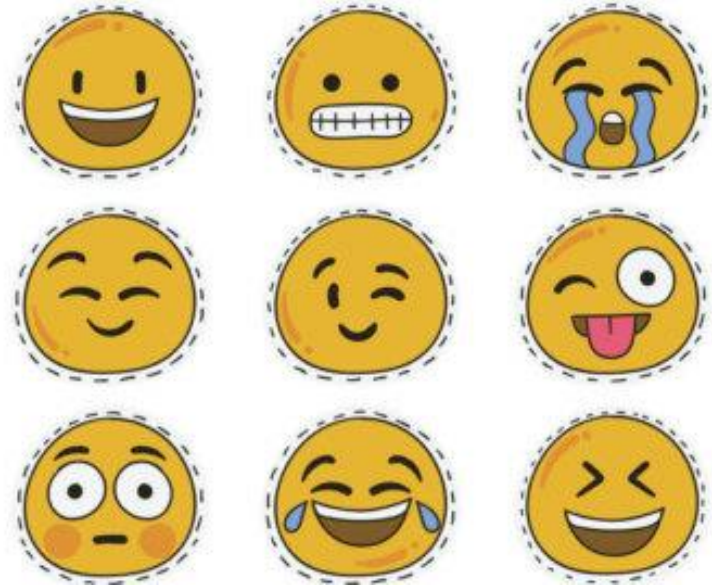


EMOTIONAL WELLNESS



Awareness, understanding, and acceptance of your emotions, and your ability to manage effectively through challenges and changes. These can be both positive and negative challenges and changes.

- Empathy
- Thinking about what you do before you do it.
- Talking about your feelings.



Dimensions of Wellness





VOCATIONAL WELLNESS



Gaining personal satisfaction and enrichment from one's work, whether that be academic while in college or at a job or career.

- Are you happy in your job, does your job duties/task align with your values.
- Do you look forward to going to work?
- Academically, do you see yourself enjoying the career path you picked?



Dimensions of Wellness





INTELLECTUAL WELLNESS



Recognizing one's creative abilities and finding ways to expand knowledge and skills.

- This is learning, doing, and experiencing the activities that you find interesting and enjoyable!
- Outdoor activities, arts, sports, crafting. You name it!!
- Have FUN!!!!



Dimensions of Wellness





SPIRITUAL WELLNESS



Expanding a sense of purpose and meaning in life, including one's morals and ethics. This may or may not involve religious activities.

- Personal reflection
- Organized and non-organized religious practices
- Spending time in nature
- Meditation



Dimensions of Wellness





PHYSICAL WELLNESS



Recognizing the need for physical activities, healthy foods, sleep, as well as preventing illness/injury and managing chronic health conditions.

- Eating a well-balanced diet
- Participating in physical activities.
- Getting regular medical check up
- Taking care of yourself.



PREVENTING COMPLICATIONS

Respiratory

COMPLICATIONS

1. Pneumonia

2. Pulmonary embolism



WELLNESS ACTIONS

Breathing exercises
(physical, spiritual, emotional)

Get up and get active
(physical, social, emotional)

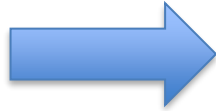


PREVENTING COMPLICATIONS

Bladder/Bowel COMPLICATIONS

1. Accidents

2. UTIs



WELLNESS ACTIONS

Find a toileting schedule that works for you! (physical, spiritual, emotional)

Always be prepared with extra supplies (physical, social, emotional)

Practice catheterization in the community (physical, vocational, social)

Nutrition (physical, emotional)

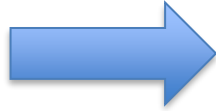
PREVENTING COMPLICATIONS

Skin

COMPLICATIONS

1. Pressure sore

2. Shearing



WELLNESS ACTIONS

Weight shifts

(physical)

Skin checks

(physical)

Avoid weight gain

(physical, emotional, social)

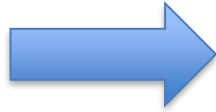
PREVENTING COMPLICATIONS

Mental Health

COMPLICATIONS

1. Depression

2. Anxiety



WELLNESS ACTIONS

Get connected
(emotional, social, spiritual)

Get involved
(social, vocational, emotional)

Seek counseling
(emotional)

Don't change meds without care of doctor
(physical)

BREAK

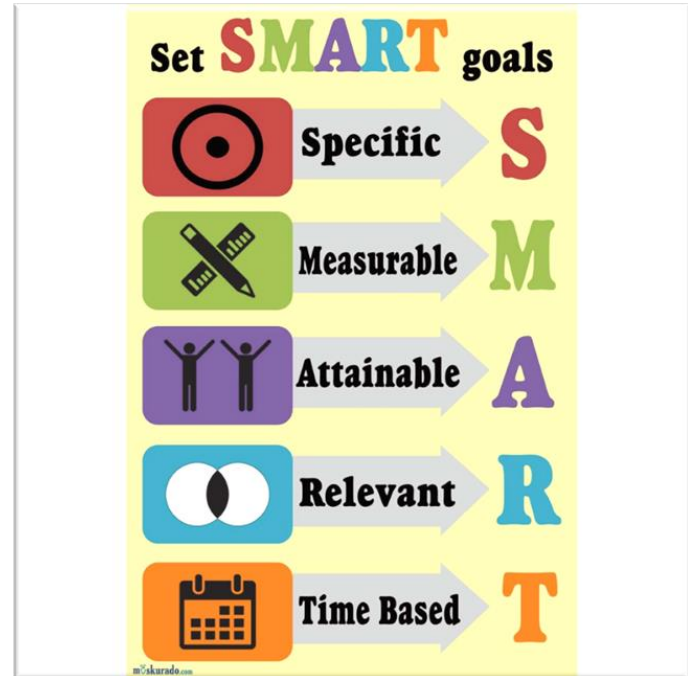
- The next section is going to talk about what do next and involves writing/typing exercises.
- So we are going to take a quick break and please grab what you need for writing/typing exercises.
- See you in a few 😊



NOW WHAT

Make a personal wellness plan:

- A wellness plan is plan of action geared towards your well-being.
- Takes in account all dimensions of wellness.
- Uses S.M.A.R.T goals.



HOW TO MAKE A WELLNESS PLAN (IN 5 EASY STEPS)

Step 1: Identify the dimensions that could use improvement.

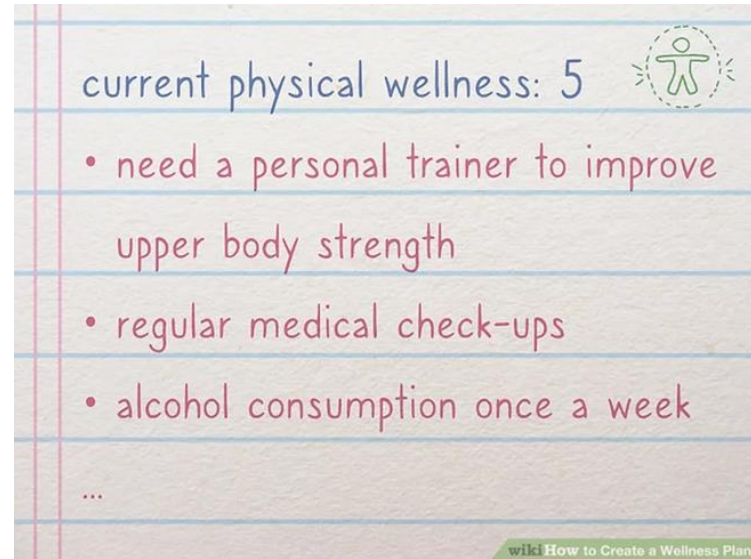
- Give each area a ranking from 1-10, with 1 being the poorest/lowest rank and 10 being the best/highest rank.
- When doing this, be honest with yourself and don't judge yourself because of low rankings.



HOW TO MAKE A WELLNESS PLAN

Step 2: Set S.M.A.R.T goals.

- Specific goals you want to accomplish
 - Measurable
 - Action orientated
 - Relevant
 - Time based
- For example: I will lose 20lbs by going to the gym/home 4 times a week, by doing cardio, strength training, cutting back on sugar, and controlling portion sizes. I will know I am making progress because I will lose 2lbs a week for 10 weeks.



PRACTICE WRITING A S.M.A.R.T GOAL

- Now it's practice time! There will be no audio for the next few minutes.
- Use the template:
 - I will (goal here) by (how will you measure the goal) by (how will you do the goal). I will know I am making progress because (how to see the progress) for (time goes here).
- Can pick your own goal or use this:
 - Physical wellness: Improve upper body strength



PRACTICE WRITING S.M.A.R.T GOALS

- Specific: I will improve upper body strength
- Measurable: By going to the gym 4 times a week
- Action: Completing strength training exercises.
- Relevant: I know I am progressing as I will increase the number of reps or resistance or weight 1 time every 2 weeks.
- Time bases: For 12 weeks.



HOW TO MAKE A WELLNESS PLAN

Step 3: Keep track of your progress

- Use a calendar or App designated for tracking your progress.
 - Seeing the progress of what you have completed is great motivation!
- Do regular personal assessments: Are you feeling happier, do you have more energy, more fun or laughter filled moments, etc.



Step 4: Update as needed

- As you develop your personal wellness, you may notice that certain goals take more-or-less time than anticipated.
 - Make it a point to monitor your progress and reassess every 1-3 or 3-6 months.
 - Set a reminder in your phone or write in calendar for goal assessment.



HOW TO MAKE A WELLNESS PLAN

Step 5: Get support

- Having the support of others can be crucial to maintaining your drive and motivation
- Get professional help/advice where needed
- Join a support group
- Start a “buddy system” with a friend, family member or various aspects of your wellness plan



APPS TO HELP WITH WELLNESS TRACKING

Strides



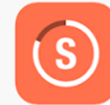
Habitica



Way of Life



Streaks



ASW VIDEO

Diane: Video goes here 😊



