

Wellness Groups at LifeBridge for CSP/RP program!!!!

NUTRITION AND WELLNESS:

The Nutrition and Wellness Group addresses “How to help yourself to health” by promoting healthy eating and exercise. This is accomplished by completing activities to assist client with learning different techniques to lower the amount of fat in their diet, adopt a healthier way of eating, and maintain a healthy weight.

Clients are taught the pros and cons of eating healthy and why it is important to do so. The topics discussed range from educating clients on fat, cholesterol, and unhealthy foods, to planning simple and healthy meals. After the discussion clients are given an activity where they implement what they have learned.

Some activities include, Portion Control Bingo, identifying high fats vs. low fats, using pictures, graphs, and easily relatable materials. Clients are given a weekly food log to complete and return to Group Leader to monitor their progress, but best of all it holds them accountable to their goals.

As a result clients have been successful with attaining their goals and developing a better understanding of Nutritional Wellness.

RECOVERY AND WELLNESS:

When the Recovery and Wellness Group first began the goal was to build client’s awareness and understanding of what a recovery process looks like. Since we started the recovery groups clients are more knowledgeable about what recovery is.

The Recovery and Wellness group encompasses a process of change through which clients improve their health and wellness, live a self-directed life, and strive to reach their full potential. This is done by following a curriculum that is split into 4 parts; (1) Key Concepts of Recovery, (2) Recovery tools skills and strategies, (3) Action Plans, Advance Directives and Post crisis plans; and lastly, (4) Wellness.

As a result clients have been able to identify their strengths vs. struggles, learned their rights in regards to treatment/hospitalizations, and feel more open to tell their stories and share their experiences. We believe having our Peer Specialist co-facilitate has helped in making this group more cohesive and relatable.

HOLISTIC HEALTH AND WELLNESS:

The Holistic Health and Wellness group at LifeBridge Community Services addresses the question of what it means to be whole and healthy in our challenging world today. Wellness is multi-dimensional, consisting of body, mind, and spirit, and the group together, explores how to find balance in one's life and create and maintain optimum health.

A wide range of issues are presented and addressed, determined by the on-going needs and concerns of the group. Members are encouraged to share their challenges and questions, making the content relevant.

Group begins with a short guided meditation, and then a weekly topic is presented and explored. Topics include mindfulness, exercise, eating habits, sleeping habits, prayer, communication skills, creativity, positive self-talk, and the grieving process, but anything that affects one's happiness, peace, and optimum health is open for discussion. As self-awareness is heightened, the members learn to trust themselves, helping them take the necessary steps to create positive change. Growth and accomplishments are often shared within the group and celebrated.

The ultimate goal of the group is to enlighten, educate, and empower its' members to take responsibility for and control over their health and wellness.