



*Relationships lacking in mutuality and respect  
can drain you rather than lift your spirits.*



*Sometimes you have to walk away.*



**TRANSITION HOUSE**  
Changing Lives by Creating Pathways for Mental Wellness  
[www.thouse.org](http://www.thouse.org)

*SO IF TODAY  
DOESN'T GO AS PLANNED,  
HOW WILL YOU REACT?*

**CREATE YOUR OWN  
SAFETY AND WELLNESS PLANS.**

**It will help you make better choices!**



Transition House, Inc.  
Hope & Opportunities for Recovery  
[www.thouse.org](http://www.thouse.org)

**B**ecoming  
**R**elaxed  
**E**nergized  
**A**nd  
**T**hankful  
**H**ealing  
**I**n  
**N**ature's  
**G**ifts



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*TH Wellness Project's Vision:  
to empower personal well-being, improve mental wellness and increase life joy.  
[www.thouse.org](http://www.thouse.org)*

# FINDING & MAINTAINING WELLNESS

## PIECE OF CAKE... RIGHT???

*“When ‘I’ is replaced with ‘We’ even Illness becomes Wellness.” – Malcolm X*  
*“Your body hears everything your mind says, stay positive.” – unknown*

### Wellness is Easy - Right?

- It appears that for some people, wellness is easy. The reality however is different from our assumptions. Wellness is a practice of intentional ways of being and thinking that is dynamic and lifelong.
- Wellness can be easier for some if they had/have:
  - Healthy role models
  - Critical thinking
  - Willingness to set limits
  - Friends/family who support healthy living
  - Realistic expectations – perfection is not the goal!
  - An understanding of the need for rest and recovery time
  - An accountability partner(s)

### Wellness is not about Extremes

- Being balanced in life is critical to wellness. When we go to ‘extremes’ – we can take a healthy life component and create damage.
- The extremes are what is marketed – it gives us the illusion of immediate gratification that we are often seeking. We allow ourselves to become victims of a good ad campaign – then we give up when we don’t get the perfect results.
- Our goals related to wellness need to be centered around sustainable practices.

### What does Wellness look like?

- It is important to recognize that wellness looks and is different for each of us. Comparing triggers judgement, shaming, perfectionism and extremes.
- Wellness is an intentional daily practice.
- Wellness feels best when we embrace it as a fun way of life. The constant state of ‘have to do....’ does not work!
- Wellness is a life long journey. It’s made of many small steps instead of giant leaps.
- Being surrounded with like-minded, wellness focused people enhances the collective’s wellness while helping to hold the collective accountable.
- Faith and hopefulness are critical components of wellness.
- Wellness also includes making decisions and being adaptable to life changes.
- Balanced living that includes sufficient rest, play, creativity, recovery time and realistic thinking.
- Healthy boundaries/limits and the ability to say ‘no!’



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## Action Steps to Advance Wellness

- Be honest with yourself with where you are at in your Wellness process. Denial can be one of our biggest barriers.
- Determine if you're willing to do the work towards wellness – or will you resist and complain every step along the way. It's ok to say this may not be the right time.
- Develop a mindset that wellness is a gift you are giving to yourself and you're excited about this opportunity and part of life.
- Recognize that you are worthy! There are times when the process will be more challenging – you need to believe you are worth the effort to keep going despite the challenges.
- Define your circle of support and be willing to ask for help when needed.
- Be open to feedback – this requires lowering walls, being vulnerability, and actively listening.
- Seek mutuality in relationships. If you're engaged in draining, one sided connections, wellness is compromised.
- Practice and share gratitude routinely.
- Take small realistic steps and focus on small successes.
- Keep setbacks from becoming failures by learning from them. Mistakes are a given and part of the learning process.
- Be open to and take necessary steps to change unhealthy behaviors. This cannot be done for anyone other than for yourself.
- Believe... you are worthy, you can!

## Wellness Plans

- Do you have a Wellness Plan?
- Is it written out or just in your head?
- Does it need to be updated?

## Let's Create/Update our Wellness Plans

- Set procrastination aside and let's get to it!
- You can use the TH Wellness Plan form – or create one of your own.
- Define what help is needed and ask for ideas and/or support.
- Make it fun and creative.

## Wrap Up

*"Healing comes when we choose to walk away from darkness and move towards a Brighter Light."* – Dieter F. Uchtdorf

*"Take care of your body. It's the only place you have to live."* – Jim Rohn

