

Wellness Self Care Resources



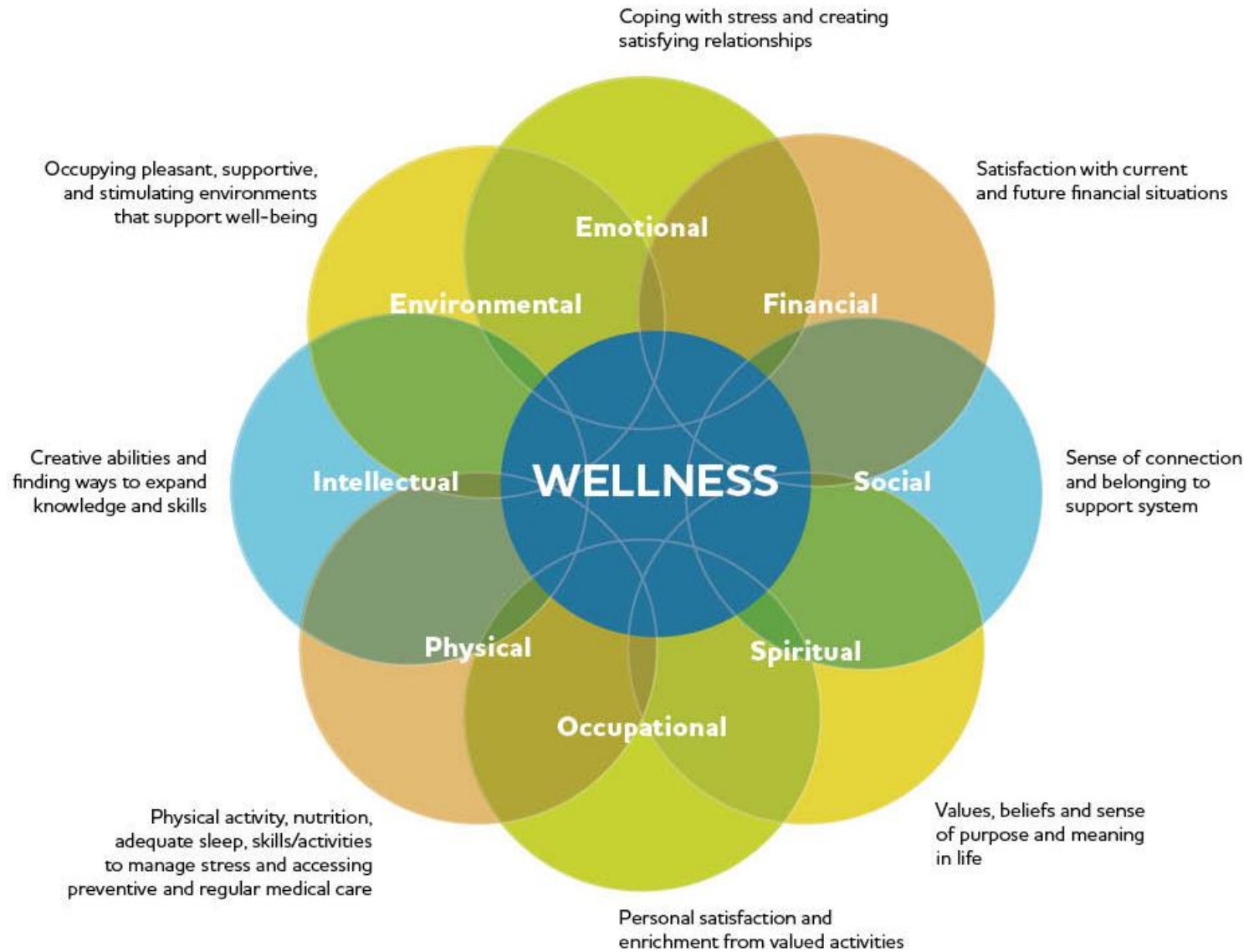
Presenters

Peggy Swarbrick, PhD, Wellness Institute Director,
Collaborative Support Programs of New Jersey; Research
Professor and Associate Director, CAS Rutgers
University pswarbrick@cspnj.org or
swarbrma@rutgers.edu

Amy Spagnolo, PhD, Associate Professor at Rutgers
University Department of Psychiatric Rehabilitation
and Counseling Professions
spagnoam@shp.rutgers.edu or
amyspagnolo1016@gmail.com

Overview

- . Define wellness self care
- . Identify self-care strategies for wellness
- . Access and implement resources for personal self-care
- . Identify personal strengths and areas to strengthen through access to the Wellness in 8 D inventory & new Guide



8 Dimensions of Wellness



Emotional Coping effectively with life and creating satisfying relationships



Financial Satisfaction with current and future financial situations



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



Spiritual Expanding our sense of purpose and meaning in life



Occupational Personal satisfaction and enrichment derived from work



Physical Recognizing the need for and engaging in regular physical activity, diet, sleep, and stress management



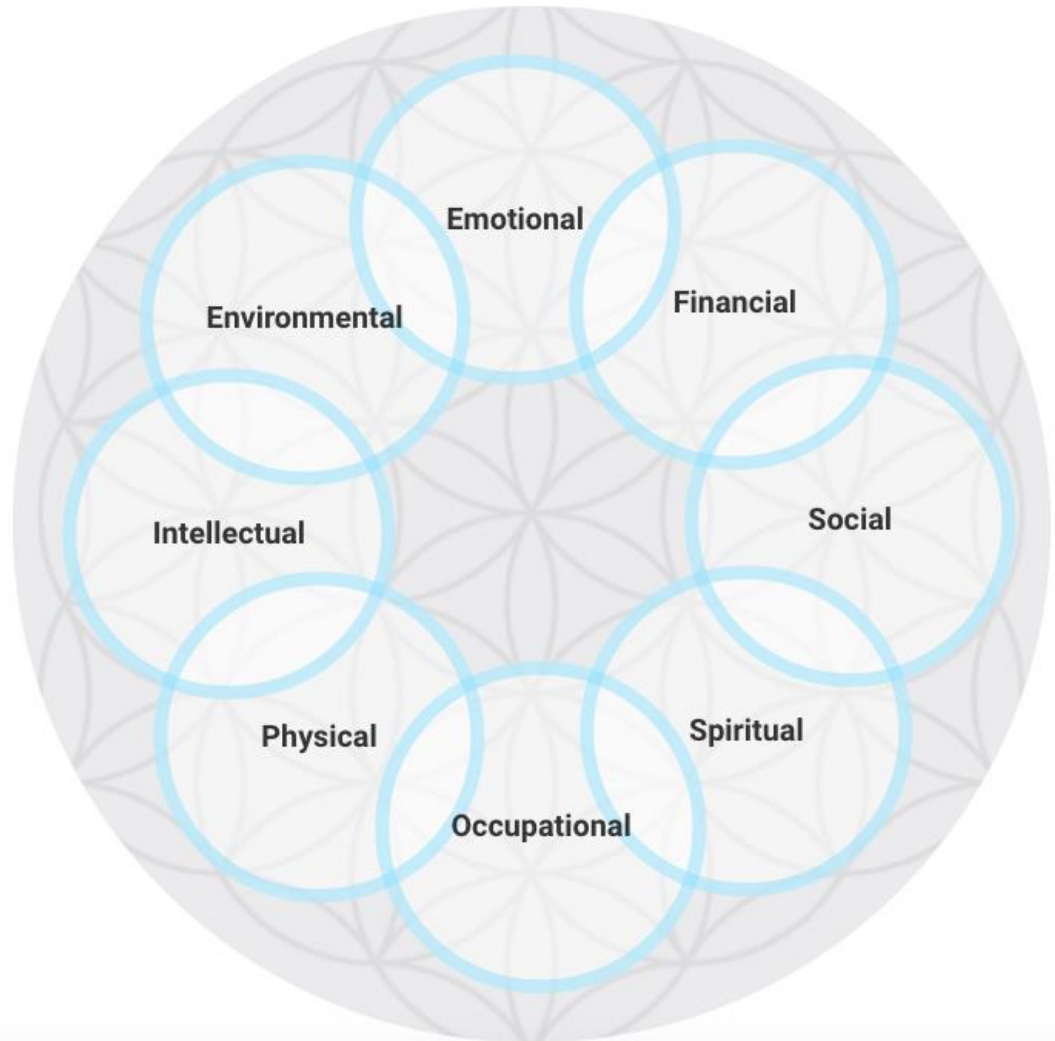
Intellectual Recognizing creative and intellectual abilities and finding ways to expand and use them



Environmental Good health by occupying pleasant, stimulating environments that support well-being



Wellness Inventory



Wellness Quiz

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/>

Take the Wellness Inventory Quiz

This inventory will give you a chance to look at your typical day and week. It may help you think about what you might want to strengthen or improve in your life.



TAKE THE QUIZ



What's your favorite form of self-care?

Costco members respond to our poll, posted to Costco's Facebook page

"Exercise! Being outside taking in all the beautiful sunrises/sunsets and animals is the best mental care for me and really helps me in the winter."

—Ashley Schuler

"Hot dog combo. I shouldn't have to explain why."

—Brody Mullins

"My skin care routine!"

—Robin Pressly

"I work out ... I get a massage ... I take time for me! That makes me a better husband, a better teacher, a better man!"

—Dan Cole

"Swimming or just being in any water."

—Denise Gaviola

"Shopping at Costco for things I didn't realize I wanted or needed."

—Michele Harrington

"Going fishing."

—Chris Yelton

"When I need to decompress I knit. It helps me to center myself and calm my ... anxiety. I have learned it is not the finished project but the actual process that matters. True for life also."

—Laurie Winters

"Nurturing [the] soul with clean habits ... [like] eating the right food, going for a walk amidst nature, getting good sleep, meditating, helping others ... and, most important, trying not to hurt anybody or anything."

—Chandrasekhar Bharathi



LEFT TO RIGHT: © KRYSZTOF WIKTOR; FRESHIDEA / STOCK.ADOBE.COM

Did you know?

From 2013 to 2017, the wellness economy grew by 5.8% annually, a growth rate nearly five times as fast as global economic growth.

Eight dimensions of wellness

How can you optimize your mental and physical health? First developed by Dr. Margaret "Peggy" Swarbrick, the eight dimensions of wellness (Northwestern.edu/wellness/8-dimensions) is an interconnected model used by the U.S. Department of Health and Human Services, among others, to show the framework for mind, body and self health:

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational
- Social

Eight dimensions of wellness

How can you optimize your mental and physical health? First developed by Dr. Margaret "Peggy" Swarbrick, the eight dimensions of wellness (Northwestern.edu/wellness/8-dimensions) is an interconnected model used by the U.S. Department of Health and Human Services, among others, to show the framework for mind, body and self health:

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational
- Social



WELLNESS SELF-CARE

**Activities and practices we do regularly
to meet our wellness needs
and manage stress**



**Why is self-care
so important?**

**Why is self-care
especially
important for
your work?**

Wellness in 8 Dimensions Guide



Exploring Strengths and Building New Wellness Habits

A self-help guide

- First developed in 2011
- Updated in 2023
- Used independently, in one-to-one coaching, and in groups
- 16 pages with worksheets

Wellness

Stress, addiction, trauma, disappointment, and loss can impact our wellness. Wellness includes paying attention to our needs and each day trying to meet our needs in the 8 dimensions and building good wellness habits. Our habits affect what we do, how we feel, how we work, how we fuel our minds and bodies, and how we spend or save money. Habits become ingrained. Some habits (excessive alcohol, harmful drugs or chemicals, consumption of energy drinks, sugar and fat laden foods) can have immediate or long-term negative effects on physical, mental, and social well-being. Each day we wake up we can make choices. Each day we have a choice to engage in wellness habits that contribute to our wellness, our valued roles, and our personal goals.

The guide can help you think about your own wellness—what you already do now (your daily routines, habits, and activities), what else you can do or can learn to do, and what type of resources and supports that can strengthen your wellness.

Many people find helpful is to look at their own wellness in each of the eight dimensions. This wellness booklet can offer some insights to determine things you are doing well and things you may want to start or stop doing.

For each of the eight dimensions that follow, record your strengths and your thoughts about areas you may want to strengthen or improve. Think about what you can do and the resources and supports that can help.

Although this guide is designed to use by yourself, we hope you will consider sharing with co-workers, family, friends, or support group members, so you can review, plan, and grow together.



We wish you a successful wellness journey!

Physical Wellness



Includes keeping active doing physical activity, eating nourishing foods, getting enough sleep and rest, and obtaining appropriate health care.

Strengths

These are the things I do well - my daily routines, habits, and valued life activities that build and maintain my physical wellness:

Areas I would like to strengthen or improve

Physical Wellness

Check (✓) the items that you do often.

- I do exercise or vigorous chores for 20 to 30 minutes at least three times per week.
- I eat fresh fruits, vegetables, and whole grains each day.
- I avoid tobacco products, alcohol and substances that are not prescribed for me.
- I wear a seat belt while riding in or driving a car.
- I avoid drinking caffeinated and/or sugary beverages.
- I get an adequate amount of sleep (7-9 hours/night).
- I keep up with my annual physical, dental checkups, immunizations, and self-exams.
- I brush my teeth at least twice daily, and floss at least once daily.

Supports and resources that can help

text descriptions and worksheets

Wellness in 8 Dimensions Guide



Exploring Strengths and Building New Wellness Habits

Using the Wellness in 8D Guide

- Individual support
- Groups
- Self-help
- Training providers

<https://www.websiteaddressfornew8Dguide.com>

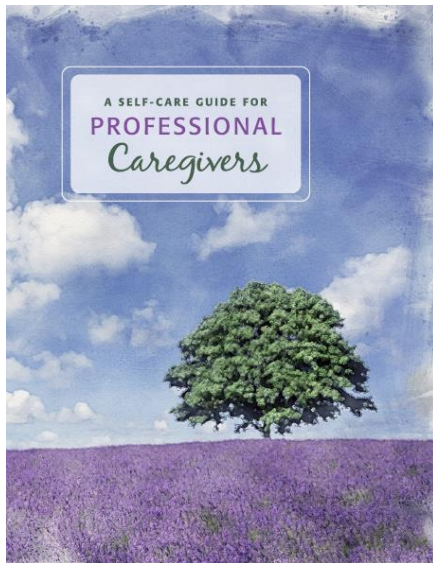
*Bienestar
Guía en 8
Dimensiones*



Explorando Fortalezas y Construyendo Nuevos Hábitos de Bienestar

Also available
in Spanish

SELF CARE GUIDE and VIDEO



<https://www.care2caregivers.com/self-care/>





PAUSE

- Taking a brief pause can occur several times throughout the day – before or after encounters and tasks and at the end of a shift, or when you feel yourself starting to feel uncomfortable

just be



ACTIVITY: 3 steps to “pause”

1

Turn your attention to your body

2

Focus on your breathing

3

Notice how you feel after you “pause”





Try **pausing** right before and right after undertaking a new action, even something simple like putting a key in a lock to open a door.

Such pauses take a moment yet can be a time to decompress and help you feel centered.

—Brother David Steindl-Rast

WHEN YOU CAN INTEGRATE A MINDFUL PAUSE

Morning Pause

STOP: Before getting out of bed.

BREATHE: Take 3 cleansing breaths to slowly wake the body and mind spirit.

THINK: Set a positive intention for your day.

CHOOSE: I move through my day motivated and inspired by my intention.

Commute Pause

STOP: Before starting your car.

BREATHE: Take 3 cleansing breaths for body, mind, and spirit to anchor into present moment awareness.

THINK: About all five senses.

CHOOSE: I sustain present moment awareness as I drive...

Mid-day Pause

STOP: Set a reminder on your phone or computer sometime during your workday.

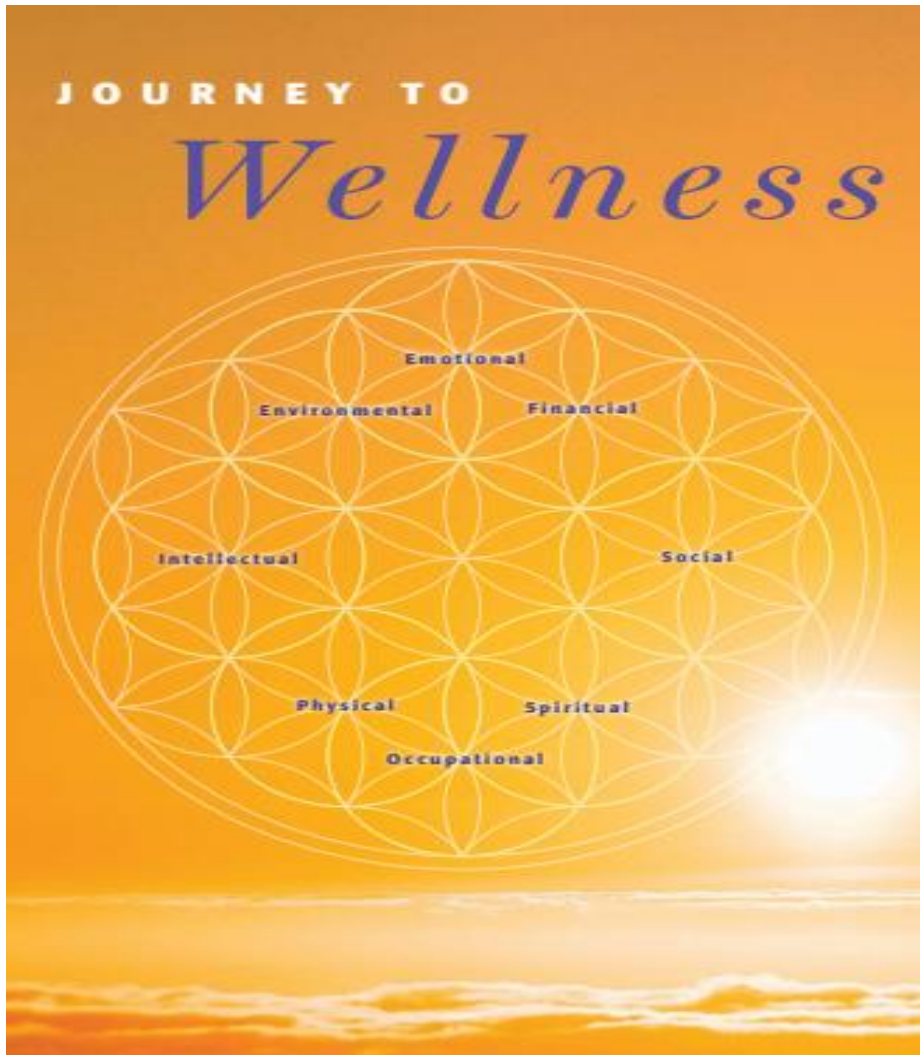
BREATHE: Take 3 cleansing breaths for body, mind, and spirit to anchor into present moment awareness.

THINK: Lighten your heavy, multi-tasking mind.

CHOOSE: Breathing in, I bring peace. Breathing out, I let go of tension, distraction and fatigue.

BUILD A PAUSE INTO YOUR DAY





- **Unplug**
- **Connect**
- **Sleep**
- **Do good**

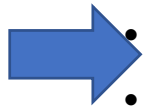
Ideas to start or continue your journey
Examples of simple daily activities and actions

Swarbrick, M., DiGioia-Laird, V., Estes, A., Kavalkovich, S., Nemec, P., Pelland, J., Stewart, B., Treitler, P. (2022, February). *Journey to wellness*. Piscataway, New Jersey: Center of Alcohol & Substance Use Studies.

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/journey-to-wellness-guide/>

Unplug

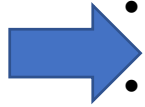
- Connect With Supporters
- **Unplug**
- Sleep
- Do One Good Thing



- What does it mean?
 - Being present in the moment
 - Reflect, Refocus
- Why is it important?
 - A quick pause and a restart
- How to do it
 - Stop, breathe
 - Gratitude
 - Affirmations

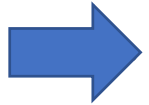
Do One Good Thing

- Connect With Supporters
- Unplug
- Sleep
- **Do One Good Thing**



- What does it mean?
 - Doing for others
- Why is it important?
 - Look beyond yourself
- How to do it
 - Small acts of kindness
 - Examples

Connect with Supporters



Connect With Supporters

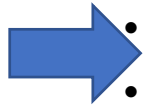
- Unplug
- Sleep
- Do One Good Thing



- What does it mean?
 - Keep good people around you
 - Quality of connection
- Why is it important?
 - People help one another
- How to do it
 - Give support
 - Get support

Sleep

- Connect With Supporters
- Unplug
- **Sleep**
- Do One Good Thing



- What does it mean?
 - Natural state of rest
 - Deciding about sleep aids
- Why is it important?
 - Sleep challenges (in early recovery)
- How to do it
 - Relieve stress
 - Sleep hygiene
 - Sleep diary

Daily Actions Worksheet

DAILY **Actions**

Creating wellness involves focusing on a just few simple steps each day. You can choose one or two daily actions. When you find one that works, consider ways to do it more often so it becomes a consistent wellness activity. In the spaces below, you may like to write down which daily actions work best for you as a reminder.



Connect



Unplug



Sleep



Do Good

Tips for Using Yourself

- Keep the Guide where you can see it
- Review every day at the beginning
- Even 5 minutes a day can help
- Set a goal in your calendar



Tips for Sharing with Others

- Plan what you will do and say
- Ask permission to share
- Help the person choose how to use the Guide
- Emphasize daily actions
- Encourage routines

The Guide suggests
ideas, not expectations

Co-Production Journey to Wellness Guide

Margaret Swarbrick, PhD, FAOTA; Corey Kuebler, BA, CRSP; Peter Treitler, MSW; Arielle Estes, NCPRSS, CPRS; Vincent Digioia-Laird; Karen Moosvi, PhD, APN, CNE; and Patricia Nemec, PsyD, CRC, CPRP

ABSTRACT

As rates of substance use and mental disorders continue to rise, individuals with mental health and substance use challenges and their supporters could benefit from practical, accessible, cost-effective, wellness-focused tools outlining simple daily strategies to promote long-term recovery. The current article describes such a tool, the Journey to Wellness Guide, based on the Wellness Model, and developed through a co-production process. *Co-production* refers to a process of research, service design, and educational materials development where people with lived experience of mental health and/or substance use challenges share decision-making power throughout all stages of production, including the sharing of results. The co-production process resulted in a well-received wellness tool and tip guides for personal use, supporting others, and use in a group context. The value of this tool for psychosocial nursing and behavioral health care worker self-care and practice is outlined. [*Journal of Psychosocial Nursing and Mental Health Services*, xx(x), xx-xx.]

Rates of substance use and mental disorders continue to rise. In 2020, >40 million Americans were living with a substance use disorder and 21% of adults—approximately 53 million people—were classified as having any mental illness (Substance Abuse and Mental Health Services Administration [SAMHSA], 2021). Since then, stress and substance use have increased, attributed in part to the coronavirus disease 2019 (COVID-19) pandemic and its aftermath (American Psychological Association, 2022).

Substance use and mental health challenges can have negative effects on quality of life (Armoon et al., 2022). Although there have been advances in prevention, treatment, and availabil-



Journaling

A Wellness Tool

- Benefits of journaling
- Types of journals
- Journaling exercises
- Resources

<https://www.center4healthandsdc.org/journaling-tool.html>



PERFECT
Love
CASTS OUT FEAR
JHN 4:18

My heart
That yours be lined with gold

ART WASHES AWAY FROM THE SOUL THE DUST OF
EVERYDAY LIFE -DARIO DISCASSO

are lined w

The highlight of my day

- 1 Had a good morning walk.
- 2 Listened to some great music.
- 3 Had the Best Lunch
- 4 Chatted with my Best Friend.
- 5 Took my dog for a long walk and play

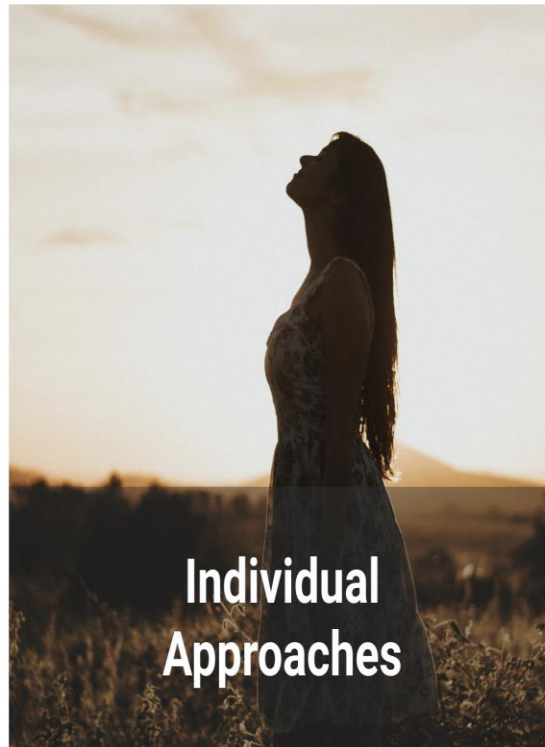
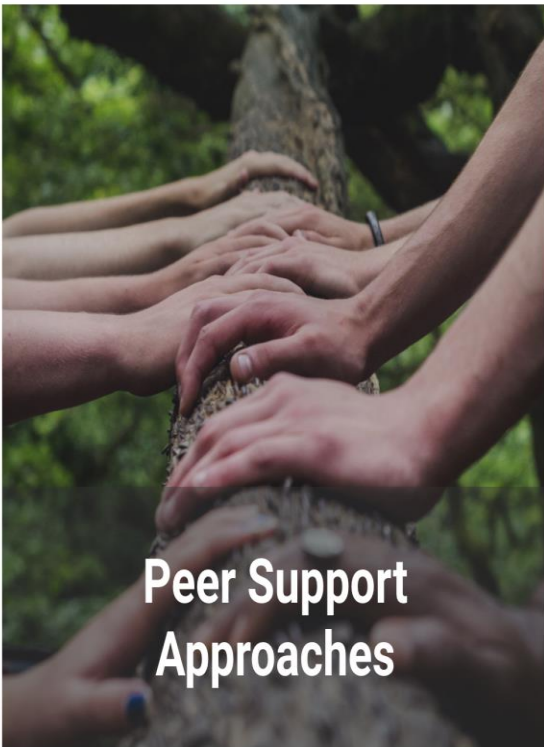
When did I Last ...

Water my Plants	_____	_____	_____
Called a Friend	_____	_____	_____
Visit my Fam	_____	_____	_____
Clean the Fridge	_____	_____	_____
Go Fishing	_____	_____	_____
Check Smoke Alarm	_____	_____	_____
My Car tuned up	_____	_____	_____



Wellness Training
Learning Collaborative

The Wellness Training and Learning Collaborative (W-TLC) has been created to support the wellness of the healthcare workforce which has been directly experiencing the consequences of the pandemic, bearing the brunt of psychological, emotional, and physical effects first-hand. The wellbeing of this critical segment of the healthcare workforce is of paramount priority.



<https://alcoholstudies.rutgers.edu/wellness-in-recovery/wellness-training-learning-collaborative/>

A photograph of a desk setup. In the center, a laptop screen displays the text "Post Questions In Chat" in yellow. To the right, a yellow desk lamp is positioned. In front of the laptop, a digital clock shows "10:10". To the left, there are several potted plants and a pair of headphones. To the right, there is a pen holder with markers and a spiral notebook.

Post Questions In Chat

Wellness SELF CARE PLAN

Today I will focus on:





- _____
- _____
- _____
- _____



MY WELLNESS GOALS

- ✓ Physical _____
- ✓ Social _____
- ✓ Emotional _____
- ✓ Intellectual _____
- ✓ Other _____

DAILY WELLNESS ACTIONS

-  Physical _____
-  Social _____
-  Emotional _____
-  Intellectual _____

Prepare for sleep at: _____

Wake Up At: _____

TODAY I WAS GRATEFUL FOR:

TOMORROW I WILL:



Offered by the Rutgers Center of Alcohol and Substance Use Studies

[Click here to take the Wellness Quiz](#) | [Click here to download the Wellness Guide](#)



Jonikas, J., Swarbrick, M. A., Arnold, K., Brice, G. H. Jr., Cook, J. A. & Nemec, P. B. (2021) *Enhancing immune health*. Chicago, IL: University of Illinois at Chicago Center on Mental Health Services Research and Policy and Collaborative Support Programs of New Jersey, Inc.

Swarbrick, M. (2022). *Journaling: A Wellness Tool*, Collaborative Support Programs of New Jersey Wellness Institute.

Swarbrick, M., Cook, J. A., & Jonikas, J. A. (2022). *Wellness Activity Manual-Revised*. Freehold, NJ: Collaborative Support Programs of New Jersey Inc., Wellness Institute.

Swarbrick, M., Lundquist, M. C., Nemec, P., Gould Fogerite, S., & Zechner, M. Pilch, E, Tonwsend, M. (2020). *Self-Care Program Implementation Manual*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Swarbrick, M., Kuebler, C., DiGioia-Laird, V., Estes, A., Treitler, P, Moosvi, K., & Nemec, P. (2023). Co-Production: Journey to Wellness Guide. *Journal of Psychosocial Nursing and Mental Health Services*.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314. doi: 10.2975/29.2006.311.314

Swarbrick, M., DiGioia-Laird, V., Estes, A., Kavalkovich, S., Nemec, P., Pelland, J., Stewart, B., Treitler, P., & Baldomero, J. (2022). *Journey to wellness*. Piscataway, New Jersey: Center of Alcohol & Substance Use Studies, Graduate School of Applied and Professional Psychology, Rutgers University.