



2 *Wellness Your Way*

Your Wellness Counts

Your Wellness Counts: *Wellness Any Way* – May 2017

New Jersey Division of Mental Health and Addiction Services
Rutgers UBHC Technical Assistance Center

Sponsored by New Jersey Division of Mental Health and Addiction Services



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Welcome to **Your Wellness Counts**, the **Wellness Your Way Module**. In this module, we'll work together to help you think through the changes, if any, that you want to make to improve and maintain your physical health and wellness. Some of the topics we'll offer are listed above.

Your physical health impacts your overall health. This tool focuses on how you can strengthen your overall wellbeing by taking small steps to improve your physical health.

© *People living with a mental health condition and/or issues with substance use challenges can and do have satisfying and meaningful lives.* This tool can help you identify what is important to you and how you can achieve it as part of your overall wellness.



All of the people who contributed to **Your Wellness Counts** tool believe you can live a more fulfilling life. This is *not* a false promise nor a solid guarantee, but a real possibility. You can be an **active participant** in improving your physical health to increase the *quality and length* of your life.



Write here why is it important to you to focus on your overall wellness.

We envision a future in which people with mental health and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources. - *SAMHSA's Wellness Initiative Vision*



What's Wellness?

Your Wellness Counts focuses on *Wellness*, a word that offers people in recovery a hopeful vision to frame their recovery.

Wellness is self-defined. For people in recovery, there are many definitions of wellness. Some folks include happiness, being physically fit, or having a meaningful job in their definition.

People in recovery at Collaborative Support Programs of New Jersey Inc. have stated:

“Wellness involves being aware of ourselves as whole people, including a sense of balance and comfort with our bodies, our lives, and our jobs. It is a sense that things are going well for us today, and can continue to go well for us tomorrow. It is a sense that we have meaningful relationships, love, and a sense of meaning and purpose. Although we may have setbacks, or we experience stress and trauma, we are resilient, have emotional strength, material resources, and the support of others to survive and thrive.”



How do you define **Wellness** for yourself?

“The first wealth is health.” - Ralph Waldo Emerson, essayist, poet





You're Worthy of Wellness

Anytime we think about starting something new or making changes in our lives, we can remind ourselves “**I am worthy of wellness.**” This belief can be the starting point for a more rewarding life even though you may feel nervous or uncomfortable at the idea of doing something different for yourself.

In reading ***Wellness Any Way*** so far, you may be thinking of all the areas in your life that you may wish to improve. This may include the many dimensions of wellness and all the related health behaviors. You may wonder if the effort is worth it.

Remember, you have the right to feel good about yourself. *There's hope and help available* if you're feeling down or stuck. You may be already working on your self-esteem in your recovery plan. One effective approach is cognitive-behavioral treatment which helps you to address negative thoughts and emotions in individual or group sessions. You can also attend a peer support group and or use a low-cost workbook. Your recovery team can help you with these options if you wish. **Your Wellness Counts** *also has ideas you can use to help build your strengths and supports and boost your self-esteem.*

Here are some ideas for building your self-esteem* *as you go through the modules.* You may even want to include one in your recovery plan:

- Create an “enjoy life calendar” of activities (past, current, new) to review and schedule things that you can regularly do.
- Identify a list of negative thoughts (i.e., “I’m not worth anything.”). Then create a positive affirmation (i.e., “I’m a valuable person.”) that you can repeat & write to yourself.
- Start a “gratefulness list” of people, places, things, and situations for which you’re thankful. Add to the list daily and read/recite them often.



What is one way to boost your self-esteem that you can discuss with someone on your recovery team?



There are Different Areas of Wellness

How you define wellness can be based on your own thoughts on the different dimensions or areas of wellness. For example, your definition of wellness may include creativity, recreation, or sexuality.

While it is a focus of **Your Wellness Counts**, keep in mind that physical health is just *one* part of overall wellness. The Substance Abuse and Mental Health Services Administration (SAMHSA) has endorsed eight dimensions of wellness which can serve as a useful model to support recovery and physical wellness. Those 8 dimensions are:

1. Intellectual – Creative abilities and finding ways to expand one’s knowledge and skills to share with others
2. Environmental – Living in a safe, enjoyable, enriching, stimulating place
3. Emotional – Being able to effectively cope with life’s stressors
4. Financial – Being more content with your current and future finances
5. Social – A sense of belonging through the connection and support of peers, family, friends, and community
6. Spiritual – Expanding a sense of purpose and meaning in life
7. Occupational – Personal meaning and growth from one’s work (whether paid or volunteer)
8. Physical – Healthy choices in physical activity, food and drink and sleep



Assessing Your Wellness Dimensions

You can assess where you are now with each of the wellness dimensions. In each of the boxes below, we encourage you to write or discuss:

1. What you've done
2. What you're doing now
3. What you may like to do in the future

<i>Physical – Healthy choices in physical activity, food & drink and sleep</i>
<i>Intellectual – Creative abilities & ways to expand knowledge & skills to share with others</i>
<i>Environmental – Living in a safe, enjoyable, enriching, stimulating place</i>
<i>Emotional – Being able to effectively cope with life's stressors</i>
<i>Financial – Being more content with your current and future finances</i>
<i>Social – A sense of belonging through connection with peers, family, friends, and community</i>
<i>Spiritual – Expanding a sense of purpose and meaning in life</i>
<i>Occupational – Personal meaning and growth from one's work (paid or volunteer)</i>



Resource: <http://www.state.nj.us/> (search for "Wellness in Eight Dimensions")



What is Your Overall Wellness Goal Right Now?

On the first few pages of this Module, you wrote some general ideas about wellness. As you go through the rest of **Your Wellness Counts**, you will have the chance to think and write about very specific goals and steps that you may choose to help you get and stay well. To help you identify these goals and steps, it helps to begin with one specific desire or need—a special, meaningful goal to give you a sense of purpose while helping you to move closer to a more complete and satisfying life. We call this your Overall Wellness Goal.

Here are examples of some Overall Wellness Goals:

- “Go on a beach vacation.”
- “Hang out more with my friends.”
- “Take time for myself to learn how to crochet.”
- “Get back in touch with my spiritual side.”
- “Take up ballroom dancing.”
- “Take a class to learn Japanese.”
- “Be a waitress again.”

FYI – For Your Info
 Avoidance goals are desires to *move away from* something (like “not be bored”). Approach goals are desires to *move towards* something (like find a new hobby). **Approach goals are preferable for specific focus and personal meaning.**



Right now, what is your most important Overall Wellness Goal?



What are the Benefits of Addressing Your Physical Health?

Because physical health is so important to your overall health, the primary focus of the **Your Wellness Counts** tool is to help you consider ideas to improve your physical wellness. This can then enhance your overall well-being.

If you decide to use this tool, which of the following do you think could be benefits of addressing your physical health?

- | | |
|--|---|
| <input type="checkbox"/> Looking forward to something
<input type="checkbox"/> Feeling more confident
<input type="checkbox"/> Having a more positive outlook
<input type="checkbox"/> Meeting new people
<input type="checkbox"/> Having more fun
<input type="checkbox"/> Improving your mood
<input type="checkbox"/> Finding new things to enjoy
<input type="checkbox"/> Looking better
<input type="checkbox"/> Leading a more structured life | <input type="checkbox"/> Having more energy
<input type="checkbox"/> Having a sense of purpose
<input type="checkbox"/> Sleeping better
<input type="checkbox"/> Reducing stress
<input type="checkbox"/> Feeling good about yourself
<input type="checkbox"/> Reducing medication
<input type="checkbox"/> Living longer
<input type="checkbox"/> Being physically fit
<input type="checkbox"/> Other: _____ |
|--|---|



What are your “Top 3” potential benefits of improving your physical health and wellness?

“It’s easy for people to give up hope when standard treatment doesn’t help them achieve wellness. Promoting the 8 dimensions of wellness is something more professionals could be doing.” - Family Member



Metabolic Syndrome: A Physical Health Concern

People who have mental health conditions are at increased risk for Metabolic Syndrome compared to the general population*. For example, people living with a diagnosis of bipolar disorder or schizophrenia can have up to three times the risk of developing Metabolic Syndrome compared to the general population*.

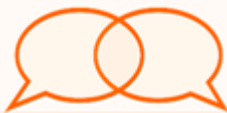
The US National Heart Lung and Blood Institute defines Metabolic Syndrome as “a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.” Having many risk factors at the same time can be more dangerous than having one risk factor by itself.

© *Why is Metabolic Syndrome a problem?*

Research shows that, on average, people served by the public mental health system who live with a serious mental illness die up to 25 years earlier compared to the general population*. Two factors that contribute to this shortened lifespan are smoking and a condition called “Metabolic Syndrome.”

© *What can I do?*

The good news is that many of the factors that contribute to Metabolic Syndrome can be addressed through lifestyle changes. These include changes in diet, exercise, and stopping smoking. By making these positive changes, *you can significantly reduce your risks.*



What questions do you have about Metabolic Syndrome?
With whom can you discuss your concerns?



*References: www.ncbi.nlm.nih.gov/pubmed/25528926 & www.nasmhpd.org
Resources: www.nhlbi.nih.gov & www.nami.org/ (search for “Metabolic Syndrome”)



What is Pre-diabetes and Diabetes?

Diabetes, a major risk with Metabolic Syndrome, is a disease in which your blood glucose (sugar) levels are too high. Among other things, this prevents your body from getting the energy you need from the food that you eat.

Pre-diabetes is when your blood glucose levels are higher than normal but aren't high enough to meet full criteria for diabetes. Sometimes, other names may be used for pre-diabetes like impaired fasting glucose (IFG) or impaired glucose tolerance (IGT).

⊙ How do I know if I have pre-diabetes?

Symptoms for pre-diabetes aren't very clear. Some people may have it and not know it. Certain blood tests can show pre-diabetes:

- A1C measures blood sugar in recent weeks, and should be 5.7-6.4
- Fasting blood glucose should be 100-125 mg/dl
- Oral Glucose Tolerance Test (OGTT) should be 140-199 mg/dl

Speak to your doctor or nurse about your blood glucose levels. You can plan to reduce or manage your risk of pre-diabetes and Metabolic Syndrome.

⊙ What can I do?

You can reduce your risk for Type 2 diabetes by over 50% if you*:

- Lose 7% of your body weight. For example, if you weigh 200 lbs., that would mean losing 14 pounds. No matter how much you weigh, losing even 10 to 15 lbs. makes a significant difference.
- Exercise moderately 30 minutes a day, five days a week. For example, try brisk walking, swimming, or bike riding.
- In **Your Wellness Counts**, two of the Modules, **Eating Better** and **Moving More**, offer ideas that can help you take steps that can help with these steps.



What do you want to ask your doctor, nurse, or other health care professional, so you can learn more about pre-diabetes?



*Reference & Resource: <http://www.diabetes.org> (search for "prediabetes")



Wondering if you have Metabolic Syndrome?

After reading the last two pages, you may wonder if you have Metabolic Syndrome. Only healthcare providers can assess whether or not this is the case for you. However, the information below is designed to help raise your awareness of the medical signs of Metabolic Syndrome. If you check “Yes” to any of these health indicators or if you have any questions, you can speak to your doctor, nurse or another professional about these issues.

Health Indicators (medical signs) to screen for Metabolic Syndrome	Is this true for you?	
	Yes (or unsure)	No
1. Waist circumference, measured at your belly button <ul style="list-style-type: none"> ○ Women: Is your waist more than 35 inches? ○ Men: Is your waist more than 40 inches? 		
2. Blood pressure, measured with a blood pressure cuff <ul style="list-style-type: none"> ○ Is your blood pressure 140/90 or higher? ○ Do you take medicine for high blood pressure now? 		
3. Fasting glucose (blood sugar), measured with a blood test <ul style="list-style-type: none"> ○ 100 mg/dL or more <u>or</u> HGBA1c > 6.0% ○ If you take medicine for high glucose now for diabetes 		
4. Fasting blood triglycerides, measured with a blood test <ul style="list-style-type: none"> ○ 150 mg/dL or higher ○ Do you take medicine for high triglycerides now? 		
5. High Density Lipoprotein (HDL) <ul style="list-style-type: none"> ○ Women: Less than 50 mg/dL ○ Men: Less than 40 mg/dL ○ Do you take medicine for low HDLs now? 		
How many risk factors do you have?		

If you checked “Yes” to three or more of the above risk factors, we recommend asking a health professional about Metabolic Syndrome and what you can do.



What questions do you have for your doctor, nurse, or counselor about how Metabolic Syndrome applies to you?



Resource: <http://www.state.nj.us/> (search for “Metabolic Syndrome Tracking”)



Some Medications Can Increase Your Risk of Metabolic Syndrome



For some people, antipsychotic medications can help lessen symptoms but can also bring unwanted side effects. These side effects can be different for each person. Some people may feel sleepy or tired, gain weight, develop high cholesterol, or have high blood sugar. All of these things can make it more difficult to improve your overall wellness and enjoy your life.

The first types of mental health medications specifically designed to help with psychosis are called “first-generation antipsychotics”—these are older medications. Examples of these older medications are chlorpromazine (the brand name is Thorazine) or haloperidol (the brand name is Haldol). Side effects of these drugs include *tardive dyskinesia* (TD), which involves involuntary movements of the face and other parts of the body.

Second-generation antipsychotics” or SGAs were newer medications developed to try to improve effectiveness while avoiding serious side effects like TD. These medications are also referred to as “atypical” medications because they work in a different way from the older ones. In general, the side effects of the newer medications are milder. They can however impact how your body uses fats and sugars which may contribute to weight gain.

Some examples of SGAs are:

- clozapine (Clozaril—brand name)
- olanzapine (Zyprexa, Relprevv)
- risperidone (Risperdal, Consta)
- quetiapine (Seroquel)
- paliperidone (Invega, Sustenna)
- ziprasidone (Geodon)
- aripiprazole (Abilify, Maintena)
- loperidone (Fanapt)
- lurasidone (Latuda)
- asenaphine (Saphris)



If you have taken, or are taking, any of the medications listed, what questions do you have for your doctor, nurse, or counselor?

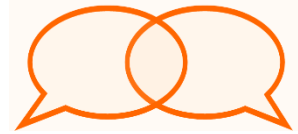


Resource: <http://www.state.nj.us/> (search for “Medication Informational Manual”)



Learning About Your Medication

When you receive a mental health diagnosis and are prescribed medications, you can ask questions and talk about your concerns. You can also keep track of any potential related health risks. Module 3 in **Your Wellness Counts**, on **Shared Decision Making**, discusses ways you can be a more active participant in your treatment, including different choices about your medication.



Here are some important points to think about. You can take charge of your overall wellness by learning about your medications:

- As a person in recovery, you have the right to be an informed and active member in treatment decisions, including ones related to your medication.
- Certain medications place you at a higher risk for developing Metabolic Syndrome. From the list on the previous page, some seem to contribute to a:
 - *Higher risk* – these are Clozaril, Zyprexa, and Relprevv
 - *Moderate risk* – these are Risperdal and Seroquel
 - *Lower risk* – these are Abilify, Geodon, Saphris, Fanapt, and Latuda
- Medications that do not seem to increase your risk for Metabolic Syndrome may have other undesirable effects such as fatigue and sexual dysfunction.
- You and your health care team can work together to identify medication that minimizes your risk for Metabolic Syndrome.
- These treatment decisions impact your overall health and your ability to reach your wellness goals.



What questions do you have for your doctor, nurse, or counselor about your medications and preventing Metabolic Syndrome?



Reference: <http://care.diabetesjournals.org/> (search for “consensus development”)



Getting the Information You Need to Make Decisions about Your Medication

Some people feel uncomfortable asking the doctor or nurse about their medications. Your prescriber may have limited time or you may find it hard to start the conversation. You may also feel that you have too many questions and issues that you want to discuss, especially if you haven't spoken much about these issues so far.

You may find it helpful to plan ahead. Before you meet your doctor or nurse, try organizing your thoughts, concerns, and questions. Write them down and number them so you can talk about the top priority issues, even if there is too little time to discuss everything. You may not be able to have all your questions answered during every visit, but you can decide which the most important ones to ask first are and which can be asked at a later visit.

In Module Three, you will find a worksheet called "Sharing Decisions about Medication." It can guide your thinking about what to do before, during, and after your appointment. Some specific questions are also listed that other persons in recovery have found useful to ask.

The box below has some examples. By sharing decisions about medication with others, you can identify *what's important to you* and *what's the best way* for you to reach your goals.

- How will this medication help me?
- What are the **risks** now and in the future? What can I do to reduce the risks?
- How may this medication affect, or be affected by, the following?
 - Eating
 - Sleeping
 - Going to school
 - Smoking
 - Having sex
 - My other medications
 - My physical health
 - My weight
 - Working
 - Drinking alcohol/Using substances
- What are my other options (medication & alternative therapies)?



Resource: <http://www.state.nj.us/> (search for "Sharing Decisions")



Lifestyle Habits Can Decrease Your Risk for Metabolic Syndrome

Although many people have Metabolic Syndrome, it *can be* prevented and/or managed. In addition to sharing decisions about your medication, the first line of defense is a healthier lifestyle:

- ⊙ Healthier eating choices
- ⊙ Increasing physical activity
- ⊙ Eliminating or reducing the use of tobacco products

This list includes lifestyle habits, things you do often, that can contribute to Metabolic Syndrome. Which ones are true for you?

- I watch a lot of TV.
- I sit most of the day.
- I eat a lot of fast food.
- I drink a lot of soda.
- I eat very few vegetables.
- I eat a lot of sweets.
- I eat a lot of salty foods.
- I need to smoke right away when I wake up.
- I smoke because I have nothing better to do.



Even a small lifestyle habit change can reduce your health risk.



Which of your current lifestyle habits contribute to your risk of Metabolic Syndrome?



What Did You Learn?

Before you move to Module 3, here is a summary of some of the main points from this module, ***Wellness Your Way***:

- ✓ Wellness is self-defined and includes making healthy choices in a number of important areas of your life, including your physical health.
- ✓ Your Overall Wellness Goal is something that you believe can give you a sense of pride and purpose.
- ✓ A healthy balance between your physical health and mental health can help you fulfill the goals that are meaningful to you.
- ✓ While Metabolic Syndrome can impact your overall health, you can prevent it or manage it by starting to make small changes in your life.
- ✓ One small step is to share decisions about your medication so you can be your best self to achieve your Overall Wellness Goal.
- ✓ By addressing an everyday healthy behavior (e.g. eating better, moving more or stopping smoking) in any way you decide, you can reduce your risk for Metabolic Syndrome so *you can live the life you desire and deserve*.



What are the most important things you learned from this module? What did you learn that can help you get closer to your Overall Wellness Goal?





Congratulations!



You have completed the **Wellness Your Way** module.



From here, you can choose which module to use next to help you improve your physical wellness and get closer to your Overall Wellness Goal:

→ A recommended next step is to learn about being more active in your current treatment, using the **Shared Decision Making** module.



→ If you decide that the way you eat is a thing you want to change, go ahead and move on to the module on **Eating Better**.



→ If you decide that getting more physical activity is most important, take a look at the module on **Moving More**.



→ If you're **most** concerned about your smoking, see the module on **Deciding about Smoking**.



→ If you want to learn how to maintain and track your wellness, you can go directly to **Wellness Every Day**.



Go to the module that you think is right for you.



Wellness Your Way – Resources and References



- Listed in order of topics mentioned in this module
- Reference or resource with asterisk*= mentioned previously on page

For more on overall wellness:

1. <http://www.samhsa.gov/wellness>

For more ideas on building self-esteem:

2. <http://store.samhsa.gov/shin/content//SMA-3715/SMA-3715.pdf>

For the dimensions of wellness:

- 3.*http://www.state.nj.us/humanservices/dmhas/resources/mental/CSP_Wellness_8_Dimensions.pdf
4. <https://cpr.bu.edu/living-well/eight-dimensions-of-wellness>
5. http://www.nationalwellness.org/?page=Six_Dimensions

For guidance on developing a meaningful life goal:

6. <http://www.cmhsrp.uic.edu/download/sdlifeplan.pdf>

For information on disease & lifespan in mental illness:

- 7.<http://nasmhpd.org/docs/publications/MDCdocs/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf>

To learn more about metabolic syndrome:

- 8.* <http://www.ncbi.nlm.nih.gov/pubmed/25528926>
- 9.* <http://www.nasmhpd.org/content/morbidity-and-mortality-people-serious-mental-illness>
10. *<http://www.nhlbi.nih.gov/health/health-topics/topics/ms>
11. *http://www.nami.org/factsheets/metabolicsyndrome_factsheet.pdf
- 12.http://www.heart.org/HEARTORG/Conditions/More/MetabolicSyndrome/Metabolic-Syndrome_UCM_002080_SubHomePage.jsp

To learn more about pre-diabetes and screening:

- 13.*<http://www.diabetes.org/are-you-at-risk/prediabetes/>
14. http://www.joslin.org/info/what_is_pre_diabetes.html



To track risk factors of Metabolic Syndrome:

- 15.*http://www.state.nj.us/humanservices/dmhas/forms/Miscellaneous/Metabolic_Synd_Track_Form.pdf
- 16.<http://dmh.mo.gov/docs/mentalillness/metabolicsyndromescreeningandmonitoringtool.pdf> (for professionals in Missouri)

For more on diagnosis and management of Metabolic Syndrome (MetS):

17. <http://circ.ahajournals.org/content/112/17/2735.long>

For a summary of medication information:

- 18.*http://www.state.nj.us/humanservices/dmhas/publications/misc/Medication%20Manual%202008/English/Medication_Manual_English.pdf

For research on second generation antipsychotics (SGAs) and MetS:

- 19.* <http://care.diabetesjournals.org/content/27/2/596.full>

To learn more about discussing your medications:

- 20.http://www.state.nj.us/humanservices/dmhas/publications/misc/Medication_Manual_2012/Sharing_Decisions_Re_Meds.pdf

Additional Resources

- New Jersey Division of Mental Health Services, Wellness and Recovery:
<http://www.state.nj.us/humanservices/dmhas/initiatives/wellness/>
- SAMHSA's Wellness Resources:
<http://www.samhsa.gov/wellness-initiative/wellness-resources>

