

What is WELLNESS?

Wellness is the HEALTHY BALANCE of the mind, body, and spirit that result in a higher quality of life and can be thought of as a HOLISTIC approach to health and treatment.

Complementary to other clinical treatments, RECREATION THERAPY (**ACTIVITIES**) has **extensive research** showing how multiple interventions can improve your “wellness” by potentially **decreasing your stress, pain, and anxiety, decreasing morbidity, improving relationships, improving your confidence, and improving your mood and overall well-being.**

Types of groups that assist in achieving **wellness** :

- **Relaxation**

- Types of interventions to improve relaxation, decrease stress, anxiety and potential pain is to use **guided imagery, meditation, aromatherapy, reflexology, progressive muscle relaxation, breathing exercises, massage/self-massage, tai chi, yoga, music, and pet therapy among others.**



- **Creative Expression**

- Unlike from “arts and crafts,” creative expression activities have the purpose of assisting in reducing anxiety, stress, and PTSD symptoms, helping individuals achieve self-exploration, improving self-esteem, and developing relationships with others. Ways to achieve creative expression include **song writing/music, dancing, poetry, journal writing, short story writing, and paint/draw/creating with purpose.**

- **Education**

- Lifelong education is an important part of a fulfilled life, when we learn something it improves our self-esteem, our purpose, our skills, and our confidence. Thus, providing opportunities for your residents that aid in a continued learning environment are important. Educational groups include **language learning, arts (painting, drawing, photography), technology, gardening, cooking, and any other hobby/skills your residents are interested in learning.**

- **Healthy Habits**

- Living a life of healthy habits extends our lives, and decreases our risk of morbidity. Healthy habit groups include **time management, stress management, the importance of structure, recreation participation, leisure education, exercise, boundaries, healthy cooking/nutrition groups, volunteering/giving back, along with life skills groups.**