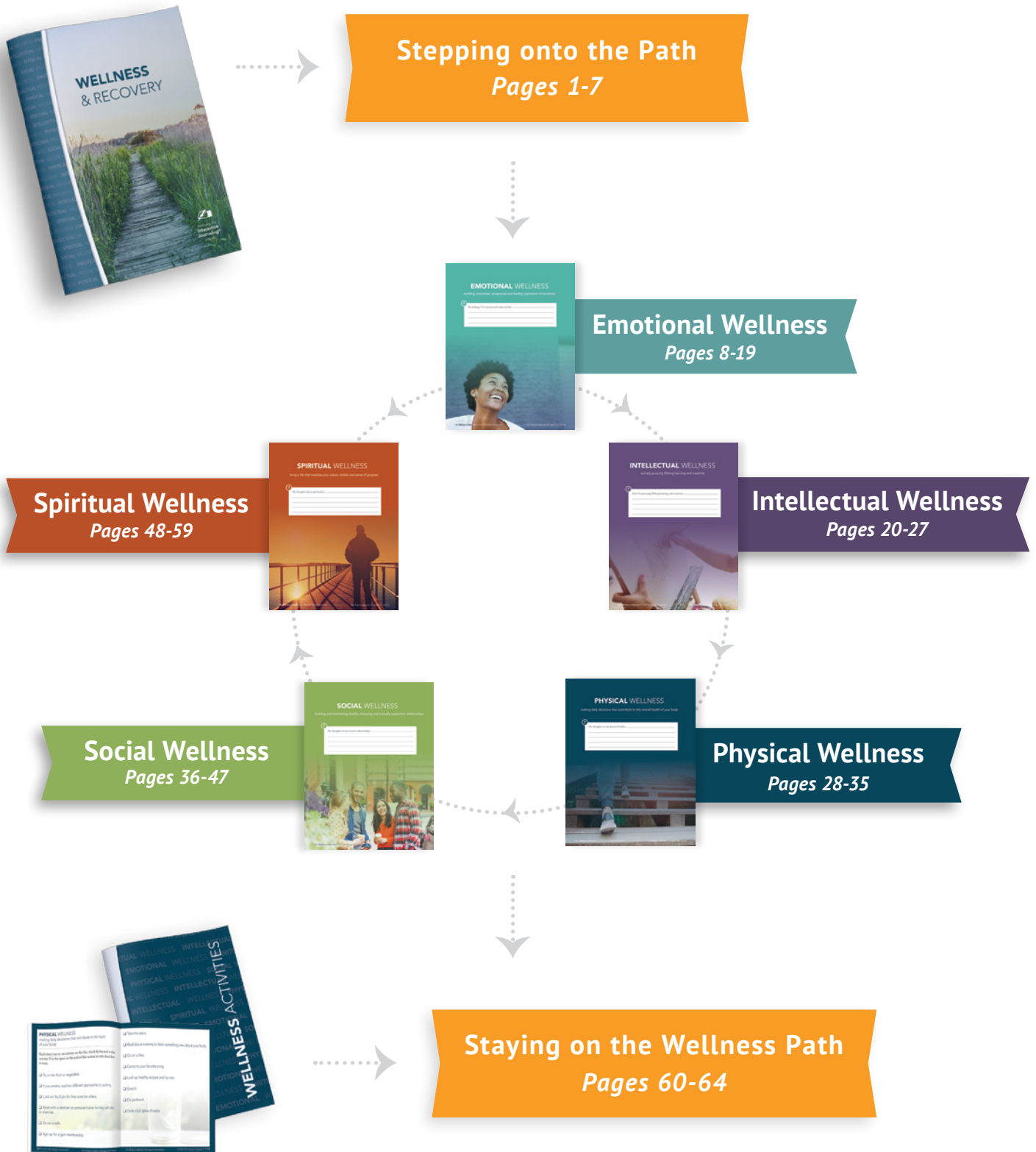


Wellness & Recovery Session Plans

The Introduction and orientation to *Wellness & Recovery* is completed on an individual basis. Individuals should be able to complete pages 1-7 in a few hours' time.



Session Plans *(Open group format: 60 to 90-minute sessions)*

In an open group, participants will be completing their *Wellness & Recovery Journal* at different times. Once an individual has completed the five wellness sections in group, they will want to complete the *Reviewing My Commitments To Change* section, pages 60-64 and the Journal summary on inside back cover. This work can be accomplished independently, or the individual can complete the pages and present their wellness commitments to the full group. Public commitments work best, and it brings closure to the group process for the individuals.

Emotional Wellness

Session 1

In-session Objectives

Introduce **Emotional Wellness** and process pages 8-10. If this is the participant's first session, introduce *Wellness Activities Booklet (WAB)*.

Out-of-session Objectives

Ask participants to complete the activity on *WAB* page 6, and write in your journal. If not provided, encourage participants to buy a cheap notebook.

Session 2

In-session Objectives

Discuss how their journal writing went. Praise those who wrote. Encourage those who did not to purchase a cheap notebook. Process pages 11-13.

Out-of-session Objectives

WAB page 6: look for positives in difficult situations. Ask participants to write positive self-talk statements on separate pages (post-it-notes) and place around their living space.

Session 3

In-session Objectives

Review *WAB* page 6 positives. Encourage individuals to share where they posted their positive statements and what has been the experience. Process pages 14-16.

Out-of-session Objectives

Ask participants to practice Internal/External Coaching skills. Encourage participants to complete *WAB* page 4 gratitude list. Write a gratitude letter to someone who has helped them.

Session 4

In-session Objectives

Review Coaching practice. Update Journal page 14 if needed. If someone wrote a letter of gratitude, how did it make them feel? Process pages 17-19.

Out-of-session Objectives

Invite participants to practice compassion with one person. Ask participants to practice one strategy on page 18 and reach out to the person listed on page 19.

Session Plans (Open group format: 60 to 90-minute sessions)

Intellectual Wellness

Session 1

In-session Objectives

Introduce *Intellectual Wellness* and process pages 20-23. If this is the participant's first session, introduce *Wellness Activities Booklet (WAB)*.

Out-of-session Objectives

Ask participants to complete *WAB* page 9 (poem/song) or page 10 (painting).

Session 2

In-session Objectives

Encourage participants to share their poems, songs and paintings. Process pages 24-25.

Out-of-session Objectives

WAB page 8: find, download and listen to a podcast related to their question (Page 25). Invite participants to seek out answers to their questions.

Session 3

In-session Objectives

Ask participants to share where they found answers to their questions and what they learned. Process pages 26-27.

Out-of-session Objectives

Invite participants to reach out to the person they identified who can help them with change. Encourage participants to continue to practice activities in their *WAB*.

Session Plans (Open group format: 60 to 90-minute sessions)

Physical Wellness

Session 1

In-session Objectives

Introduce *Physical Wellness* and process pages 28-30. If this is the participant's first session, introduce *Wellness Activities Booklet (WAB)*.

Out-of-session Objectives

Ask participants to track what they eat for three days and include how they felt before and after, and what was their reason for eating (hunger, boredom, stress).

Session 2

In-session Objectives

Invite participants to share their eating log and what they learned about their eating habits. Process pages 31-33.

Out-of-session Objectives

Ask participants to try out one suggestion from page 31 and complete *WAB* page 12 and look for online exercise videos.

Session 3

In-session Objectives

Ask participants to share which suggestion from page 31 they tried and how it was helpful. Process pages 34-35.

Out-of-session Objectives

Invite participants to reach out to the person they identified who can help them with change. Encourage participants to continue to practices activities in their *WAB*.

Session Plans *(Open group format: 60 to 90-minute sessions)*

Social Wellness

Session 1

In-session Objectives

Introduce **Social Wellness** and process pages 36-38. If this is the participant's first session, introduce *Wellness Activities Booklet (WAB)*.

Out-session Objectives

Ask participants to complete *WAB* page 16 and call an old (prosocial) friend they haven't spoken to in a while.

Session 2

In-session Objectives

Invite participants to share their experience calling an old friend. Process pages 39-41.

Out-session Objectives

Finish *WAB* page 16 by writing an email to someone they admire.

Session 3

In-session Objectives

Invite participants to share their experience of sending an email to someone they admire. Process pages 42-44.

Out-session Objectives

Encourage participants to try the activity on *WAB* page 18 asking someone in their safety net for advice.

Session 4

In-session Objectives

Ask participants to share their experience asking someone for advice. Process pages 45-47.

Out-session Objectives

Invite participants to reach out to the person they identified who can help them with change. Encourage participants to continue to practice activities in their *WAB*.

Session Plans (Open group format: 60 to 90-minute sessions)

Spiritual Wellness

Session 1

In-session Objectives

Introduce *Spiritual Wellness* and process pages 48-50. If this is the participant's first session, introduce *Wellness Activities Booklet (WAB)*.

Out-session Objectives

Ask participants to do the activity on *WAB* page 21 and look in the mirror and say, "I love you."

Session 2

In-session Objectives

Ask participants to share their experience giving themselves positive affirmations. Process pages 51-53.

Out-session Objectives

Ask participants to do the activity on *WAB* page 21 and memorize the Serenity Prayer. Also invite participants to research the concept of mindfulness.

Session 3

In-session Objectives

Ask participants to share what they learned about mindfulness. Process pages 54-56.

Out-session Objectives

Encourage participants to practice urge surfing next time they experience an urge or craving.

Session 4

In-session Objectives

Ask participants to share their urge surfing experience. Encourage them to practice it whenever cravings occur. Process pages 57-59.

Out-session Objectives

Invite participants to reach out to the person they identified who can help them with change. Encourage participants to continue to practice activities in their *WAB*.