

THE SWEET SIX

COMMUNITY WELLNESS PROJECT

*PREVENTION,
RESILIENCY,
& WELLNESS:*

Cherry Health ~ *Health Promotion Services*

Substance Use Disorder Prevention

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Quantity and Quality



Living a long life provides opportunities for creating a meaningful life.

Living a meaningful life adds length to our lives while creating a legacy to pass on.

Our personal choices have the largest impact on both the quantity and quality of our lives.

Wellness Precepts



Based on the premise that the human being is *Innately Predisposed* to health and well-being.

Differentiates between *Surviving* and *Thriving*

Science and Religion agree =
at our core, our essence is ENERGY & LIGHT!

Focus on our Strengths and Optimism – moving toward the *Positive*

Choices are key to *Creating the Quality* of our lives.

The game plan is to *TRUST* our innate wisdom – our predisposition to health.

Goals of Prevention, Resiliency, & Wellness:

*Living an enjoyable life in optimal health
that is, a high level of functional health –
less illness, quicker recovery, ability to engage
in what is important – for as long in life as possible*

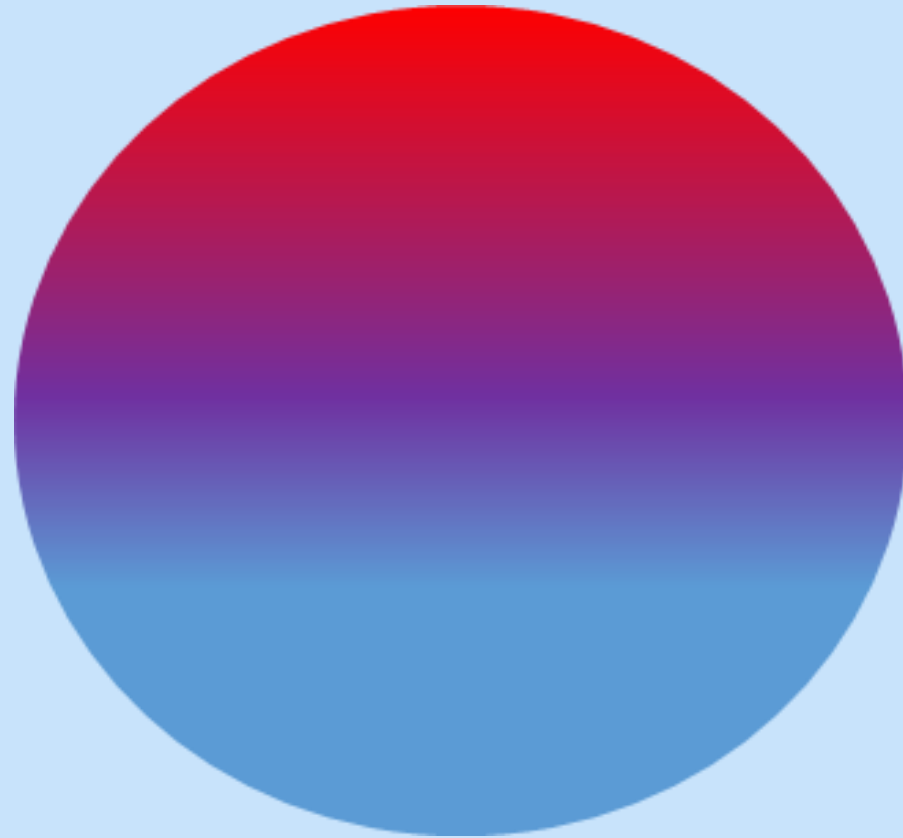
Managing hardships with resilient and positive attitudes

Living honestly with oneself – self awareness is self empowerment

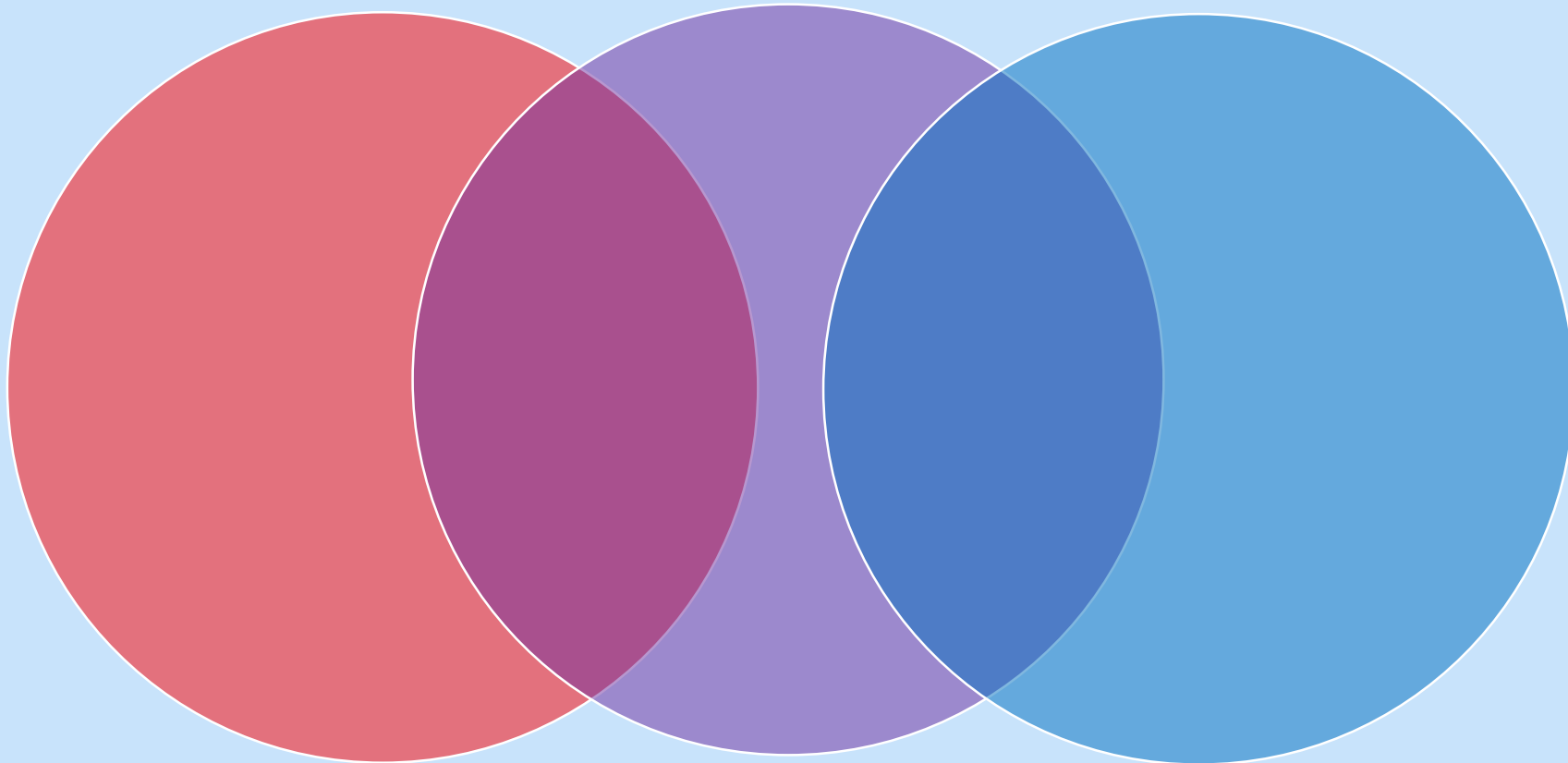
Creating a community, an environment, supporting wellness choices.



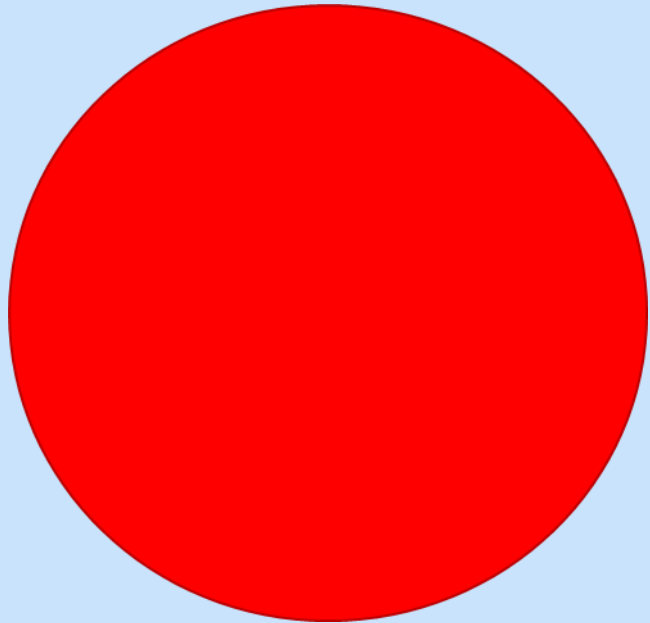
Three Dimensions of Wellness



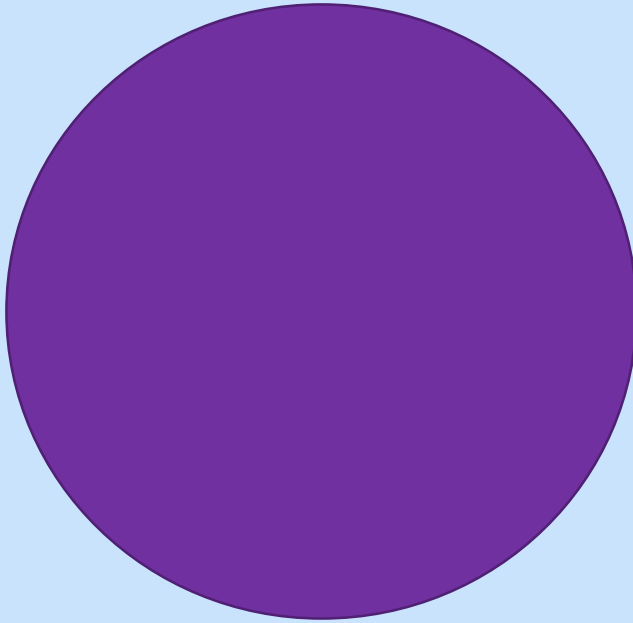
To help understand where our choices lie, we separate the whole into specific aspects



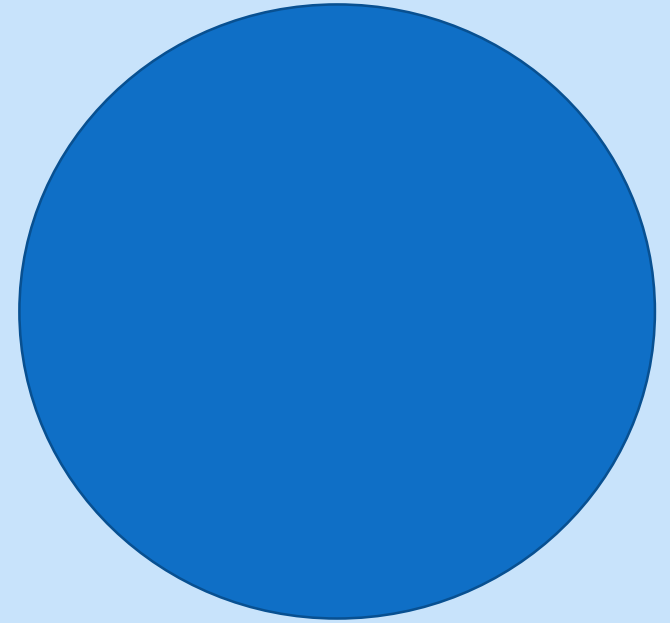
Societal



Systems



Personal



Societal – (Social Determinants)

Accessibility
(transportation,
language, affordability)

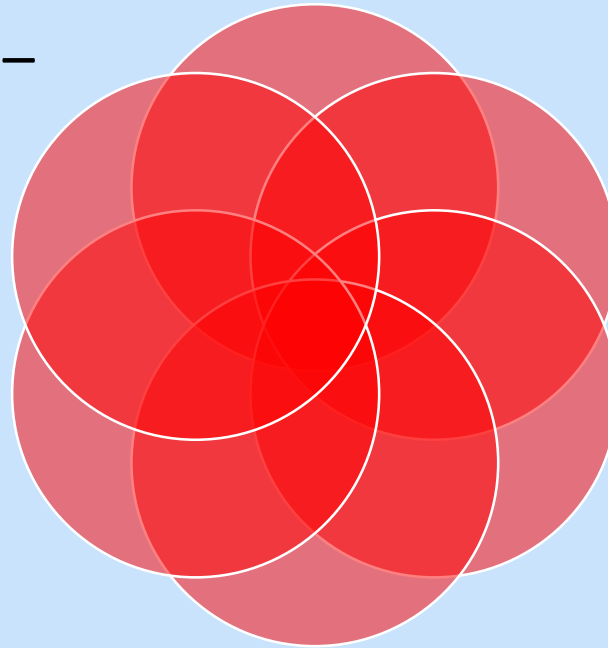
Community Attitudes –
Acceptance, Stigma,
Prejudice

Laws and
Policies

Environment

Safety & Security
(food, shelter,
clothing)

Financial -
Employment



Systems

Access

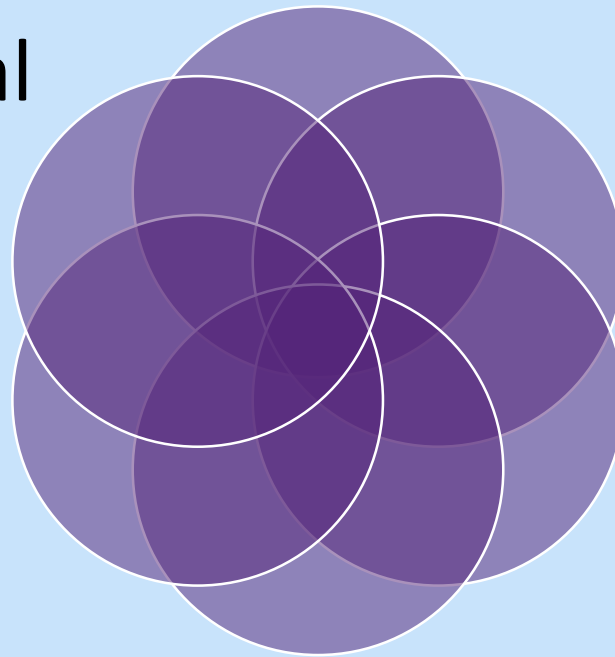
Environmental
Design

Cultural
Sensitivity

Trauma
Informed

Customer
Service

Person-
Centered



Personal

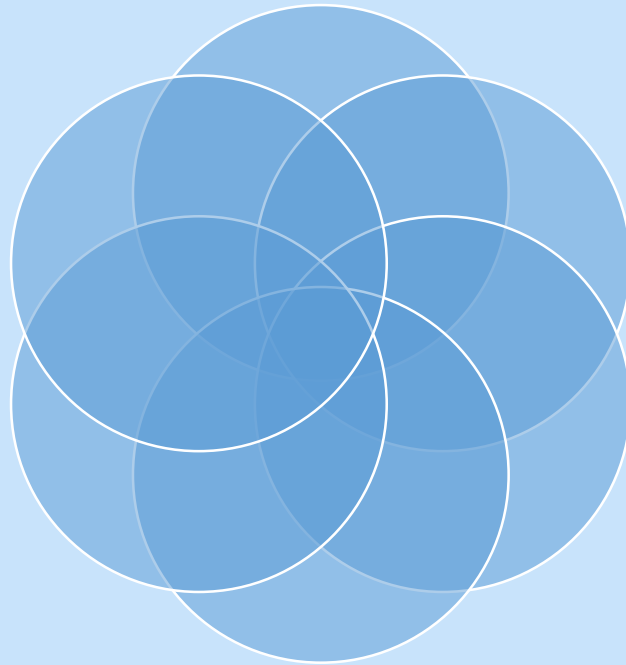
Spiritual

Environment

Physical

Social

Emotional



Mental

*Informs both
Societal and
Systems factors*

*What are the
“KEY” areas?*

Review of Wellness Studies

page 1

- Eight Dimensions of Wellness – *Substance Abuse and Mental Health Services Administration (SAMHSA)*
- Whole Health Action Management – (WHAM) – SAMHSA
- Top Five Regrets of The Dying
- 5 Traits of People who Live Long, Healthy Lives

Review of Wellness Studies

page 2

- Blue Zones
- What Makes a Good Life – Happiness in Later Years
- What Reduces the Chances of Dying The Most
- Six Steps to Cognitive Health
- Substance Use Disorder and Mental Health Shared Protective Factors – SAMHSA

8 Dimensions of Wellness - SAMHSA

Emotional – coping effectively and creating satisfying relationships

Environmental – pleasant, stimulating spaces that support well-being

Financial – satisfaction with current and future financial situations

Intellectual – creative abilities and expanding knowledge and skills

Occupational – satisfaction and enrichment from one's work

Physical – activity, healthy foods, and sleep

Social – sense of connection, belonging and support system

Spiritual – sense of purpose and meaning in life

WHAM - SAMSHA

Stress Management

Healthy Eating

Physical Activity

Restful Sleep

Service to Others

Support Network

Optimism Based on Positive Expectations

Cognitive Skills to Avoid Negative Thinking

Spiritual Beliefs and Practices

A Sense of Meaning and Purpose



Top Five Regrets of the Dying

Article: Susie Steiner; The Guardian – [www/guardiannews.com](http://www.guardiannews.com); February 1, 2012

- 1) Courage to live life true to themselves --- follow their dreams.
- 2) Missed their children's youth and partner's companionship.
- 3) Courage to express their feelings --- being honest with selves and others in their lives.
- 4) Stayed in touch with friends --- giving friendships the time and effort they deserved.
- 5) Let themselves be happier --- came to realize happiness is a choice.

5 Traits of People Who Live Long, Healthy Lives (According to Science)

Dr. William Cole, July 12, 2016

- 1) Conscientiousness – less likely to take risks, thorough and efficient
- 2) Openness – quick to listen to others' feelings and ideas
- 3) Emotional Stability – not an emotional roller coaster;
~ *one of the strongest links to living a long life*
- 4) Friendliness – easygoing;
~ *for women the 2nd highest character quality*
- 5) Emotional Expression – openly express their emotions

Blue Zones – Longevity and Health Zones



Blue Zones – Common Denominators

- 1) Move Naturally – activity they enjoy, “constantly” moving
- 2) Downshift – time for reflection, pull back, relaxation
- 3) Sense of Purpose – why we get up in the morning
- 4) Plant Based Diet
- 5) Eating Wisely with an 80% Rule
- 6) Connection with Loved Ones
- 7) Belong to a Faith Based Community
- 8) The Right Tribe – hang out with healthy people



What Makes a Good Life – Happiness

A Harvard study of 724 men over 75 years.

As reported by Robert Waldinger, 4th study director, on a TED Talk



Primary lesson learned:

Good Relationships keep us happier and healthier.

Three dimensions were identified:

- 1) Social Connections are really good for us & loneliness is toxic.
- 2) It is not just the number of people but the Quality.
- 3) Good relationships not only protect the body but also the brain.

What Reduces the Chances of Dying the Most

From a Brigham Young University study; as reported by Susan Pinker in a TED Talk

- 1 - Social Integration – daily interaction with people, weak and strong bonds
- 2 - Close Relationships – those you can rely on, “can call on for a loan”
- 3 - Quit Smoking
- 4 - Quit “Boozing”
- 5 - Flu Vaccine
- 6 - Cardiac Rehab
- 7 - Exercise
- 8 - Lean vs Overweight
- 9 - Hypertension Treated
- 10 - Clean Air



What Reduces the Chances of Dying the Most

From a Brigham Young University study; as reported by Susan Pinker in a TED Talk

6.25 Social Integration – daily interaction with people, weak and strong bonds

6.20 Close Relationships – those you can rely on, “can call on for a loan”

5.00 Quit Smoking

3.10 Quit “Boozing”

2.50 Flu Vaccine

2.20 Cardiac Rehab

2.20 Exercise

2.00 Lean vs Overweight

1.25 Hypertension Treated

0.75 Clean Air



Six Steps to Cognitive Health

HealthBeat; Harvard Medical School

Step 1: Eat a plant-based diet

Step 2: Exercise regularly

Step 3: Get enough sleep

Step 4: Manage your stress

Step 5: Nurture social contacts

Step 6: Continue to challenge your brain



SUD & Mental Health ~ (SAMHSA)

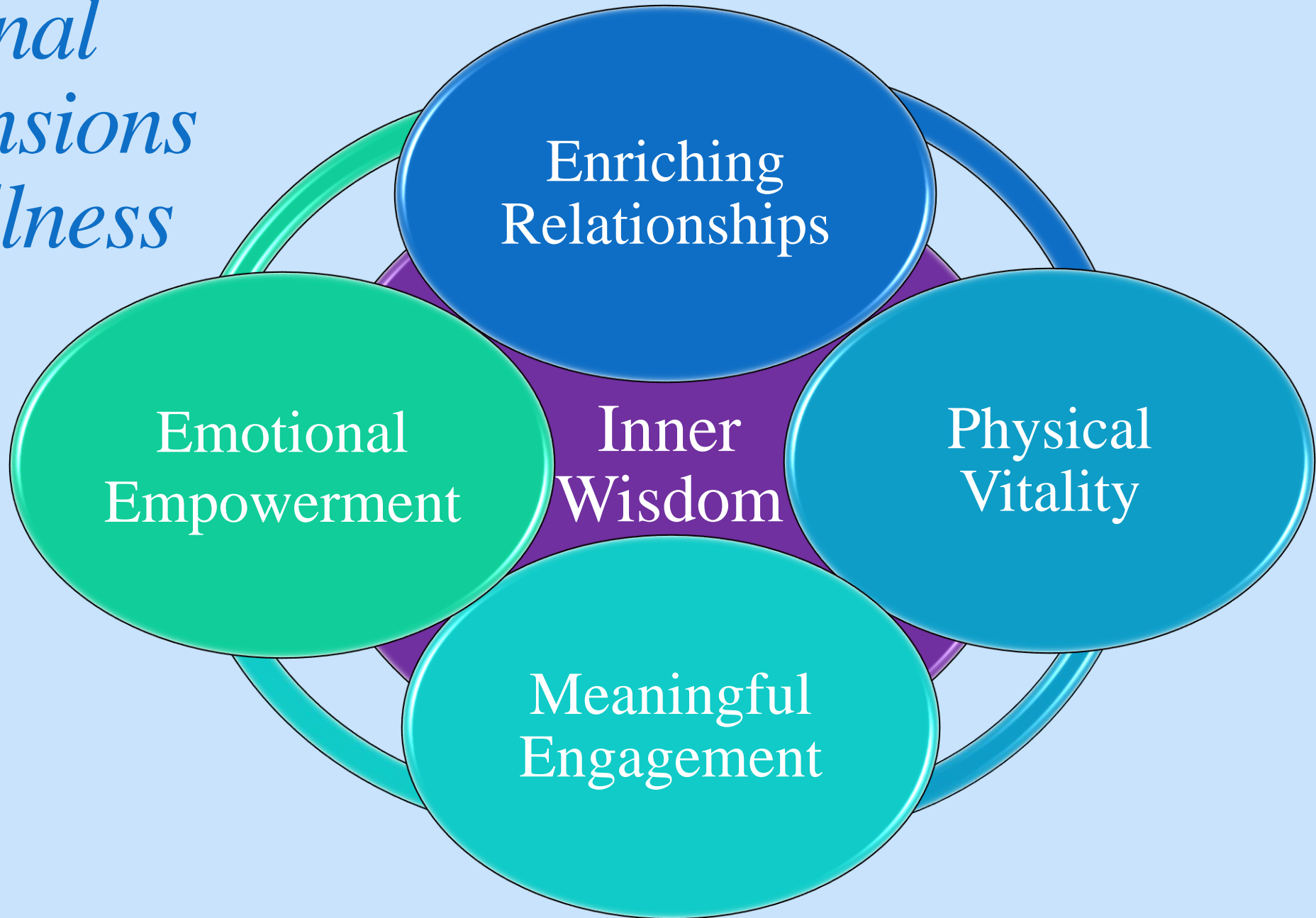
SHARED PROTECTIVE FACTORS

- ❖ Relationships – genuine friendships, mentor
- ❖ Emotional aptitude – feelings, coping and problem-solving skills
- ❖ Parent involvement
- ❖ Sense of belonging – genuinely needed religious/spiritual activities,
- ❖ Communication skills
- ❖ Experiencing success – accomplishment, self-worth, mastery, and value



Putting it all together - - -

*Personal
Dimensions
of Wellness*



“Make sure the ‘Message of Love’ gets through” – Jane Nelson

- Family Warmth and Connection
- Nurture Friendships
 - Close Friends
 - Support Network
- Sense of Belonging:
 - Social Connections
 - Service and Play



Enriching
Relationships

“Make sure the ‘Message of Love’ gets through” – Jane Nelson

➤ Communication Skills:

- Self Responsibility
- Healthy Boundaries
- Listening & Hearing

➤ Attitude of Connecting:

Optimism – Trust – Assuming & Seeing the Best

➤ Using Love Language:

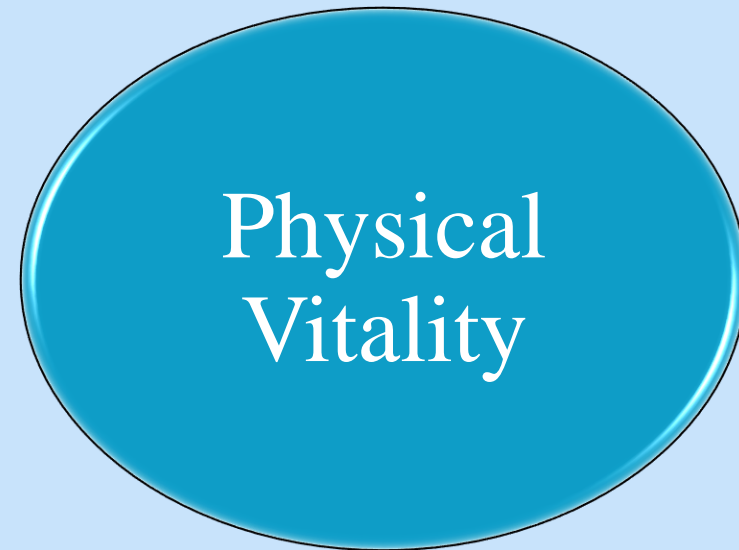
Time ~ Presence ~ Enjoying ~ Dignity & Respect



Enriching
Relationships

Homeostasis & Vitality

- Movement – Natural Functional
 - Aerobic, Strength, Stretching, Balance
- Nutrition
 - Plant based
 - Nutrient Rich Foods
- Sleep – 7 to 9 hours
- Stress Management



Homeostasis & Vitality

- Environment Promoting Well-Being
- No Tobacco, Illicit, or Unhealthy Drug Use – Limited or No Alcohol Use
- Self Care – Personal Hygiene to Medication Management to Personal Health Advocate



Physical
Vitality

Engaging Beyond YOUR Ordinary

Self Awareness – Self Value – Sense of Success – Sense of Purpose – Service / Giving Back

➤ Meaning & Purpose

- The 'Why' of getting out of bed
- The Spark in your imagination
- What you cannot, not do (Parker Palmer)

➤ Creative Expression

- Engagement with Passion
- Sense of Awe / Inspire one's self
- Play (Free Play)



Meaningful
Engagement

Engaging Beyond YOUR Ordinary

Self Awareness – Self Value – Sense of Success – Sense of Purpose – Service / Giving Back

➤ Learning; Growth Challenge

- Expand Knowledge & Skills
- Experiences of Success (& Failure)
- Mastery and Adding Value to Life

➤ Personal Spiritual Practices

- Ritual, Ceremony, Spiritual Community
- Inner Self Awareness – Mindfulness, Meditation

➤ Commitment Beyond Self

- Service to Others; to the Greater Good



Meaningful
Engagement

Personal Tools for Success

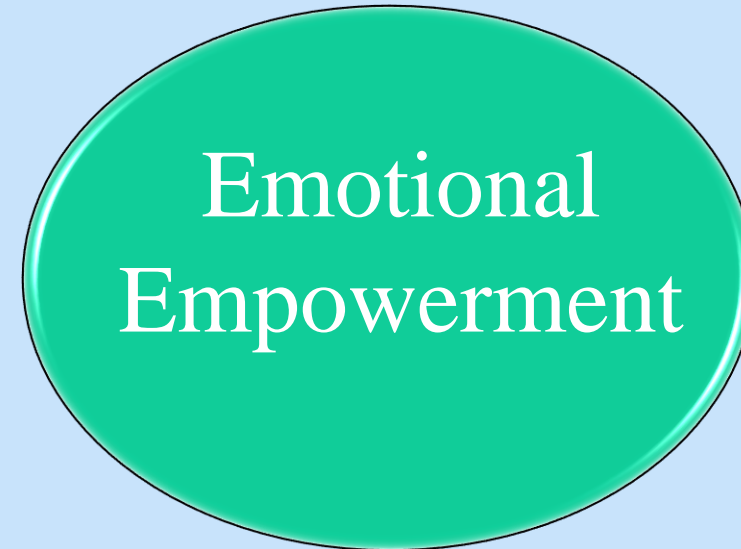
- **Self Awareness and Understanding**
 - Owning One's Feelings,
 - Self Management, Empathy, Social Skills
- **Resiliency / Addressing Trauma**
 - Coping Effectively
 - Processing Experiences
 - Support Networks
- **Healthy Expressions / Releasing Stress**
 - examples: journaling, breath work, creative outlet, etc.

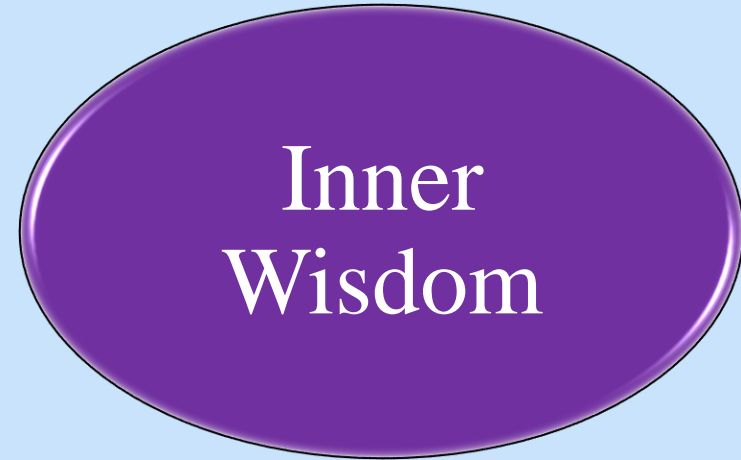


Emotional
Empowerment

Personal Tools for Success

- Self Honesty – Body Wisdom and Integrity
- Allowing / Choosing –
 - Optimism,
 - Appreciation
 - Compassion
 - Playfulness
 - Enjoying / Happiness
 - Respect / Dignity





- **Self Awareness** – How we engage with life
- **Life Philosophy** – Personal Vision, Guiding Principles
- **Responsibility & Choosing** – Beliefs, Attitudes, Perceptions, Interpretations, Intentions, and Actions
- **Intentional Stillness** – Understanding our source of strength, balance, healing, and well-being
- **The Mystery** – Allowing for the not yet known, making room for possibilities

In Summary ~ ~ ~

Five Primary Areas;

28 aspects to address for optimal health;

Numerous specifics within the 28 aspects.

Where to begin ?!?!

The Sweet Six

Beginning Points

Connecting
with Others

Purpose &
Meaning

Functional
Movement

Nutrient
Rich Foods

Open
Attitude

Intentional
Stillness

The Sweet Six

Beginning Points

**Connecting
with Others**

***A Primary Drive and Health Enhancing
-- Sense of Belonging, Nurture Friendships,
Communication Skills, Playfulness, Commit
to Others – Develop a Support Network,
Life Affirming Relationships***

***A Second Primary Drive is to Create
-- Invest in a Purpose – in that which
feels Meaningful, Service to Others,
Personal Spiritual Practices,
Creative Outlets***

**Purpose &
Meaning**

The Sweet Six

Beginning Points

**Functional
Movement**

Moving the Body; Enjoyable and Adding Value to Daily Activities – 150 min. per week
-- Aerobic, Strength, Stretching
-- Walking, Gardening, Bike Riding, Yoga, Swimming, Pickle Ball, Running, etc.

Plant Based – Fresh or Frozen
Water – Straight Up or Flavored
Limit Processing – Watch sodium, Sugars and Artificial Sweeteners, Saturated Fats, Unnecessary Additives – Look for Healthy Growing Practices

**Nutrient
Rich Foods**

The Sweet Six *Beginning Points*

Optimism – Positive Expectations

Appreciation – Kindness & Gratitude

***Compassion – Gentleness, Strength
and Support for self & others***

***Playfulness – Creative & Natural Learning;
Lighten Up; Light Up; Enlightenment***

***Enjoy – Engage with an Openness,
even a Vulnerability***

Open
Attitude

The Sweet Six

Beginning Points

The WHY? = Foundation to Access

- Personal Strength***
- Inner Wisdom and Understanding***
- Better Health and Wellness***
- Trust Yourself; Listen First***

**Intentional
Stillness**

The Sweet Six

Beginning Points

THE STEPS OF BEING STILL:

- Set a clear Intention***
- Awareness; a curiosity of the present moment***
- Open and Allow; invite the experience***
- Release Everything; Trust the process***

Intentional
Stillness

The Sweet Six
First Steps

Play with
your
Purpose

Make Time
for Others &
Listen

Move *your*
body

Choose
Nutrient
Rich *Foods*

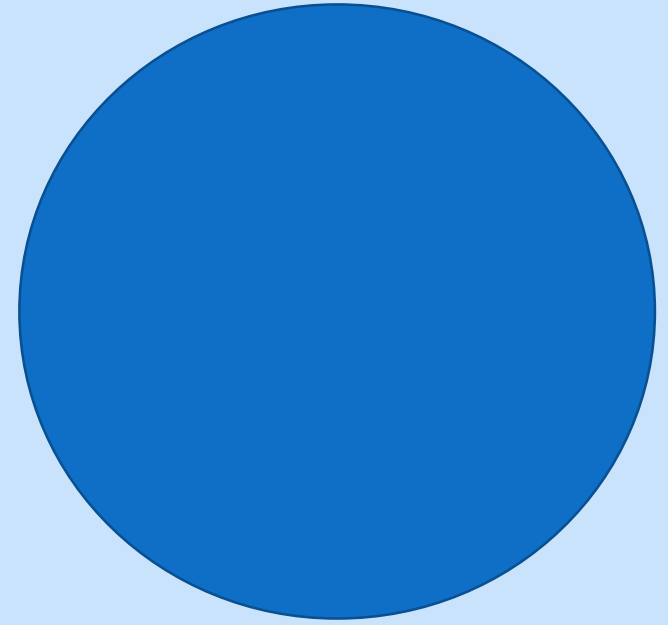
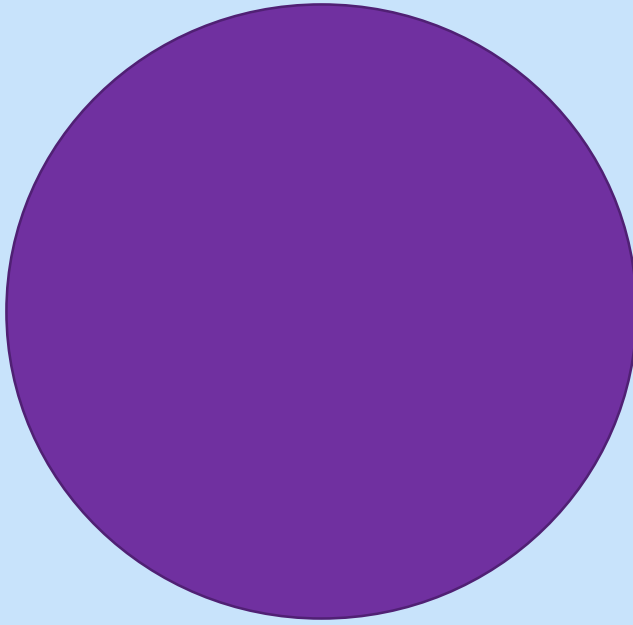
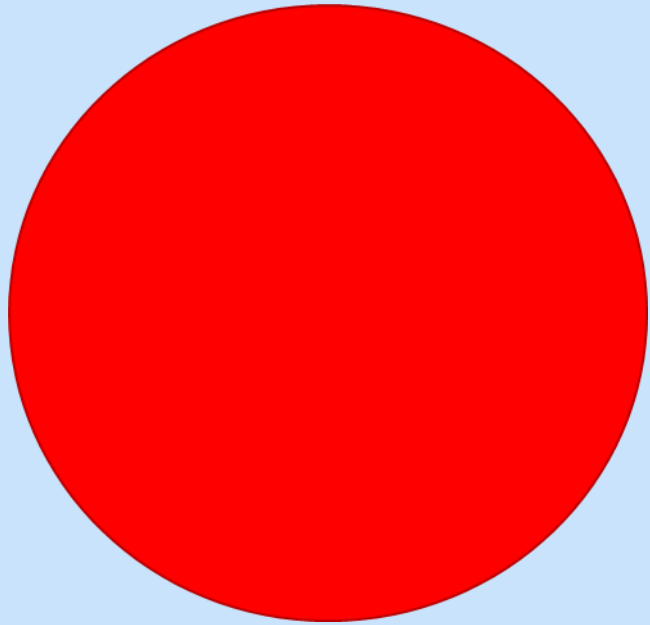
Lead with
Kindness &
Gratitude

Be
Intentionally
Still

Societal

Systems

Personal

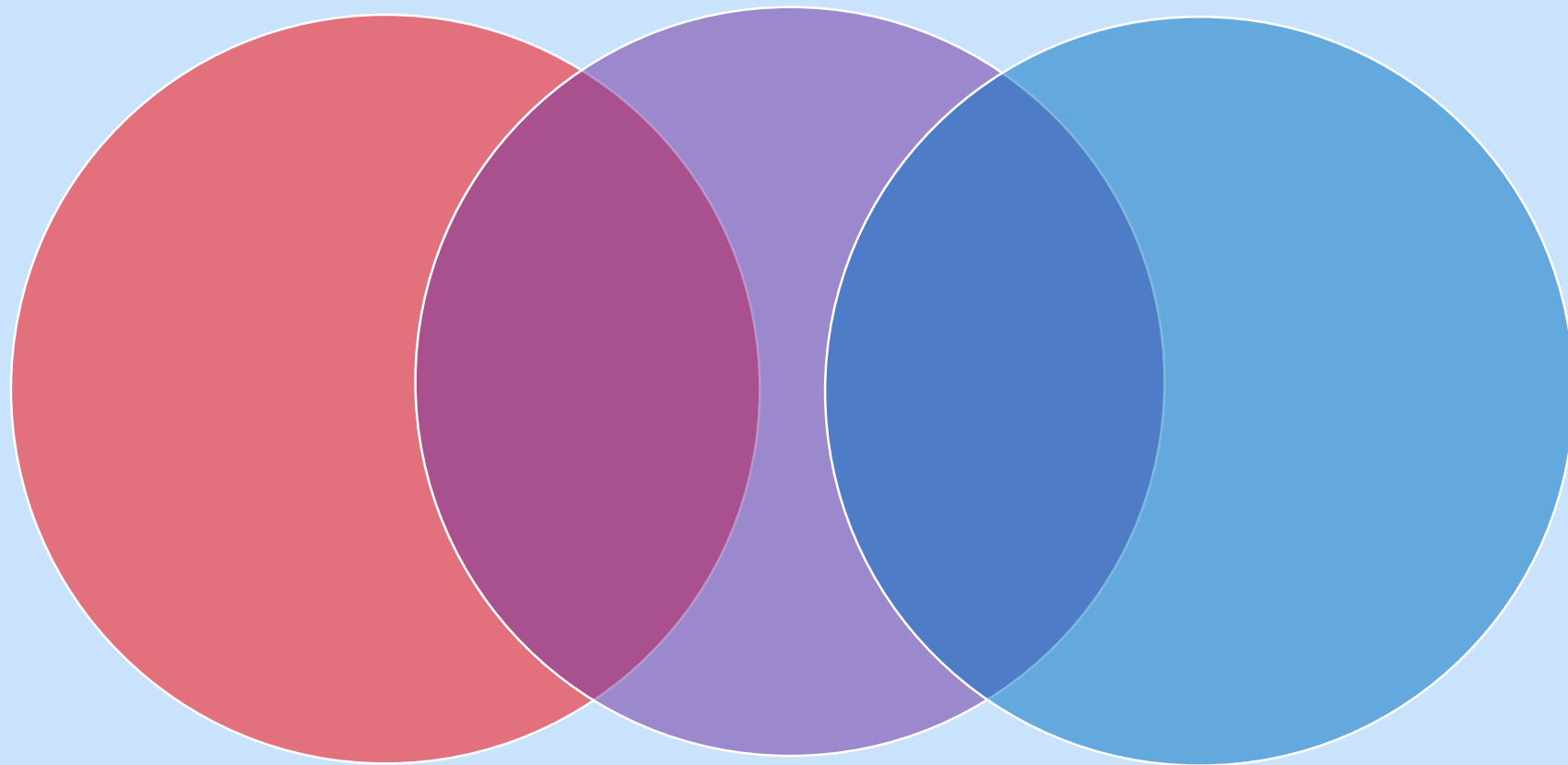


Mind

Body

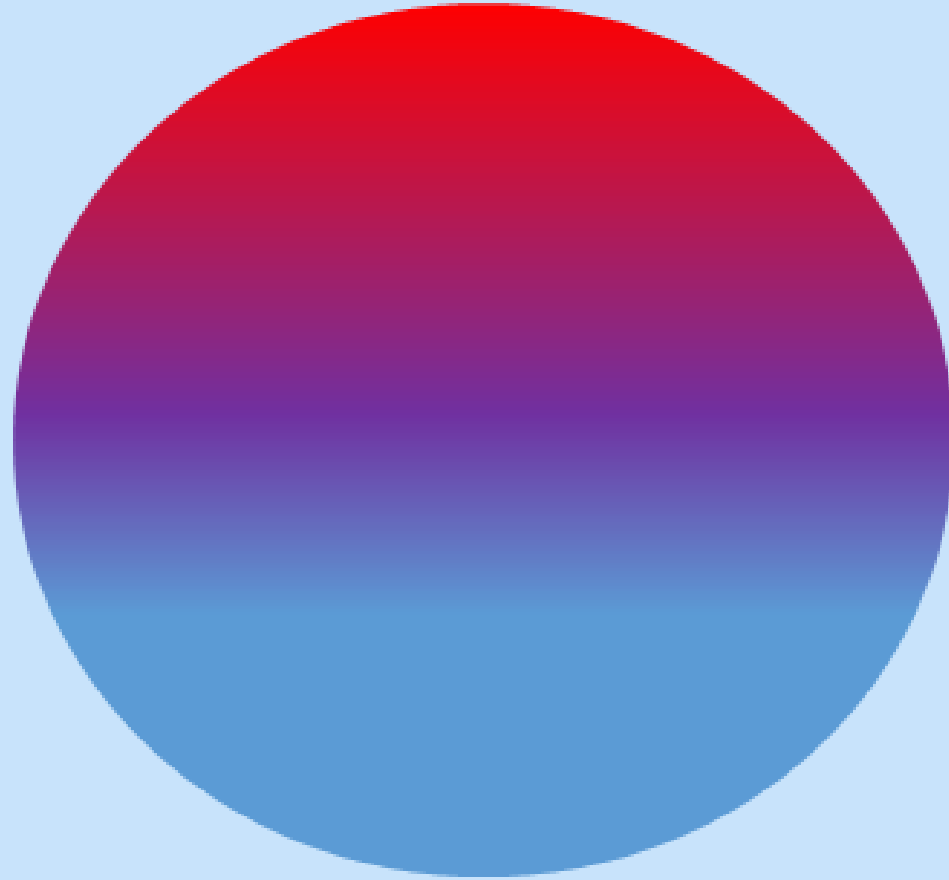
Spirit

Integrating as a Whole



Wellness ~ Integration

Externally



Internally

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Foundation for Wellness ~ *Intentional Stillness*

Intention
& Focus

Awareness
& Insight

Intentional
Stillness

Open &
Allow

Release
& Trust

Foundation for Wellness ~ *Intentional Stillness*

The following four factors enrich our experience when engaging in a wellness practice,

- ~ particularly when moving into*
Stillness or Mindfulness
- ~ and it is always good to*
move towards **Stillness**

Consider, the martial arts masters, dancers, athletes, artists and others, all seek to find their 'center' to excel at their crafts.



Foundation for Wellness ~ *Intentional Stillness*

INTENTION – It all begins with intention.

- Setting a clear intention drives the experience and refocuses our wandering attention.
- The clearer the focus, the more you will naturally move to realize your intention.



Intention
& Focus

Foundation for Wellness ~ *Intentional Stillness*

AWARENESS – The primary purpose is self-awareness. Whatever the experience, success is measured in the awareness we gain.



Awareness
& Insight

Allow your awareness to be as a soft concentration. That is, not struggling to make things happen but allowing yourself to simply be aware; no judgment, just acknowledge your awareness.

Foundation for Wellness ~ *Intentional Stillness*

ALLOW – A key attitude and action.

We cannot force stillness
or insight.

Invite it, open to it, and allow it;
simply observing,
no resistance.



Open &
Allow

Foundation for Wellness ~ *Intentional Stillness*



Release
& Trust

R ELEASE – Hanging on hinders the benefit.
Therefore, whatever the experience, release it;
allow deeper stillness.

Foundation for Wellness ~ *Intentional Stillness*

***** *The deeper Truth will present as Peaceful and Kind.***

***** *Trust the process, open to your inner world,
we are naturally designed for greatness –
– as long as we stay out of our way.***

A Tool for Intentional Stillness: Progressive Muscle Relaxation



- 1. Training our **bodies** to release and be still*
- 2. Training our **emotions** to release and be still*
- 3. Training our **minds** to release and be still*
- 4. Opening to our highest and best selves through being still*

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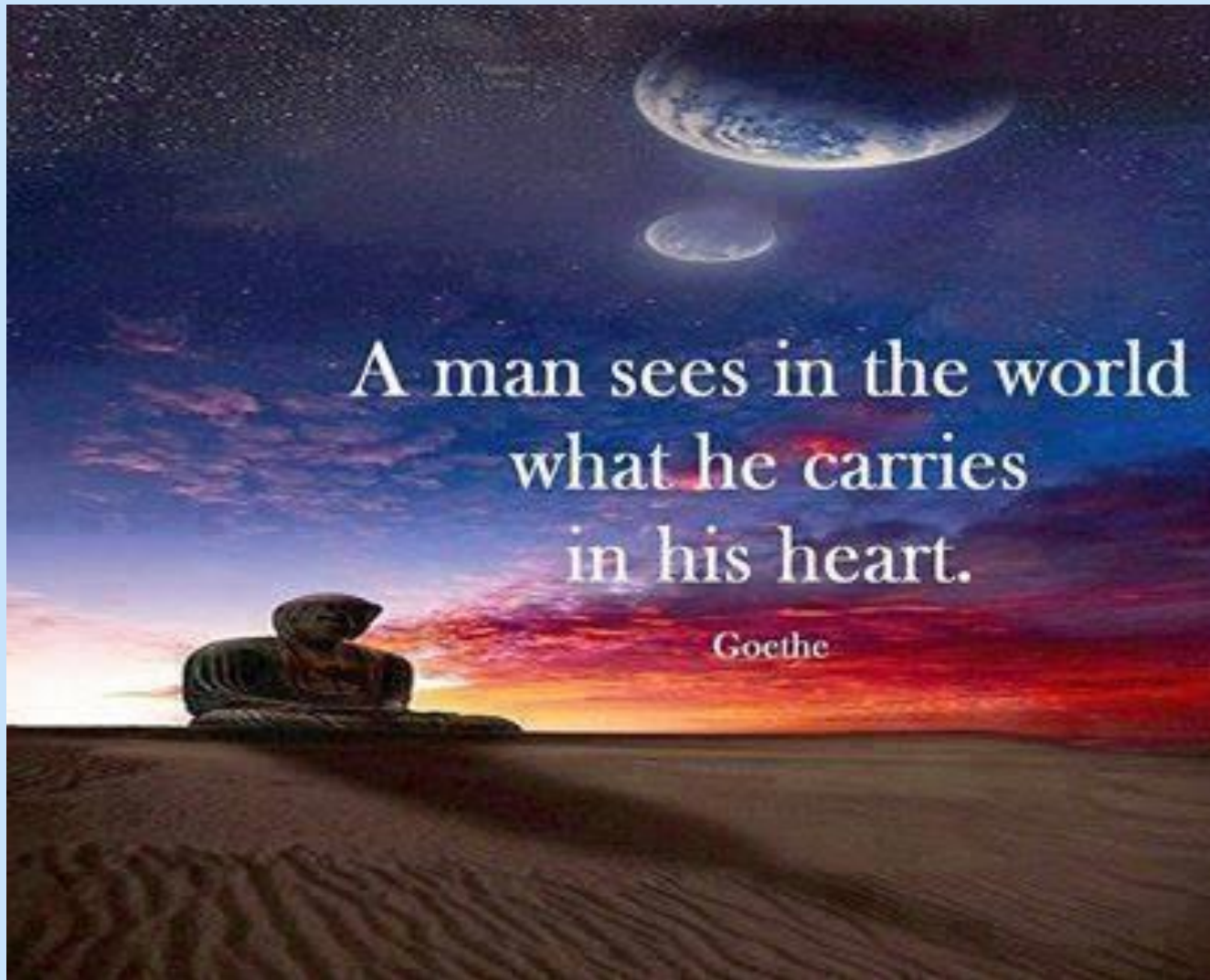
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Foundation for Wellness ~ *A Measure of Attitude*

'Rewiring' the brain to resonate with the 'Good Stuff'



A man sees in the world
what he carries
in his heart.

Goethe

*“WE DON’T SEE
THE WORLD THE
WAY IT IS,
WE SEE IT THE
WAY WE ARE.”*

~ Anais Nin

Foundation for Wellness ~ *A Measure of Attitude* *'Rewiring' the brain to resonate with the 'Good Stuff'*

Allow **OPTIMISM**

- ~ *Focusing on how things can work*
- ~ *Belief in abilities to handle situation*



Practice **APPRECIATION**

- GRATITUDE** ~ *Appreciating the Kindness received from others*
- KINDNESS** ~ *Sharing your Appreciation, Gratitude, with others*

“ENGAGING ATTITUDE FOR ALTITUDE”

Foundation for Wellness ~ A Measure of Attitude
‘Rewiring’ the brain to resonate with the ‘Good Stuff’

Attitude	1	2	3	4	5	Upgrade Plan
Optimism						
Gratitude						
Kindness						
Compassion						
Enjoying						
Playfulness						

Gratitude & Kindness

*Practicing Gratitude and Kindness
changes our vibration;
changes our reality.*

- Share a time when you felt Grateful.
- Share a time when you shared Kindness.
- Reflections; What was that like?
(Some will feel a little buzz; a little lighter)
- Story of two wolves ~
*Who you are tomorrow depends
on how you feed yourself today!*



Foundation for Wellness ~ *Playfulness / Enjoying*

PLAY ~ An effective process of learning
~ An effective way of connecting
~ An effective way of going beyond our ordinary and engaging creativity



ENJOYING ~ A powerful affirmation; (*work, family-friends, self*)

RISK ~ Both include risks; openness and vulnerability
– (*in safe spaces*)



RESILIENCY ~ Learning new skills and creating positive connections

Simple Beginnings ~ *Connecting with Others*

Play:

Team Building Activity

Movement Activity

Games

Story Telling:

Jokes

Humorous Stories

Personal Sharing

Simple Beginnings ~ *Connecting with Others*

Tool:

Focusing

Accepting

Drawing Out

- Teams of 2 or 3
- Talk about the goodness you see in your child or friend.
- Share reflections of discussions

Measure:

Time & Presence

Enjoying & Valuing

Respect & Dignity

Simple Beginnings ~ *Connecting with Others*

What are the different situations / different settings in which you might connect with others?

What are the different qualities / levels of connections you could experience?

What are the characteristics of ‘*connections with others*’ you like the most – are the most fulfilling?

What are the skills, attitudes, etc., you use in your most meaningful connections?

Simple Beginnings ~ *Meaning & Purpose* *‘Beyond Your Ordinary’*



- Inspire yourself
- Experience Awe
- Articulate your Meaning & Purpose – “*why get out of bed*”
- Plan for developing your Meaning & Purpose

*To find meaning in life, find your special gifts,
to find purpose in life, give them away.*

~ Pablo Picasso



Simple Beginnings ~ *Meaning & Purpose* *‘Beyond Your Ordinary’*

- 1) How do you spend your time? – *Self inventory*
- 2) How do you inspire yourself? – *Large group*
- 3) What is an awe-some thing you have seen or experienced? –
Small group
- 4) Articulate a part of your Meaning and Purpose –
Individual then Small group

Simple Beginnings ~ *Meaning & Purpose* *'Beyond Your Ordinary'*

- 5) Develop a personal goal based on your Meaning and Purpose statement – use the following as a guide;
 - a) Action?
 - b) How much or how often?
 - c) To what extent?
 - d) In what time frame?

Simple Beginnings ~ *Functional Movement*



Moving for Daily Living

Stretching

Balance

Aerobics

Strength



Have Fun!

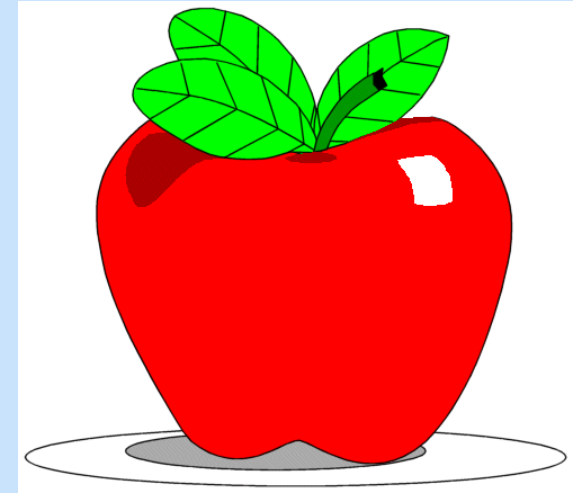
Enjoy your routines

K
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M
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D

Simple Beginnings ~ *Nutrient Intense Foods*

- ❖ Plant Based
- ❖ Focus on fresh or frozen foods
- ❖ Limit processed foods
- ❖ Be aware of sodium content
- ❖ Avoid or Limit *Added Sugars*
- ❖ Choose Mono- or Polyunsaturated Fats – Limit Saturated Fats
- ❖ Choose water – Limit ‘energy’ drinks, limit pop & diet pop
- ❖ Consider the 80% Rule
- ❖ Consider Organics – (*pesticide, herbicide, hormone and antibiotic concerns*)



Strategic Planning Framework ~ Adaptation

	SOCIAL	SYSTEM	PERSONAL
ASSESSMENT			
CAPACITY			
PLANNING			
IMPLEMENTATION			
EVALUATION			
SUSTAINABILITY & CULTURAL COMPETENCY			

Strategic Planning Framework ~ Adaptation

	SOCIAL	SYSTEM	PERSONAL
ASSESSMENT	Community Inventory, Data Analysis		
CAPACITY	Organizations, Community Leaders, All Sectors represented		
PLANNING	Formal Planning Process, i.e. Logic Model, Utilized		
IMPLEMENTATION	Specific Responsibilities per Sphere of Influence		
EVALUATION	Measures for Process and Outcomes visited on a regular basis		
SUSTAINABILITY & CULTURAL COMPETENCY	Continued impact after initial efforts; Designed considering population values		

Strategic Planning Framework ~ Adaptation

	SOCIAL	SYSTEM	PERSONAL
ASSESSMENT		Review of policies and practices	
CAPACITY		All levels of management service providers and recipients represented;	
PLANNING		All levels of system considered	
IMPLEMENTATION		Communicate (trainings) regarding responsibilities of all parties involved	
EVALUATION		Measures for Process and Outcomes visited on a regular basis	
SUSTAINABILITY & CULTURAL COMPETENCY		Continued feedback on successes & challenges; Recipient representation embedded in the process	

Strategic Planning Framework ~ Adaptation

	SOCIAL	SYSTEM	PERSONAL
ASSESSMENT			Levels of Wellness and Readiness for Change
CAPACITY			Identify resources available for support and what is needed
PLANNING			Develop personalized SMART Goals
IMPLEMENTATION			“Coaching” and Peer Supports available
EVALUATION			Measures for Process and Outcomes visited on a regular basis
SUSTAINABILITY & CULTURAL COMPETENCY			Personalized plans include personal motivators and supports for success

Strategic Planning Framework ~ Adaptation

	SOCIAL	SYSTEM	PERSONAL
ASSESSMENT	Community Inventory, Data Analysis	Review of policies and practices	Levels of Wellness and Readiness for Change
CAPACITY	Organizations, Community Leaders, All Sectors represented	All levels of management service providers and recipients represented;	Identify resources available for support and what is needed
PLANNING	Formal Planning Process, i.e. Logic Model, Utilized	All levels of system represented	Develop personalized SMART Goals
IMPLEMENTATION	Specific Responsibilities per Sphere of Influence	Communicate (trainings) regarding responsibilities of all parties involved	“Coaching” and Peer Supports available
EVALUATION	Measures for Process and Outcomes visited on a regular basis	Measures for Process and Outcomes visited on a regular basis	Measures for Process and Outcomes visited on a regular basis
SUSTAINABILITY & CULTURAL COMPETENCY	Continued impact after initial efforts; Designed considering population values	Continued feedback on successes & challenges; Recipient representation embedded in the process	Personalized plans include personal motivators and supports for success

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