



PROJECT *well-being*

a whole new state of mind

3/6/2019

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What is Project Wellbeing?

Project wellbeing focuses on a balanced approach combining the mental, emotional, physical and spiritual aspects of wellbeing. The course was created and is run by Mary Garcia and co-ran with the help of Nicki Vogel. They aim to help guide you in creating a balanced and positive direction for your life.

Project members provide each other with various types of help usually of an unprofessional nature. Group members come together to share experiences, coping strategies and participate in group discussions. We strive to listen to and accept each other's experiences while providing sympathy and understanding.

Perks of Project Wellbeing

Members of the group are provided each day breakfast, lunch and snacks. We are also given the ability to take naps and showers at Interfaith Sanctuary during the day. We also provide group members an additional locker and space in the fridge to keep their own personal food that we can eat during group hours. Group members are also provided transportation to and from appointments, the grocery store and field trips.

Group Hours

The group meets regularly on Tuesday through Friday from 8 AM to 3 PM. Monday is set aside for individual case management and processing.



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This Weeks Field Trip

This week as a spur of the moment outing we enjoyed going to the Eye of the World shop where we looked at all kinds of Tibetan art work and Native American inspired dream Catchers. As our planned outing we went to Camels Back park where we walked a few of the nature paths and enjoyed the blue sky, looking at rich peoples' houses and exploring that corner of our back yard. At the park we found stones along the path that represented what we wanted to let go and tossed them into a stream of water. A few of the members had trouble with the walk but overall it was a great experience.

“The opposite of depression is not happiness, but vitality”

Andrew Solomon

What is our Code?

- Be Positive
- Be Respectful to Others
- To Make Changes Not Excuses
- Be Committed to Better Your Life
- To Have Confidentiality
- To Have Honesty
- To Communicate

What are our Expectations?

- To Be Considerate
- To Give Others Their Personal Space
- To Be Fair
- To Have Honesty
- To Evolve into A Better Version of Yourself
- To Participate
- To Set Goals
- To Actively Participate
- To Be a Team

“Life is not about finding yourself, life is about creating yourself”

Inspiration

I've learned a lot of things in this group. I've learned about the happy chemicals in the brain. I also learned about things that balance out those chemicals. I've learned about how to wake up each day and tell myself daily affirmations. I've had so many positive experiences in this group. We start each day with an inspirational video. I'm grateful that this group is here.

“We cannot be more sensitive to pleasure before being more sensitive to pain”

Alan Watts

“I can't control the direction of the wind but I can adjust my sails to always reach my destination”

Jimmy Dean

The Connection Between Emotions and Moods

By Jacob Hieter

Emotions only last for minutes but they can be intense and they can be frightening. You can find yourself angry, frustrated or crying for no reason at all. If you don't process these intense emotions and accept them, they will have long lasting effects on your mental and physical health.

Moods can last for hours or days and can be either good or bad. Emotions can craft what kind of mood you are in. Long lasting moods can either strengthen or worsen your relationships, your productivity and overall quality of life.

Good, positive moods are infectious and make others feel good. You become motivated and can accomplish great things. Bad, harmful moods make your relationships and productivity at work suffer. Bad moods for extended periods of time can be detrimental to your health.

Extended periods of low moods can either lead to depression and/or and anxiety disorder. Depression and anxiety can last for months to many, many years. If you find yourself in extended periods of low moods, depression and anxiety, it is best to seek help.

Talking about your emotions and your bad moods is a healthy way to process them. Asking for Help with a mood disorder does not make you weak but it is one of the strongest things that you can do. Accepting and processing your moods and emotions can make you feel mentally aware and stable. It can have a long-lasting effect on who you can become in the future.

“The best way out is always through”

Robert Frost