

# A.C.T.I.V.A.T.E. Well-being

Eight Steps to Elicit Positive Change in Yourself and Your Clients

Renee Harrington, PhD, MS, E-RYT 500, YACEP and Suzanne Williams, MA

## Introduction and Background

- Health and wellness are important to maintain for a lifetime
- Objectives:
  - We will discuss actionable steps that guide clients into change – ACTIVATE
  - The best teacher is also a student, we experience how to implement the same steps to better coach clients through difficult phases
  - Develop a plan with actionable steps to move towards improved wellness
  - QR code for Google Drive link to various resources to use after the session

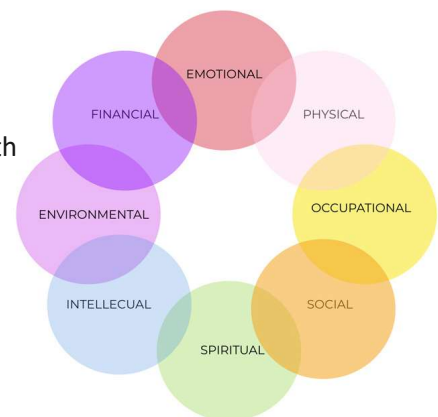


## What is Wellness?

- Wellness is not the absence of disease, illness, and stress but the presence of:
  - Purpose in life, satisfying work and play, positive relationships, happiness, healthy body and living environment
- Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle

## Assess

- Wellness is multi-dimensional : 8 dimensions of wellness
  - Interrelated and equally important for maximum health
  - Each directly relates to how long and how well we live
  - *Each day we wake up we can make choices*
- Activity: Complete a personal assessment
  - Choose one to focus on throughout this session



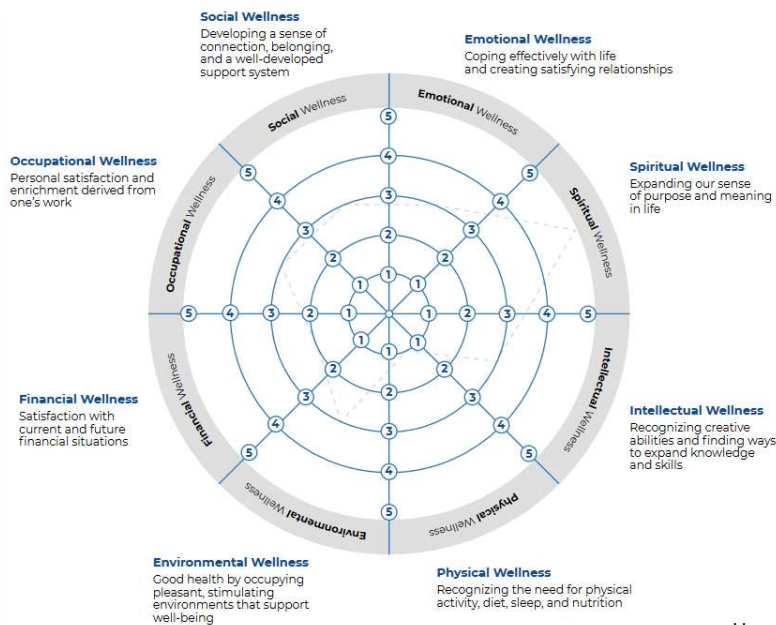
## SAMHSA's 8 dimensions of wellness

### YOUR WELLNESS WHEEL

Score your current level of happiness in each of the sections on this wheel. The scale is 1-5. 1 is your lowest level of happiness and 5 is your highest level of happiness. You can either fill the corresponding section in or you can write some reasons for your score in that section – either way works. Then you can draw lines connecting each section like the example provided by the dotted lines. This is your wheel and it can show you quickly what is working and what still needs improvement. Good luck on your wellness journey.

#### Key

1. I am very unhappy with this part of my life.
2. I am unhappy with this part of my life, but I haven't hit rock-bottom.
3. This part of my life is pretty good but could still use some improvement.
4. I am content with this part of my life, but I can see a few tweaks that would make it even better.
5. I am completely happy and fulfilled in this part of my life – there is no room for improvement.



Handout pg 1



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## Create

- How to make your smart goals even SMARTER
  - Evaluate
    - Goals should not be “set it and forget it”
  - Revise/Readjust/Reward
    - Goals *can* be revised
- Activity: Set a SMART goal for the dimension of wellness you have selected to focus on

**S** Specific  
**M** Measurable  
**A** Action-orientated  
**R** Realistic  
**T** Timed  
**E** Evaluated  
**R** Reviewed

S	<p><b>Specific:</b></p> <p>Define your goal in as much detail as possible. Who, what, where, and when? What are the benefits of achieving this goal?</p>
M	<p><b>Measurable:</b></p> <p>How will you track the outcome and your progress?</p>
A	<p><b>Achievable:</b></p> <p>Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal?</p>
R	<p><b>Realistic:</b></p> <p>Is your goal realistic and within your reach? Are you willing to commit to your goal?</p>
T	<p><b>Time-Bound:</b></p> <p>How long will it take to complete? How long will I give myself?</p>

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### Trust


- Research shows there are many benefits to having a support system
  - Healthier, happier, more resilient, less stress, greater life satisfaction
- 4 types of social supports we need
  - Emotional, tangible/instrumental, informational, social
  - Can be family, friends, peers, coworkers, mentors, other professionals
- Activity: List 3 supports in your life that can support your SMART goal achievement. Who helps with emotional, tangible, informational, and social support?

**EMOTIONAL SUPPORT**  
Who can I turn to when I'm feeling lonely and vulnerable?

**INFORMATIONAL SUPPORT**  
Who can I turn to for advice on how to handle problems?

**INSTRUMENTAL SUPPORT**  
Who can I turn to for practical assistance or material aid?

**COMPANIONSHIP SUPPORT**  
Who can I turn to to have fun with?



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List three people, groups, or communities that provide you with social support.

Support #1
Support #2
Support #3

Describe how each of your supports helps you, or could help you, with emotional, tangible, informational, and/or social needs.

Support #1
Support #2
Support #3

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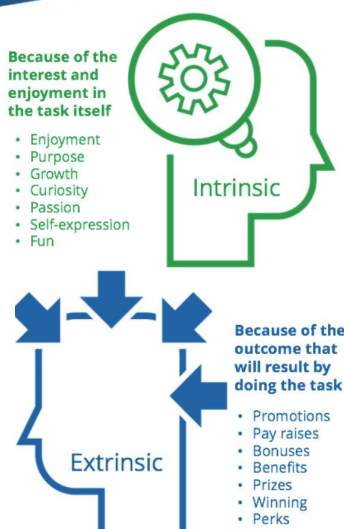


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## Initiate

- Extrinsic and intrinsic motivation
  - Both are important and personalities respond differently to each
  - Curiosity-driven learning is the core concept of intrinsic motivation
- Self-Determination Theory - three psychological key needs:
  - Autonomy (desire to direct our own lives)
  - Competence (being able to achieve desired outcome)
  - Connection or relatedness (feeling accepted, having belonging)
- Activity: Develop extrinsic and intrinsic motivation to use with your SMART goal



  
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WHY I WANT TO ACHIEVE IT (MY MOTIVATIONS):

1.

2.

3.

INTERNAL

☐  
☐  
☐

EXTERNAL

☐  
☐  
☐

Handout pg 4

  
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**Visualize**

- The practice of imagining what you want to achieve in the future, as if it were true today
- Directs your subconscious to be aware of the end goal you have in mind
- Activity: Guided visualization for the 8 dimensions of wellness



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Handout pg 5



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## Adapt

- Sometimes we don't achieve our goals
  - There are factors we can control and factors we cannot
  - Reflection is important
- Activity: Small group discussion – What is a valuable lesson you learned from failing at something?

Success is not final, failure is not fatal: it is the courage to continue that counts.

- Winston Churchill

Handout pg 6

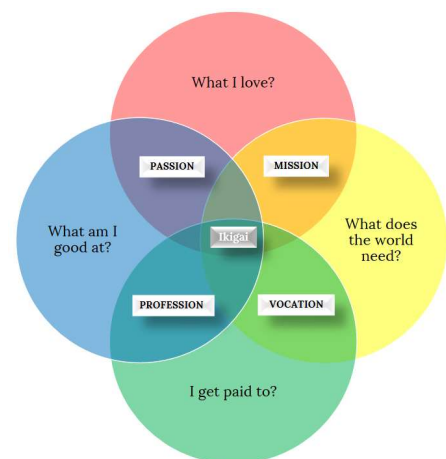


What is a valuable lesson you learned from failing at something?

Handout pg 6

## Thrive


- Survive “to continue to live or exist” vs Thrive “to grow or develop well, to prosper and flourish”
- Ikigai
  - A direction or purpose, recognizing and experiencing joy in little things
    - List your skills/strengths, list your interests
    - Find overlap to identify your passion (skill+interest)
    - Ask what does the world need to determine interest+need
- Activity: Reflection of Opposites





Reflection	More ikigai (activities)	Less ikigai (activities)
Do most of your activities (those connected with your value and meaning) focus on the present or the future?	<b>Daily life (present)</b> <i>I enjoy art with my children.</i>	<b>Lifetime (future)</b> <i>I save as much as I can for my retirement.</i>
Do your hobbies, pastimes, and other actions exist only for you, or do you share them more widely?	<b>External world</b> <i>I share my art with friends and family.</i>	<b>Internal world</b> <i>I have created a beautiful garden for only me to enjoy.</i>
Do you connect with the world mostly through giving or receiving? Can you improve the balance?	<b>Giving</b> <i>I support a local food bank financially and with my time.</i>	<b>Receiving</b> <i>I receive money from my parents for my education, so I don't work.</i>
Do you approach life with a fluid or a fixed mindset?	<b>Fluid</b> <i>I spend time getting to know people from different backgrounds and cultures.</i>	<b>Fixed</b> <i>I prefer to spend time with only those people I already know.</i>
Is your thinking only logical, or do you engage with your feelings?	<b>Emotional</b> <i>I show my family how much they mean to me.</i>	<b>Logical</b> <i>I make sure my family has everything they need.</i>
Do you only help people you do not know, or do you also help those close to you? Note that both are important, but it is sometimes easier to only engage with causes removed from our lives.	<b>Specific</b> <i>I help my sister with childcare; she has had a difficult time recently.</i>	<b>Abstract</b> <i>Once a year, I give money to a global charity.</i>
Are you actively pursuing your goals or waiting for them to happen?	<b>Active</b> <i>I want to become a writer. I am writing daily and engaging with several editors.</i>	<b>Passive</b> <i>I want to become a writer but will wait a while longer until I feel ready.</i>

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## Eat

- Diet vs Health
  - Intuitive, mindful, and truly healthful eating is making choices about food because they nourish the mind, body and spirit
    - Focus on hunger/fullness cues and mindful eating patterns
    - Identify physical vs emotional hunger
  - Be a healthy consumer and follow reliable sources
- Activity: Develop a fueling plan to support health/wellness with additive nutrition

### BALANCE

Eat from **all** or **most** of the food groups.

Eat the **right amount** for your activity and performance goals.


Feel **satisfied** and **energized** from your eating plan.

### QUALITY

Focus on **whole** foods, fewer processed foods.

Choose **more plants**—the more colors, the better.

Aim for foods with **naturally occurring** nutrients.



### TIMING

Follow a **regular** eating pattern.

**Avoid** skipping meals or going too long without eating.

Fuel **before**, **during**, and **after** exercise.

List 3-5 foods you eat most often for meals or snacks?

What are 2-3 foods you can incorporate for additive nutrition?

Handout pg 8

## Summary and Additional Resources

- Health and wellness are important to maintain for a lifetime
- Develop an ACTIVATE plan with actionable steps to move towards improved wellness

**Assess Create Trust Initiate Visualize Adapt Thrive Eat**



<https://drive.google.com/drive/folders/1MGTrNdTsFBa9SNJwDQZa0kG7GzMgYl6?usp=sharing>



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## **Thank you!**

**Renee Harrington, PhD, MS, E-RYT 500, YACEP**

Assistant Teaching Professor  
North Carolina State University  
Raleigh, NC  
rnharrin@ncsu.edu

**Suzanne Williams, MA**

Lecturer  
North Carolina State University  
Raleigh, NC  
slwill22@ncsu.edu