

Peer Support Whole Health & Resiliency

The Agenda

Session 1 - Welcome, Introductions and Overview

Why should we be concerned about whole health and resiliency?

- The Morbidity and Mortality Report
- Ten Domains of Focus
- Five Keys to Success
- A Person Centered Planning Process

Session 2 - Person Centered Planning - # 1

Why do you want to improve your health?

- Healthy Eating
- Physical Activity
- Restful Sleep

Session 3 - Person Centered Planning - # 2

The Science of Stress

- The Stress Response
- The Relaxation Response
- Stress Management

Session 4 – Person Centered Planning - # 3

The Power of Human Connections

- Support Network
- Service to others

Session 5 – Person Centered Planning - # 4

The Importance of Attitude

- Optimism Based on Positive Expectations
- Cognitive Skills to Avoid Negative Thinking

Session 6 – Person Centered Planning - # 5

Connection with that which is more than Self

- Spiritual Beliefs and Practices
- A Sense of Meaning and Purpose

Session 7 – Person Centered Planning - # 6

Keys to Success # 1 - Setting an Overall Health/Resiliency Goal

- Review and Prioritization
- Setting a Person Centered Goal
- Applying the IMPACT Criteria

Session 8 – Person Centered Planning - # 7

Keys to Success #'s 2 & 3

- Weekly Action Plan
- Daily/Weekly Personal Log

Session 9 – Establishing a Peer Support System

Keys to Success #'s 4 & 5

- One-on-One Peer Support
- Peer Support Group