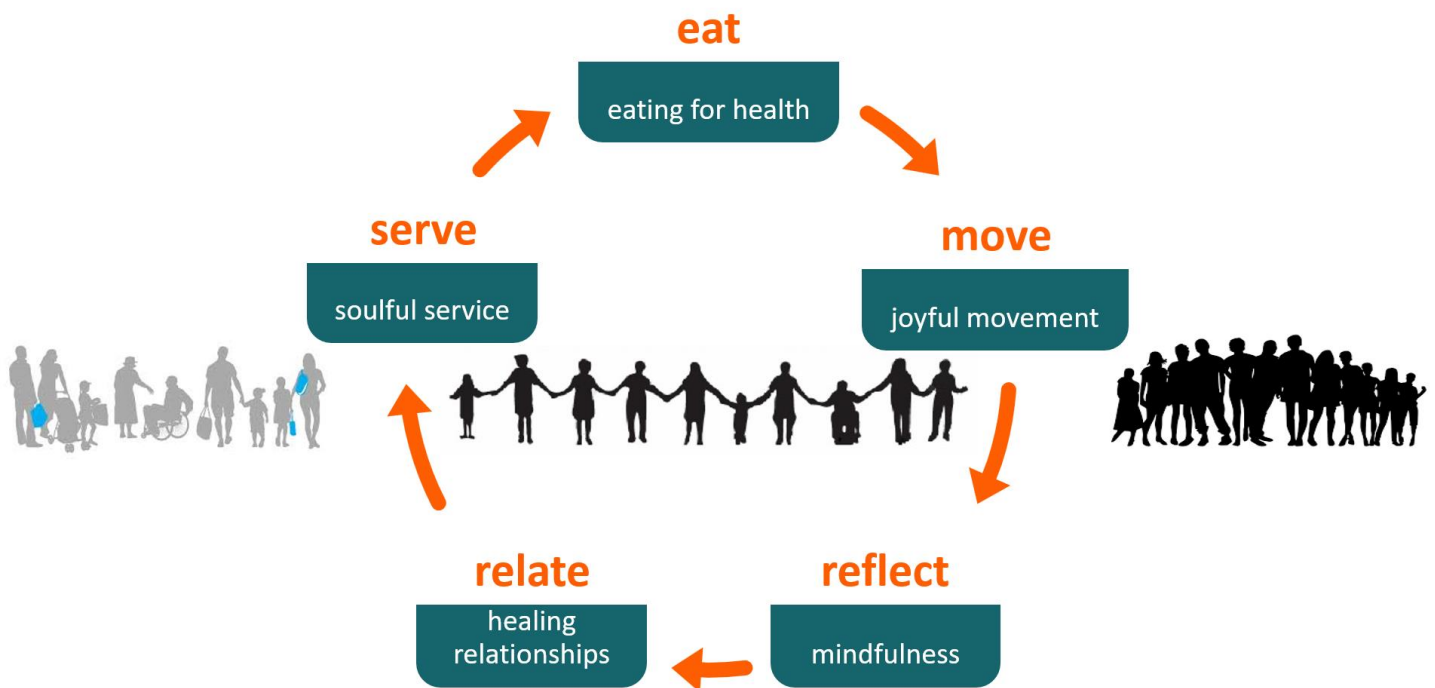




Ways to Be Well: Tools for Healing Integrative Wellness Core Skills Training

DESCRIPTION

Ways to Be Well: Tools for Healing is a 12-week interactive core skills training for individuals, wellness professionals and the workplace, as part of our comprehensive Integrative Wellness program. Each lesson in this introductory training is facilitated by three diverse practitioners, with special guest activity leaders in the areas of **eating for health**, **joyful movement**, **mindfulness**, **healing relationships** and **soulful service**, integrated with the **arts for creative expression** and **diverse community collaboration**.



The Five Wellness Practices

- **Eating for Health** is an approach to feeding the mind, body and soul with seasonal, organic, unprocessed, local, and affordable foods that incorporate sound nutrition science information, ecological sensibility, appreciation of culinary quality, taste, and aptitude. Eating for Health is not a diet, but a path to conscious choice about what to eat, how much, when, and how.
- **Joyful Movement** creates vitality, strength, flexibility, circulation, digestive, and immune well-being. As we experience the joy and creativity of movement, we increase our mental, emotional, and natural sense of connectivity.
- **Mindfulness** helps us to notice our thoughts and sensations, suspend judgment and gradually experience inner peace, restoring a connection with the natural order and enabling us to be CALM - centered and living in the moment.
- **Healing Relationships** support active listening and speaking clearly with integrity, respect, and kindness. A common source of stress, suffering and loneliness, is the inability to communicate effectively and relate well to family, friends, and co-workers.
- **Soulful Service** enhances community vitality, pride, diversity, equity, and inclusion, restore hope, and alignment to address the pressing problems of our day. Service is a key that can unlock the door to restorative justice, harmony, and unity. Service enables us to move away from a self-centered reality to one that supports the well-being of all and of the earth.

Integration of the Arts for Creative Expression

In communities large and small, the arts are used daily to reduce the experience of pain, help patients express needs and emotions, and create a welcoming and uplifting environment – a path to joy for those who may feel disheartened. Such moments are made possible by a diverse group of professions providing an ever-expanding array of initiatives that engage the arts, humanities, and design in the service of health and well-being. The Integrative Wellness program introduces these inspiring areas of practice and lays a foundation to connect, unify, and elevate the full arena of the arts, health, and well-being.

It is well known that engaging in creative experiences is vital to human health and well-being, to bridging the life experiences that divide people and society, and to helping people understand the human condition (Clift & Camic, 2016; Hanna, Rollins, & Lewis, 2017; Lambert, 2016; State of the Field Committee, 2009).

Throughout the United States, the arts – visual arts, music, creative movement, expressive writing, media arts and social justice arts – are being used to enhance personal healing, promote public health, and support community well-being, including relieving stress, decreasing feelings of loneliness, depression, and anxiety, encouraging creative thinking and increasing greater life satisfaction. The marriage of the arts and wellness practices is a natural example of how creativity connects, in this case, with the science of recovery, resilience and longevity. The array of settings from medical and natural health schools and wellness centers, to extended living facilities, companies, and public schools. (2017, Janet Chu, Ph.D.)

- **Visual Arts for Health:** The Visual Arts are powerful in helping us to express our feelings, facilitate verbal communication and cathartic release and reveal unconscious materials and symbols that can't be fully expressed through words. Through this art modality we are able to exercise our mental muscles for nourishment, leading to a process of repair and healing.

- **Music for Creative Movement:** Music is nutrition for the soul and moving the body in a creative way helps to relieve stress and anxiety. These art modalities help to decrease anxiety and restore emotional balance. There is also evidence of the effectiveness of auditory stimulation to abolish pain. Through music we find the strength to process whatever is in our hearts and minds, leading to rejuvenation and restoration.
- **Expressive Writing for Mindfulness:** Creative writing can improve control over pain, depressed mood, and pain severity. It aids to organize our thoughts, release our feelings, and regulate our emotions, helping us to gain a sense of control of whatever we might be weighing in the moment. Additionally, studies have shown that individuals who have written about their own traumatic experiences exhibit statistically significant improvements in various measures of physical health, reductions in visits to physicians and better immune system functioning.
- **Media Arts that model Healing Relationships:** Film has the capability of doing more than just entertaining us; it provides a literal lens for us to see more intimately the world in which we live. It is an important means of cultural communication, highlighting our shared human struggles. As we view films, we can assess the quality of the characters' relationships with one another and then use our learnings to practice role-playing effective relational and collaborative problem-solving practices to improve, strengthen and nourish our own relationships.
- **Social Justice Arts that inspire Soulful Service:** Social Justice art practices serve as a healing medicine. They aim to raise critical consciousness, strengthen, repair, and restore relationships, build community, and provide a call to action, promoting social change.

Integration of Diverse Community Collaboration

We know that community wellness can be achieved by purposeful collaborations between individuals, workplaces, and institutions, who agree that wellness is a priority for everyone, if we are to create just, regenerative, and inclusive societies. Isolation and loneliness lead to mental/physical disease. Community creates immunity against despair and hopelessness.

- awareness of place, community and practice
- creating a culture of workability
- distinction between inequality, equality, equity and justice
- leveraging YOUR language
- LEAP: listen and learn, engage, ask, provide
- becoming a JEDI: justice, equity, diversity, inclusion
- moving out of our comfort zone
- committing to brave spaces

JUSTIFICATION

Integrative wellness education within a community setting is the missing link in our current treatment-based healthcare system. Bauman Wellness aims to teach people to develop simple wellness practices to increase energy, enhance mood, manage stress and build resilience.

Wellness has been a part of the American and European healing arts landscape for the past one hundred years when spas, natural therapies, specialized diet, and fitness programs came into fashion. Until recently, wellness has been a luxury for those with ample disposable income to afford concierge services, premium products and be insulated from survival issues. The fallout caused by the pandemics of COVID-19, climate change, and socio-

economic turbulence have rocked everyone's world. In many ways, we are all in the same boat, adrift weathering the storms of change. Stress has led to burnout for youth, parents, and workers. Chronic health issues, (co-morbidities) have progressed into complex, inflammatory disorders. The visible dysfunction in society, the lack of security, trust and stability has frightened and wounded citizens across demographics and economic strata.

Mental illness is exploding among the young, the poor, the ailing, and disenfranchised. Bullying, prejudice, violence, blaming, shaming and civil unrest is trending upward. Our advanced medical system is overwhelmed by emergency and life-threatening cases. Medicine can save lives but has little time or bandwidth to teach people to recover and become well.

Bauman Wellness brings health and medicine together, to provide cost effective solutions for people to become more self-reliant. Wellness programs called 'lifestyle medicine' by the American Medical Association, have been reported by the Centers for Disease Control and Prevention in 2020, to prevent and slow the progression of 75-90% of life-threatening illness, such as diabetes, cardiovascular disease, stroke, cancer, and immune dysfunction, plus debilitating mental health issues ranging from depression, anxiety, post-traumatic stress, and tragic suicide, all of which are skyrocketing.

Bauman Wellness has developed a comprehensive integrative wellness program that allows for emotional awareness and release to be expressed in a safe space. Most of us know what to do, but fail to do so, due to overwhelm and a lack of guidance and accountability. We cannot access and incorporate learning on an individual level. Bauman Wellness facilitates social learning as a key to both personal growth, cultural sensitivity, and community building.

In community, we find self-identity kindred friendships. Our antidote to loneliness, mistrust, and apathy is gaining skills and support to 'grow together' rather than 'go it alone.'



IN COMMUNITY
WE FIND
SELF-IDENTITY

@ZACHBUSHMD

LEARNING OBJECTIVES

1. Identify areas of strength and need by completing and reviewing pre-program assessments.
2. Learn and share the role of wellness in disease prevention and health promotion
3. Learn and share the role of arts in disease prevention and health promotion, especially related to mental health.
4. Learn and share the variables that impact the illness to wellness continuum.
5. Learn and articulate the components of the Bauman Integrative Wellness model.
6. Set up and utilize a wellness and arts practice journal.
7. Record progress, obstacles, and resistance to engaging in wellness and arts practices.
8. Make wellness practice and arts commitments for each of the six lessons
9. Observe and record changes in energy, resilience, and mood as a result of deepening your understanding and application of these activities.
10. Complete post-program assessments. Share key insights, epiphanies, struggles, gratitude, and next steps with classmates and significant others.

PROGRAM COMPETENCIES

1. Identify areas of strength and limitations in the wellness practices, creative expression and being active within a diverse community.
2. Develop a daily discipline to build your confidence and wellbeing.
3. Find your voice, best learning style.
4. Form meaningful, sustainable relationships with colleagues and people of interest.

PROGRAM FACILITATORS

[Ed Bauman, Ph.D.](#)

[Shalonda Ingram](#)

[Christina Wright, M.Phil, CPCS](#)

with special guest activity leaders

TRAINING FORMAT

The training includes six sessions over a twelve-week period and will be delivered via Zoom or in-person. Each session runs for 90 minutes.

- Check in
- Main lesson
- Discussion, practice, and breakout rooms
- Weekly commitment and affirmation

CURRICULM

The first class of each topic will introduce key terms, concepts, research, principles, practices, and benefits. The second class of each topic will provide time for participant sharing of reflections on application, progress, challenges, collaborations, and commitment.

Lesson One - Overview of Integrative Wellness: Principles, Practices and Benefits

3 contact hours

- Land and Spirit Acknowledgment and Agreements in Action
- Wellness Practices: incidence of mental, physical, and social dis-ease; research documenting wellness practice to enhance resilience; Bauman Wellness Skills components, assessment to measure program impact and outcome.
- Diverse Community Collaboration: awareness of place, community and practice; creating a culture of workability
- Arts for Creative Expression: wellness benefits of the arts; overview of art modalities: visual arts, creative movement, music, expressive writing, media arts and social justice arts; sharing of sample art project
- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

Lesson Two – Eating for Health & Visual Arts

3 contact hours

- Agreements in Action
- Wellness Practice: Eating for Health is an approach to feeding the mind, body and soul that incorporates sound nutrition science information, ecological sensibility, appreciation of culinary quality, taste, and aptitude. Eating for Health is not a diet, but a path to conscious choice about what to eat, how much, when, and how. Bauman concepts such as the Four Levels of Eating, Nutrition Heroes and Bandits, SOUL-full (seasonal, organic, unrefined, and local) food selection will be shared.
- Arts for Creative Expression: The Visual Arts are powerful in helping us to express our feelings, facilitate verbal communication and cathartic release and reveal unconscious materials and symbols that can't be fully expressed through words. Through this art modality we are able to exercise our mental muscles for nourishment, leading to a process of repair and healing. We will practice together a simple visual arts activity.
- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

Lesson Three – Joyful Creative Movement & Music

3 contact hours

- Agreements in Action
- Wellness Practice: Joyful and Creative Movement creates vitality, strength, flexibility, circulation, digestive, and immune well-being. As we experience the joy and creativity of movement, we increase our mental, emotional, and natural sense of connectivity. We will learn a simple daily movement

practice, based upon the ancient art of Tai Chi, that we can practice in the morning, afternoon, or evening to refresh, revitalize, and restore balance.

- Arts for Creative Expression: Music is nutrition for the soul and moving the body in a creative way helps to relieve stress and anxiety. These art modalities help to decrease anxiety and restore emotional balance. There is also evidence of the effectiveness of auditory stimulation to abolish pain. Through music we find the strength to process whatever is in our hearts and minds, leading to rejuvenation and restoration. We will practice together a simple musical activity.
- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

Lesson Four – Mindfulness & Expressive Writing

3 contact hours

- Agreements in Action
- Wellness Practice: Mindfulness helps us to notice our thoughts and sensations, suspend judgment and gradually experience inner peace, restoring a connection with the natural order and enabling us to be CALM - centered and living in the moment. We will learn a 10–15-minute mindful meditation to practice in the morning, afternoon, or evening.
- Arts for Creative Expression: Creative writing can improve control over pain, depressed mood, and pain severity. It aids to organize our thoughts, release our feelings, and regulate our emotions, helping us to gain a sense of control of whatever we might be weighing in the moment. Additionally, studies have shown that individuals who have written about their own traumatic experiences exhibit statistically significant improvements in various measures of physical health, reductions in visits to physicians and better immune system functioning. We will practice together a simple expressive writing activity.
- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

Lesson Five – Healing Relationships, Communication & Media Arts

3 contact hours

- Agreements in Action
- Wellness Practice: Healing Relationships support active listening and speaking clearly with integrity, respect, and kindness. A common source of stress, suffering and loneliness, is the inability to communicate effectively and relate well to family, friends, and co-workers. We will share practices to support active listening and speaking clearly with integrity, respect, and kindness.
- Diverse Community Collaboration: distinction between inequality, equality, equity and justice; leveraging YOUR language; LEAP: listen and learn, engage, ask, provide
- Arts for Creative Expression: Film has the capability of doing more than just entertaining us; it provides a literal lens for us to see more intimately the world in which we live. It is an important means of cultural communication, highlighting our shared human struggles. We will view a short film or clips of a feature film, assess the quality of the characters' relationships with one another and then use our learnings to practice role-playing effective relational and collaborative problem-solving practices to improve, strengthen and nourish our own relationships.

- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

Lesson Six – Service, JEDI (Justice, Equity, Diversity, Inclusion) & Social Justice Arts

3 contact hours

- Agreements in Action
- Wellness Practice: Soulful Service enhances community vitality, pride, diversity, equity, and inclusion, restore hope, and alignment to address the pressing problems of our day. Service is a key that can unlock the door to restorative justice, harmony, and unity. Service enables us to move away from a self-centered reality to one that supports the well-being of all and of the earth.
- Diverse Community Collaboration: becoming a JEDI: justice, equity, diversity, inclusion; moving out of our comfort zone; committing to brave spaces
- Arts for Creative Expression: Social Justice Art practices serve as a healing medicine. They aim to raise critical consciousness, strengthen, repair, and restore relationships, build community, and provide a call to action, promoting social change. We will practice together working on a collective art project reflecting social issues that are of importance to us.
- Community Engagement: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues to lay a foundation of wellness virtues, values and practice within the family, workplace, and community, choosing a project to do for the next class

PARTICIPATION REQUIREMENTS

1. Make weekly entries into your Way to Be Well workbook
2. Share your learning process with an accountability partner and with the group
3. Provide constructive feedback on the pilot program to your facilitators

ASSIGNMENTS

1. Write your Journey to Wellness her/history in your workbook
2. Share highlights of your story with your accountability partner
3. Make weekly entries into your wellness workbook
4. Write a Way to Be Well Self- journey, noting progress, challenges and growth you have experienced over the twelve-week training
5. Write a What's Next for Me

ASSESSMENTS

1. Workbook reading and reflections
2. Record and observe your learning and wellness practice process
3. Track commitments and accountability

OUTCOMES

1. Group learning, sharing, bonding
2. Improved energy, mood and resilience; decreased stress

3. An integrative toolbox of wellness practices, arts for creative expression, and diverse community collaboration practices for personal and professional use
4. Improved confidence, planning, speaking, facilitating, time management
5. Increased written and verbal communication skills
6. Discussion of next steps for building skills and business development

Take good care. Release any stress around this learning process and let your true self emerge.

Bauman Wellness Team: baumanwellness@gmail.com