



Behavioral Health Initiative

Wellness: A to Z

DISCUSSION GUIDE



WISCONSIN DEPARTMENT
of HEALTH SERVICES



ODHH
Office for the Deaf
and Hard of Hearing

Wellness: A to Z

Purpose

The purpose of this discussion guide is to get community members and professionals engaged around key issues related to behavioral health and wellness for individuals who are Deaf, Hard of Hearing, and Deaf-Blind. Each discussion guide has a corresponding video that provides access to the same topics through American Sign Language (ASL), closed captioning (CC), and spoken English. Specific time stamps (00:00) from the video are used to correspond with the topics mentioned in the discussion guide. These materials were made possible through a collaboration between the Wisconsin Department of Health Services Office for the Deaf and Hard of Hearing (ODHH) Behavioral Health Initiative (BHI), the Deaf Wellness Center, and Professional Interpreting Enterprise (PIE).

Acknowledgements

Content created by Robert Pollard, PhD, from the Deaf Wellness Center, for the Wisconsin Department of Health Services, Office for the Deaf and Hard of Hearing Behavioral Health Initiative.

Behavioral Health Initiative logo and document graphics designed by Jill O'Leske, Impact Design.

Video summary

Video participants: Shilpa Hanumantha, PhD sits down with Julianne Gold Brunson, PhD, HSP-P to have a conversation about wellness and stress.

Voice interpreters: Kate Block, BEI-Adv, CI/CT, MBA, MM, QMHI-S, SC:L and Tracy Kleppe, BS, NIC, QMHI

Additional video support provided by the Wisconsin Department of Health Services

[Wellness: A to Z video](https://youtu.be/_Z3T9jK1g5I)

https://youtu.be/_Z3T9jK1g5I



Wisconsin Department of Health Services
Division of Public Health
Office for the Deaf and Hard of Hearing
Behavioral Health Initiative
P-03438 (05/2023)

[Behavioral Health Initiative email address: dhsodhhbhi@dhs.wisconsin.gov](mailto:dhsodhhbhi@dhs.wisconsin.gov)

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- ☐ Drink more water
- ☐ Eat a balanced diet
- ☐ Be more active
- ☐ Set time for myself

Can you list more?

- _____
- _____

- Remember to **be kind to yourself**.
- **Seek support** when needed.
- **Start** with something **small** that you can commit to doing every day.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Topic 2: Stress

Different types of stress

Eustress

(Slide 4:25)

Eustress is positive stress. Have you ever thought that positive, happy, and good things in life could be a kind of stress? **Eustress:**

- Motivates us.
- Focuses energy.
- Lasts short-term.
- Lies within our coping abilities.
- Feels exciting.
- Improves performance.

Distress

(Slide 5:23)

Distress is negative stress. Other life experiences lead to negative or harmful stress. **Distress:**

- Causes anxiety, concern, or worry.
- Can be short-term or long-term.
- Is perceived as outside of our coping abilities.
- Feels unpleasant or awful.
- Decreases motivation and performance.
- Can lead to mental and physical problems.

What examples can you list from your life in the table below?



Eustress (Positive)	Distress (Negative)
Wedding, pregnancy, or holidays	Hospitalization, divorce, or job loss

Stress can affect many areas of our lives.

(Slide 6:47)

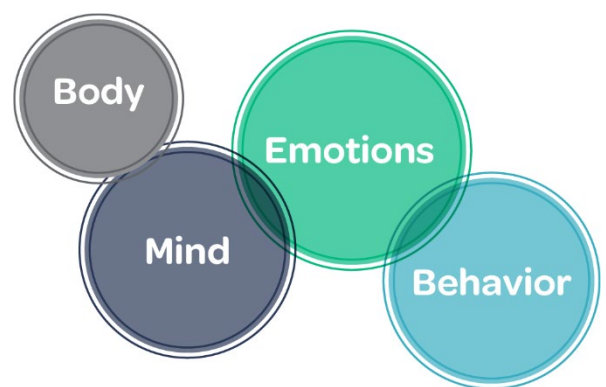
The table below lists 24 examples of the negative effects of stress.

How many of the types of stress in the table below have you experienced? Can you add any other examples?

Body	Mind	Emotions	Behavior
<input type="checkbox"/> Fatigue (tiredness)	<input type="checkbox"/> Worrying	<input type="checkbox"/> Lack of confidence	<input type="checkbox"/> Substance abuse
<input type="checkbox"/> Headaches	<input type="checkbox"/> Indecision	<input type="checkbox"/> Apprehension (fear)	<input type="checkbox"/> Loss of appetite
<input type="checkbox"/> Taut (tight) muscles	<input type="checkbox"/> Negativity	<input type="checkbox"/> Indifference (disinterest)	<input type="checkbox"/> Accident-prone (clumsy)
<input type="checkbox"/> Skin irritations	<input type="checkbox"/> Foggy thinking	<input type="checkbox"/> Depression	<input type="checkbox"/> Restlessness
<input type="checkbox"/> Frequent infections (get sick often)	<input type="checkbox"/> Hasty decisions	<input type="checkbox"/> Irritability (crabby)	<input type="checkbox"/> Loneliness
<input type="checkbox"/> Trouble breathing	<input type="checkbox"/> Impaired judgement	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Insomnia

Helpful tips

- Our body, mind, emotions, and behavior are all interconnected.
- Challenges in one area can impact all of the other areas.



Topic 3: Wellness Wheel

Wellness wheel

(Slide 9:51)

The wellness wheel shows eight areas of life that can be improved to support a healthy lifestyle:

Wellness supports us as a whole person. We need to understand the interrelationship of all these areas and how that impacts our overall health.

How to decide where to start

- Focus on areas where you are having trouble.
- Understand that not all areas need improvement.
- Determine which areas are going well and which areas may need extra support.

Use the table below to show how you think you are doing in each of the eight wellness areas:



Wellness area	Great	OK	Not so good
Occupational (work)			
Physical (body, health)			
Social (friends, activities)			
Financial (money, bills)			
Spiritual (values, culture, religion)			
Environmental (home, workspace)			
Emotional (moods, emotions)			
Intellectual (thinking, processing)			

Examples for promoting wellness across different areas of life



Occupational (work) stress (11:26)

- Ask for help.
- Increase breaks.
- Take a day off or vacation.
- Set up boundaries.
- Separate work from home life.
- Honor personal time.



Spirituality (14:10)

- Prayer
- Meditation
- Gratitude
- Helping others
- Mindfulness
- Breathing



Physical health (12:16)

- Get adequate sleep.
- Exercise (increase walks or take the stairs).
- Avoid alcohol and too much sugar.
- Eat well (green vegetables and healthy foods).



Environment (15:05)

- Open your windows.
- Get outside.
- Stand in the sun.
- Work in your garden.



Social wellness (13:09)

- Socialize; don't isolate yourself.
- Stay in touch with important contacts and people in your life.
- Use the phone, Zoom, or video relay.
- Take time to connect—chat, laugh, and hang out.



Emotions (15:43)

- Ask for forgiveness.
- Let things go.
- Journal.
- Practice positivity.



Finances (13:42)

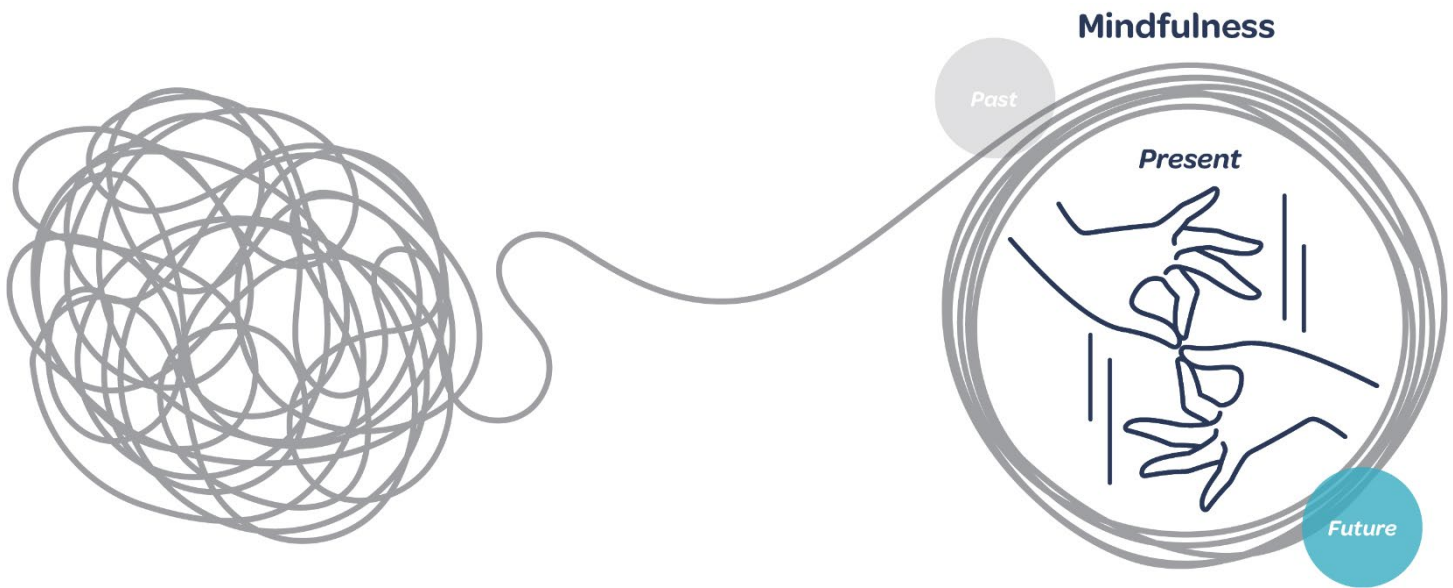
- Make good financial decisions.
- Maintain balance.
- Control your budget and spending.
- Work on your savings.



Intellect (16:40)

- Think about what engages you.
- Learn and be creative.
- Visit a new place.
- Explore a new hobby.
- Play and make time for fun.

Topic 4: Mindfulness



Mindfulness

(19:10)

What does mindfulness mean to you?

How are mindfulness and wellness related?

There is a strong connection between mindfulness and wellness (19:34). Mindfulness means you are paying attention to the here and now, not yesterday or tomorrow. This includes:

- Noticing our sensory experiences during an activity. What do you smell, feel, taste, hear, and see?
- Not judging or comparing our thoughts, feelings, and experiences.
- Increasing attention and acknowledgement of our feelings.

Helpful tips

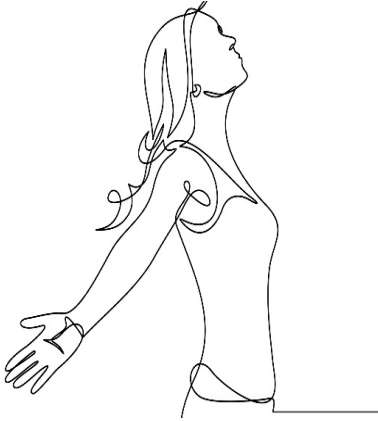
- Spirituality is unique to each person.
- Hobbies "feed" us. Be willing to try new things.
- Life will give you stress. Only you can decide when to take "time outs" to do fun things that will recharge you and restore your spirit, your heart, and health.



Examples of mindfulness activities

- Yoga
- Meditation
- Deep breathing

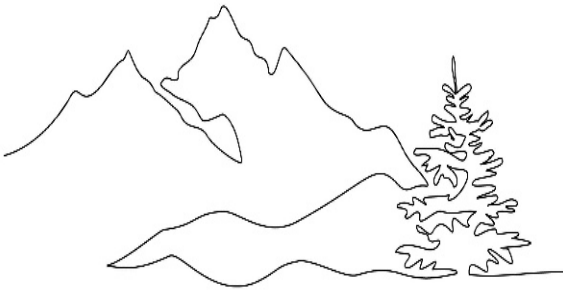
What kinds of mindfulness activities do you enjoy?



Examples of energizing activities

- Arts and crafts
- Exercise
- Music

What do you do to recharge or energize yourself?



Examples of self-care activities

- Walking or hiking
- Massage
- Reading

What do you do to take care of yourself?

Action statements

What three things will you do in the next month to improve your wellness?

1.

2.

3.

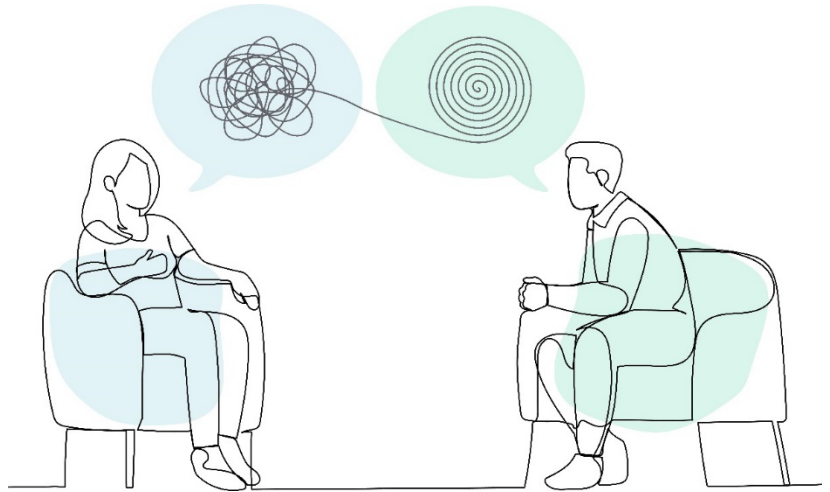
Topic 5: Professional Help

Professional help

When is it time to get professional help? (21:04)

Talking with a professional can help provide skills, strategies, and insights into different perspectives, especially if you are:

- Feeling frustrated.
- Not feeling successful.
- Struggling with wellness.
- Having suicidal thoughts.
- Struggling to control your anger.
- Feeling sad or depressed.
- Not feeling like yourself for extended periods of time.
- Abusing alcohol or other substances.
- Feeling excessively stressed.
- Trying to cope with past trauma.
- Coping with disease.



Types of professional help

[National Alliance on Mental Illness: Types of Mental Health Professionals](https://nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals)

(<https://nami.org/About-Mental-Illness/Treatments/Types-of-Mental-Health-Professionals>)

- Psychologists
- Counselors, clinicians, therapists
- Clinical social workers
- Psychiatrists

If you are in crisis, get immediate help.

- Call 911
- [988 Suicide & Crisis Lifeline](https://988lifeline.org) (<https://988lifeline.org>) (English or Spanish)
 - [Deaf, Hard of Hearing, Hearing Loss](https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/) (<https://988lifeline.org/help-yourself/for-deaf-hard-of-hearing/>)
 - TTY users can use their preferred relay service or dial 711 and then 988
 - Lifeline online chat available
- [Crisis Text Line](https://www.crisistextline.org) (<https://www.crisistextline.org>)
 - Utilize for anonymous, free crisis counseling.
 - Text HOME to 741741 for 24/7 help.

Resources and Conclusion

Resources

This is a sampling of resources, not an exhaustive list. (22:45)

Counseling resources

Wisconsin:

- [Department of Health Services—Office for the Deaf and Hard of Hearing Resources](https://www.dhs.wisconsin.gov/odhh/resources.htm) (https://www.dhs.wisconsin.gov/odhh/resources.htm)
- [Department of Health Services—Mental Health: Illnesses and Conditions](https://dhs.wisconsin.gov/mh/dcindex.htm) (https://dhs.wisconsin.gov/mh/dcindex.htm)
- [Independence First Substance Use Disorder/Mental Health Services](http://www.deafaodawi.org) (http://www.deafaodawi.org)

National:

- [Deaf Counseling](https://deafcounseling.com) (https://deafcounseling.com)
- [National Deaf Therapy](https://nationaldeaftherapy.com) (https://nationaldeaftherapy.com)

General resources

- [Centers for Disease Control and Prevention—Mental Health](https://cdc.gov/mentalhealth) (https://cdc.gov/mentalhealth)
- [National Alliance on Mental Illness](https://www.nami.org) (https://www.nami.org)
- [National Institute of Mental Health](https://www.nimh.nih.gov) (https://www.nimh.nih.gov)

Conclusion

What did you learn about wellness, stress, and mindfulness?

How can self-care be beneficial?

Which ideas will you implement in your own life?
