

health and wellness group ideas

Health and Wellness Group Ideas: Find Your Tribe and Thrive!

Are you craving connection, support, and a boost to your health and wellness journey? Joining or starting a health and wellness group can be transformative. This blog post is packed with health and wellness group ideas, designed to inspire you to find your perfect fit or create your own thriving community. We'll explore different formats, target audiences, and activities, providing you with the tools to build a supportive and motivating environment. Whether you're passionate about yoga, mindful eating, or simply connecting with like-minded individuals, you'll discover plenty of inspiration here. Let's dive in!

1. Finding Your Niche: Identifying the Right Health and Wellness Group for You

Before jumping into specific group ideas, consider what resonates most with your own health and wellness goals. Are you focused on physical fitness, mental wellbeing, or a holistic approach? Identifying your niche will help you find or create a group that truly supports your needs. Consider these areas:

Fitness Focus: Groups centered around running, hiking, weight training, cycling, or specific fitness programs (yoga, Pilates, Zumba). Consider the intensity level – beginner, intermediate, or advanced.

Nutrition & Mindful Eating: Groups focused on healthy recipes, meal prepping, mindful eating practices, overcoming emotional eating, or specific dietary approaches (vegetarian, vegan, keto).

Mental Wellness: Groups focused on stress management, meditation, mindfulness practices, support for specific mental health challenges (anxiety, depression – always ensure professional guidance is available), or journaling/creative expression.

Holistic Wellness: Groups combining aspects of fitness, nutrition, mindfulness, and other wellness practices, creating a well-rounded approach to wellbeing.

Specific Health Conditions: Support groups for individuals managing chronic illnesses like diabetes, arthritis, or heart disease (always ensure qualified professionals are involved).

2. Health and Wellness Group Ideas: Diverse Formats for Diverse Needs

The format of your group is crucial to its success. Consider these options:

In-Person Groups: Offer a strong sense of community and allow for face-to-face interaction and accountability. Consider meeting locations like parks, community centers, studios, or even members'

homes.

Online Groups: Offer flexibility and accessibility, allowing members to participate from anywhere. Utilize platforms like Facebook groups, Slack, or dedicated online community platforms. Online groups are especially valuable for individuals in geographically isolated areas.

Hybrid Groups: Combine in-person and online elements, offering the best of both worlds. This can involve regular in-person meetings supplemented by online discussions, shared resources, or virtual check-ins.

Challenge-Based Groups: Focus on a specific goal, like completing a marathon, adopting a new healthy habit for a set period, or raising money for charity. These groups offer structure and motivation.

Skill-Sharing Groups: Focus on learning and sharing expertise within a specific area of health and wellness. Examples could include a group teaching each other new yoga poses, sharing healthy recipes, or learning meditation techniques together.

3. Structuring Your Health and Wellness Group for Success

Regardless of the format, a well-structured group is vital for engagement and longevity. Consider:

Clear Goals and Objectives: Define the group's purpose and what members hope to achieve.

Regular Meeting Schedules: Establish a consistent meeting schedule to build momentum and accountability.

Designated Roles & Responsibilities: Assign roles like facilitator, organizer, or social media manager to ensure smooth operation.

Open Communication & Feedback: Encourage open communication and regularly seek feedback from members to improve the group's effectiveness.

Inclusivity and Respect: Foster a welcoming and inclusive environment where all members feel safe, respected, and valued.

4. Activity Ideas to Energize Your Health and Wellness Group

The activities you choose will significantly impact the group's engagement and success. Here are some inspiring ideas:

Guided Meditation or Mindfulness Practices: Introduce members to techniques for stress reduction and mental clarity.

Yoga or Pilates Sessions: Offer gentle movement and improve flexibility and strength.

Healthy Cooking Demonstrations or Workshops: Share healthy recipes and teach members how to prepare nutritious meals.

Hiking or Outdoor Fitness Challenges: Combine physical activity with nature appreciation.

Guest Speakers or Workshops: Invite experts to share knowledge on various health and wellness topics.

Journaling Prompts and Reflection Exercises: Encourage self-reflection and personal growth.

5. Promoting and Growing Your Health and Wellness Group

Building a thriving group requires effective promotion and ongoing engagement. Consider:

Social Media Marketing: Utilize platforms like Facebook, Instagram, and other relevant channels to reach potential members.

Local Community Outreach: Partner with local businesses or organizations to reach a wider audience.

Word-of-Mouth Marketing: Encourage members to share the group with friends and family.

Consistent Communication: Maintain regular communication with members through email newsletters, social media updates, or group messaging platforms.

Member Testimonials and Success Stories: Showcase the positive impact of the group to attract new members.

Conclusion

Building a successful health and wellness group is a rewarding endeavor. By carefully considering your niche, format, structure, and activities, you can create a supportive and motivating community that helps members achieve their health and wellness goals. Remember, the key is to create a space where individuals feel connected, empowered, and inspired to thrive. Start brainstorming, find your tribe, and embark on a journey of collective wellbeing!

FAQs

1. How much does it cost to start a health and wellness group? The cost can vary greatly depending on the format and activities. Online groups are often the most affordable, while in-person groups may require rental fees or equipment costs.
1. What if I don't have any experience leading a group? Don't let that stop you! Start small, focus on your passion, and learn as you go. Many online resources and workshops can help you develop leadership skills.

1. How can I ensure my health and wellness group is inclusive? Actively promote inclusivity by using inclusive language, considering accessibility needs, and creating a welcoming environment for diverse backgrounds and abilities.

1. What if my health and wellness group doesn't gain traction initially? Don't be discouraged! Building a community takes time and effort. Review your strategies, ask for feedback, and adapt your approach as needed.

1. How can I maintain the momentum of my health and wellness group over time? Keep the activities fresh and engaging, regularly solicit feedback from members, and celebrate successes together. Consider incorporating regular themed events or challenges to keep the energy high.

health and wellness group ideas: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

health and wellness group ideas: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who

will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

health and wellness group ideas: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

health and wellness group ideas: 150 More Group Therapy Activities & TIPS Judith Belmont, 2020-04-23 Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. 150 More Group Therapy Activities & TIPS, the fourth in her Therapeutic Toolbox series, provides a wealth of psycho-educational ideas with Belmont's signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

health and wellness group ideas: The Total Money Makeover: Classic Edition Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so

much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

health and wellness group ideas: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

health and wellness group ideas: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

health and wellness group ideas: 103 Group Activities and Treatment Ideas & Practical Strategies Judith A. Belmont, 2006 This book assists in breaking through treatment resistance and defensiveness. Dozens of reproducible handouts, experiential activities, exercises, self-discovery tools and more are included.

health and wellness group ideas: 100 Interactive Activities Carol A. Butler, MS Ed Butler, 2001-01-01 This book includes 14 topics and 100 interactive activities with reproducible worksheets for mental health and substance abuse recovery programs.

health and wellness group ideas: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

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health and wellness group ideas: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

health and wellness group ideas: *The Grouchy Ladybug* Eric Carle, 1996-08-16 It's the Grouchy Ladybug's 20th birthday. To celebrate, we are introducing a new, larger format edition with brighter, more colorful pages created from Eric Carle's original artwork using the latest reproduction technology. The Grouchy Ladybug is bigger and brigher, as irascible but irresistible as ever and will surely delight new generations of readers, as well as her devoted fans of all ages. Happy Birthday, Grouchy Ladybug!

health and wellness group ideas: *The Superfood Swap* Dawn Jackson Blatner, 2016-12-27 "Dawn makes healthy eating fun and delicious, and the dishes are easy to prepare. This is a must-read for anyone who wants to eat nutritious, joyful food."—Lyn-Genet Recitas, New York Times bestselling author of *The Plan* The 4-week plan that beat out all other plans in the ABC weight-loss reality TV show *My Diet Is Better than Yours*. For more than fifteen years, nutritionist Dawn Jackson Blatner has helped hundreds of clients lose their bad eating habits and step up to optimal health. The key? Not deprivation, but a new kind of gratification, which she calls "super swapping"—exchanging fake foods (C.R.A.P.: food with Chemicals; Refined sugar and flour; Artificial sweeteners and colors; and Preservatives) for wholesome high-quality superfoods. A largely plant-based diet rich in fiber, vitamins, and antioxidants stabilizes hunger hormones, speeds

metabolism, and fights disease. For each week, Blatner shares simple techniques, with eat/avoid lists, ideas for great lunches, advice on how to read labels to spot healthy-food impostors, and scores of useful infographics. The 100 tempting recipes—many vegetarian, vegan, and gluten free—include Fish Tacos with Crunchy Cabbage Slaw, BBQ Sandwich & Collard Chips, Sprouted Pizza, and Dark Chocolate Cherry Milkshake. Each one comes with a nutrition analysis. “Informative, creative, and fun. She shares sound nutrition advice based on scientific research and years of experience, and she does it in a way that’s both engaging and easy to digest. Filled with practical tips, helpful charts, and delicious recipes, this book definitely deserves a spot on your bookshelf.”—Joy Bauer, MS, RDN, health and nutrition expert for NBC’s Today Show and #1 New York Times bestselling author of *From Junk Food to Joy Food*

health and wellness group ideas: The Advantage Patrick M. Lencioni, 2012-03-14 There is a competitive advantage out there, arguably more powerful than any other. Is it superior strategy? Faster innovation? Smarter employees? No, New York Times best-selling author, Patrick Lencioni, argues that the seminal difference between successful companies and mediocre ones has little to do with what they know and how smart they are and more to do with how healthy they are. In this book, Lencioni brings together his vast experience and many of the themes cultivated in his other best-selling books and delivers a first: a cohesive and comprehensive exploration of the unique advantage organizational health provides. Simply put, an organization is healthy when it is whole, consistent and complete, when its management, operations and culture are unified. Healthy organizations outperform their counterparts, are free of politics and confusion and provide an environment where star performers never want to leave. Lencioni’s first non-fiction book provides leaders with a groundbreaking, approachable model for achieving organizational health—complete with stories, tips and anecdotes from his experiences consulting to some of the nation’s leading organizations. In this age of informational ubiquity and nano-second change, it is no longer enough to build a competitive advantage based on intelligence alone. *The Advantage* provides a foundational construct for conducting business in a new way—one that maximizes human potential and aligns the organization around a common set of principles.

health and wellness group ideas: Museum Objects, Health and Healing Brenda Cowan, Ross Laird, Jason McKeown, 2019-10-02 *Museum Objects, Health and Healing* provides an innovative and interdisciplinary study of the relationship between objects, health and healing. Shedding light on the primacy of the human need for relationships with objects, the book explores what kind of implications these relationships might have on the exhibition experience. Merging museum and object studies, as well as psychotherapy and the psychology of well-being, the authors present a new theory entitled Psychotherapeutic Object Dynamics, which provides a cross-disciplinary study of the relationship between objects, health and well-being. Drawing on primary research in museums, psychotherapeutic settings and professional practice throughout the US, Canada, Bosnia-Herzegovina and the UK, the book provides an overview of the theory’s origins, the breadth of its practical applications on a global level, and a framework for further understanding the potency of objects in exhibitions and daily life. *Museum Objects, Health and Healing* will be essential reading for academics, researchers and postgraduate students interested in museum studies, material culture, mental health, psychotherapy, art therapies and anthropology. It should also be valuable reading for a wide range of practitioners, including curators, exhibition designers, psychologists, and psychotherapists.

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health and wellness group ideas: The Big Book of EVEN MORE Therapeutic Activity Ideas for Children and Teens Lindsey Joiner, 2015-11-21 Following on from *The Big Book of Therapeutic Activity Ideas for Children and Teens*, this book provides EVEN MORE imaginative and fun activity ideas, lessons, and projects for use with difficult and challenging children and teens aged 5+. From ice breakers and group starters to bibliotherapy and monthly character education

activities, there are over 90 ideas designed to unleash the creativity of children and teens, and teach social skills, strategies to control anger and anxiety, conflict resolution, positive thinking skills, and more. They make use of art, scientific experiments, expressive arts and books, and many come with photocopiable handouts. The activities can be used in a variety of settings, and they are adaptable for use with both individuals and groups. This is a practical resource bursting with ideas, and it will be invaluable for anyone working with children and teens, including school counselors, teachers, social workers, youth workers, arts therapists, and psychologists.

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health and wellness group ideas: No Props No Problem Mark Collard, 2018-11 If you're passionate about using interactive group games to help people interact, share and connect - and have no equipment whatsoever - this book is for you. Interactive group games and activities are one of the most powerful (and attractive) ways to help people connect. And research clearly shows that the most successful programs in the world are those which intentionally build trusting and healthy relationships. In this entertaining and simple how-to guide, Mark Collard distills 30+ years of experience to help you harness the power of group games to have fun and leave your group feeling engaged, valued and meaningfully connected to one another. All without props. This book will help you: Learn 150+ interactive group games & activities that people love, are universally appealing & require no props to play; Know the difference between an 'ice-breaker' and an 'ice-maker'; Understand why the latest research demands that we help our groups connect first before we deliver our content; Use five powerful tools to engage unwilling participants, create productive teams & exceed your group's expectations; and Apply a simple four-step program design model that is guaranteed to invite your group to play, interact, trust & learn. Exclusive Bonuses To help you make all of this super-easy, No Props No Problem comes with four unique, value-added resources: QR code for every activity to access online video tutorials, leadership tips, variations & so much more; 30-Days Free access to playmeo's ever-expanding activity database (premium subscribers already have immediate access); Free Group Games App to access everything in the palm of your hand; and Forty Ready-to-Play Program Templates for 12 to 100+ people. This book makes no props, no problem, and will help you squeeze more than just fun out of your programs. Grab your copy of No Props No Problem today. Written by Mark Collard, 2018 (272 pages)

health and wellness group ideas: Corporate Stewardship Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and

designs far beyond “business as usual”. Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

health and wellness group ideas: Healthy lives, healthy people Great Britain: Department of Health, 2010-11-30 The Government recognises that many lifestyle-driven health problems are at alarming levels: obesity; high rates of sexually transmitted infections; a relatively large population of drug users; rising levels of harm from alcohol; 80,000 deaths a year from smoking; poor mental health; health inequalities between rich and poor. This white paper outlines the Government's proposals to protect the population from serious health threats; help people live longer, healthier and more fulfilling lives; and improve the health of the poorest. It aims to empower individuals to make healthy choices and give communities and local government the freedom, responsibility and funding to innovate and develop ways of improving public health in their area. The paper responds to Sir Michael Marmot's strategic review of health inequalities in England post 2010 - Fair society, healthy lives (available at <http://www.marmotreview.org/AssetLibrary/pdfs/Reports/FairSocietyHealthyLives.pdf>) and adopts its life course framework for tackling the wider social determinants of health. A new dedicated public health service - Public Health England - will be created to ensure excellence, expertise and responsiveness, particularly on health protection where a national response is vital. The paper gives a timetable showing how the proposals will be implemented and an annex sets out a vision of the role of the Director of Public Health. The Department is also publishing a fuller story on the health of England in Our health and wellbeing today (http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_122238.pdf), detailing the challenges and opportunities, and in 2011 will issue documents on major public health issues.

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health and wellness group ideas: What Is the Evidence on the Role of the Arts in Improving Health and Well-Being Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

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want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

health and wellness group ideas: Blind Ambition Chad E. Foster, 2021-02-16 For anyone seeking to live life to its fullest potential, *Blind Ambition* is an eye-opening account of a tech industry executive who overcame fear and hopelessness to turn his blindness disability into a powerful, competitive strength. While most people were preparing for the adventure of adult life, Chad E. Foster was watching the world he grew up with fade to black but that didn't stop him from becoming the first blind person to graduate from the Harvard Business School leadership program and climbing the corporate ladder as a successful finance/sales executive. With determination, ambition, and drive, Chad created what Oracle said would be impossible. He gave millions of people the ability to earn a living by becoming the first to create customer relationship software for the visually impaired. Even if you've been robbed of your self-identity and dreams for the future, you can change your story and achieve your goals. In *Blind Ambition*, readers and listeners will: Be inspired by Chad's story of how he transformed the loss of his vision into a gift with unique strengths and abilities he did not have before. See how we choose the stories we tell ourselves about our circumstances and how this either limits us or propels us toward our goals. Gain new perspective on what is possible when you shift your mindset, give up making excuses, and decide that you oversee who you want to be. Learn the mental model that Chad uses to quickly overcome frustrations and stressors. Overcoming the challenges of blindness improved Chad's perspective, making him more resilient and grateful for the life that he has. Ultimately, Chad's unforgettable lessons and outlook will inspire listeners to overcome their perceived limitations and explore new possibilities where they once may have only seen obstacles. *Blind Ambition* will teach you how to take advantage of your disadvantages.

health and wellness group ideas: The Big Book of Therapeutic Activity Ideas for Children and Teens Lindsey Joiner, 2011-10-15 Drawing on art, music, stories, poetry and film, the author provides more than 100 fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers ages 5 and older, with the activities designed to teach social-skills development, anger-control strategies, conflict resolution and thinking skills. Original.

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health and wellness group ideas: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the *Occupational Therapy Practice Framework: Domain and Process*. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and

students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

health and wellness group ideas: Family Freezer Meals Kelly McNelis, 2019-01-08 FAMILY FREEZER MEALS is the ultimate cookbook to help you and your family eat healthy all year long. The book is packed with freezer cooker basics, best assembly methods, and the motivation to make freezer meals a staple in your life. With family-friendly recipes such as Cool Ranch Shredded Tacos, BBQ Maple Ribs, and Lentil Sloppy Joes, this book shows you how to stock your freezer with slow cooker meals that extend beyond slow cooker soups and stews. Plus, you'll get more for your money, less stress, and precious time back that you can spend with your family. Kelly is the wife, mother of five, and slow cooker addict behind Family Freezer Meals. She is committed to sharing healthy, simple, and budget-friendly recipes through the website's blog and freezer eCookbooks. Besides cooking and eating, Kelly loves spending time with her family, reading fiction, and running outside.

health and wellness group ideas: Walking for Health and Fitness Frank S Ring, 2020-04-07 Imagine my surprise when walking solved my major health problem! -Watch my video below for the complete story- Are you like me? Or, should I say like I was in the recent past. Injured again from running, not exercising due to the injury, my body not recovering as quickly as it did when I was younger, and feeling a little depressed. I needed help to get in shape during the rehab from my back injury. I found walking is the easiest way to get in shape and stay in shape. Why should you be enthusiastic about Walking for Health and Fitness? Walking is free. Walking is easy to do. Walking is easy on your muscles, joints, and bones! Walking for Health and Fitness gives you specific steps to take to get moving today and keep you moving well into the future. Its 170-pages were designed to be read quickly, highlight the benefits of walking, and most importantly... get you out the door walking! Each of its 22 chapters ends with Your Next Step; a very simple plan-of-action to follow as you begin your walking exercise. Discover the benefits of listening to audiobooks with the FREE DOWNLOAD of the Walking for Health and Fitness Audiobook. An investment in yourself! Doctor's visits, lost time at work, and the lessened quality of life due to preventable illness all add up to a significant sum of time and money. This book is an investment in yourself! What could be better than that? Your health, happiness, and life depend on it! There's no question walking is good for you. Think about the tortoise and the hare. When you take a long-term view of the benefits of walking for health and fitness, you'll see it makes sense to slow yourself down and to continue to walk for fitness to stay healthy well into old age. Also, let me show you how to get in shape after 50. The book is organized into 4 sections: Getting Started Basic Training Beyond the Basics Mindset Don't become a statistic! Health care costs steadily increase with body mass Obesity is one of the biggest drivers of preventable chronic diseases Heart disease and stroke cost America nearly \$1 billion a day Low back pain has a major economic impact with total costs related to this condition exceeding \$100 billion per year. Your Next Step: You must decide right now not to become a statistic. You have it within yourself to take control of your health! After a back injury forced me out of work for four months, I began walking for exercise as a way to get in shape. Being out in the fresh air, feeling the rhythmic movement of the walking stride, and using walking meditations to get deeper into my thoughts with a walking meditation. As a walker I've: Slowed down and improved my mindset Done Walking meditation Listen and absorbed audiobooks Take pictures Recorded my thoughts into my iPhone Looked forward to my walks Also, I supercharge my walk with bodyweight exercises and I've used

walking to lose weight! In contrast, when I was a runner and worked out at the gym I'd have to get myself psyched up just to get out the door and I usually used the little annoyances in life as an excuse to not work out. Walking has worked wonders in my life so let me show you how to get in shape and use walking for exercise to improve your health and fitness. Discover how to get in shape the easy way. Watch my video below and read the Look inside preview! Walk on, Frank S. Ring

health and wellness group ideas: Problem-Solving Therapy Thomas D'Zurilla, PhD, Arthur M. Nezu, PhD, ABPP, 2006-09-18 MAXIMIZE POSITIVE PATIENT OUTCOMES Enhance Function--Avert Relapses--Present New Problems In this new updated edition, authors Thomas J. D'Zurilla and Arthur M. Nezu, present some of the most useful advances in problem-solving therapy (PST) today. An excellent resource for maximizing positive patient outcomes, this all-inclusive guide helps enhance your problem solving skills and apply successful clinical techniques to help your clients improve their lives. Known for its presentation of solid research results and effective PST training tools, this best-selling guide has been fully updated to include: NEW research data on social problem solving and adjustment NEW studies on the efficacy of PST NEW social problem solving models NEW updated and more user-friendly therapist's training manual Written for a wide audience, from therapists and counselors to psychologists and social workers, this highly readable and practical reference is a must-have guide to helping your patients identify and resolve current life problems. The book set is designed to be read alongside its informal manual accompaniment, *Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being* by D'Zurilla, Nezu, and Christine Maguth Nezu. Purchase of the two books as a set will get you these life-changing texts at an \$7.00 savings over the two books bought individually.

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health and wellness group ideas: Music Has Power® in Senior Wellness and Healthcare Concetta Tomaino, The Institute of Music and Neurologic Function, 2023-11-21 The transformative role music therapy can play in all areas of healthcare, and especially in the care of older adults is increasingly apparent. However, while music activities are present in most care settings, these activities don't provide the therapeutic benefits that are possible with music therapy-informed interventions and programs. Best practices from music therapy are transforming dementia care, and have the potential to improve healthcare-and health-for older people, whatever their needs, wherever they receive care. Dr. Concetta Tomaino, a pioneer in the field of music therapy,. shares more than 40 years of clinical and research experience--not just with Music Therapists but also with healthcare leaders, clinicians, and direct care staff. With chapters on mental health and wellness, dementia, as well as movement and speech rehabilitation, this comprehensive and friendly practice guide will help all caregivers use music therapy best practices to provide better, more fulfilling support across all senior healthcare settings.

health and wellness group ideas: *Activities for Teaching Positive Psychology* Jeffrey J. Froh, Acacia C. Parks, 2013 Positive psychology is a rapidly expanding area of study that is of great interest to students at the graduate, undergraduate, and high school levels. But the field is so broad that teachers who want to cover all the bases when designing a positive psychology course may have

difficulty locating and selecting materials. *Activities for Teaching Positive Psychology: A Guide for Instructors* addresses this problem by presenting a comprehensive set of fun, interactive classroom activities devised by contributors who are experienced teachers as well as leading scholars in their areas. Chapters cover all the topics typically included in existing positive psychology textbooks, emphasizing the hands-on experience that makes positive psychology courses so powerful. Extensive reading lists point interested readers toward a fuller understanding of the topics. The book is a rich source of ideas for all teachers of psychology, from novice to experienced instructors. Positive psychology is unique among teaching topics in that it lends itself to experiential teaching methods. This book is what is needed most: a guide to activities related to the concepts and experiments that make up the foundation of positive psychology. Froh and Parks have created a book that every instructor should have full of reflections and other activities that will benefit every student. Robert Biswas-Diener, CMC, Managing Director, Positive Acorn, Milwaukie, OR. Positive psychology needs to be given away. Froh and Parks teach you how. Shane Lopez, PhD, Senior Scientist in Residence, Clifton Strengths School, Omaha, NE

health and wellness group ideas: The Zones of Regulation Leah M. Kuypers, 2011 ... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called zones, with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD.--Publisher's website.

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Transforming Stigma provides a simple solution to improve the lives of people struggling with mental health challenges. The agony of a lifetime battling his own mental health challenges led Mike to the realization that one of the most difficult obstacles in overcoming a mental health challenge is The Stigma Cycle.

health and wellness group ideas: Perceived Organizational Support Robert Eisenberger, Florence Stinglhamber, 2011 Today's constantly changing work environment is fraught with job uncertainty, frequent mergers and acquisitions, and a general breakdown of trust between employer and employee. More than ever, it is critical for managers to proactively shift away from devaluing employees as marginal capital to empowering them as human capital. Perceived organizational support-employees' perception of how much an organization values their contribution and cares about their well-being-mutually benefits both employees and their organizations and is integral to sustainable employer-employee relationships. Using organizational support theory and evidence gathered from hundreds of studies, Eisenberger and Stinglhamber demonstrate how perceived organizational support affects employees' well-being, the positivity of their orientation toward the organization and work, and behavioral outcomes favorable to the organization. The authors illustrate these findings with employee experiences and strategic approaches of major organizations such as Southwest Airlines, Wal-Mart, Costco, and Google. Organizational psychologists, management consultants, managers, and graduate students will obtain a clear understanding of perceived organizational support and the practical knowledge needed to foster its development and positive

outcomes.

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