



Wellness Coaching in Crisis



Presented by

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Learning Objectives

By the end of the webinar, you will be able to:

- Define crisis and self-management skills
- Describe how WC can benefit a person in crisis
- Explain how WC can be used in crisis
- Give examples of helpful strategies to manage, prevent, prepare for a future crisis





Wellness is Self-Defined

- Individual *needs* and *preferences*
- The *balance* varies person to person



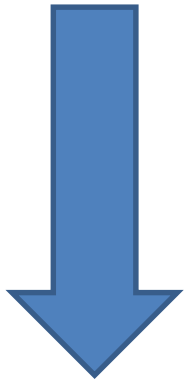
Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions





Wellness Coaching

- Collaborative process
 - Time limited
 - Goal achievement, problem solving, support
- Structured flow
 - Strengths assessment
 - Needs and priority
 - Goal (personal, meaningful, short-term)
 - Plan (self-accountability)





Defining Crisis

- Natural phenomenon
- Precipitated by a significant stressor
- Perceived demands exceed resources
- Significant disruption in *three or more* domains of life/wellness





Crisis

Can impact a person:

- Physically
- Emotionally
- Socially
- Intellectually

*Habits
and routines
are disrupted*





Crisis from Lens of Wellness

Eight Dimensions include

- Intellectual
- Environmental
- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical





Crisis from Lens of Wellness

Physical Dimension includes

- Physical activity
- **Sleep and rest**
- Relaxing activities
- **Stress management**
- **Habits and routines**
- Nutrition
- Medical care, screenings, preventive care





During Crisis

Intervention and support

focus on restoring/maintaining day-to-day
wellness *habits and routines*

Support is most effective when provided
in frequent brief intervals





Self-Management

Skills are needed in:

- Crisis Awareness
- Habits and Routines
- Planning, and
- Control





1 Crisis Awareness

Clearly and objectively describe the meaning and significance of the crisis

Freely express feelings of tension, anxiety and frustration





Enhance Needed Skills

Skills for Crisis Awareness:

- Identify barriers to use of usual coping skills
 - *What is getting in the way?*
- Engage in Wellness Activities
 - Re-review / Remind about those that enhance physical, emotional, or intellectual wellness
- Explore reflect and discuss ideas and feelings aroused by each Wellness Activity





2 Habits & Routines

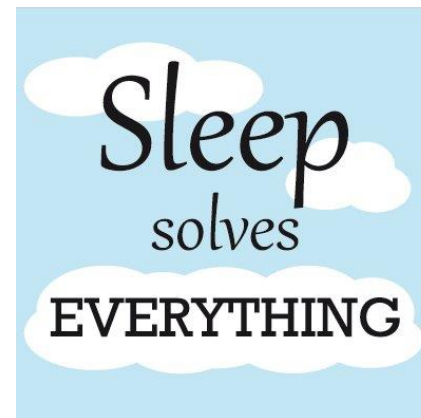
- Identify and organize habits and routines
 - *Use the wellness daily planner*
- Plan to engage in wellness activities
 - *Explore wellness activity options*
 - *Identify those that provide constructive release for frustration and anxiety*



Eat ^{WELL} MOVE ^{DAILY}
HYDRATE ^{often}
SLEEP ^{LOTS} LOVE ^{YOUR BODY}
REPEAT ^{for} LIFE



Sleep and Rest



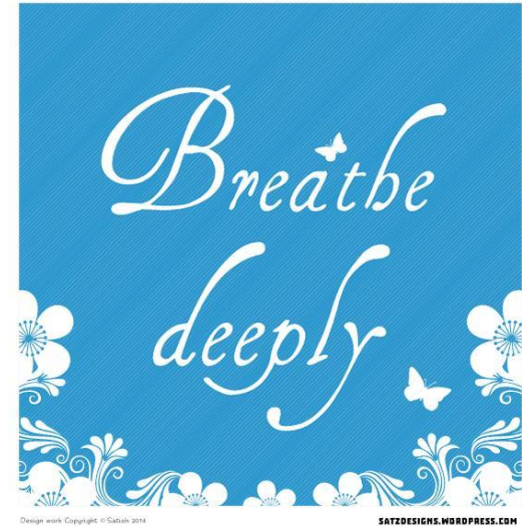


Stress Management

Mindfulness

Physical Activity

Deep breathing





3 Planning Skills

- Explore and set the **daily wellness plan***
- Identify available **resources / supports** necessary to accomplish a wellness plan
- Discuss and gather information regarding potential **obstacles / barriers** that prevent mastery of wellness plan

[*http://media.wix.com/ugd/01d44c_064a627fb5114327b19a0326855aa371.pdf](http://media.wix.com/ugd/01d44c_064a627fb5114327b19a0326855aa371.pdf)





4

Control

- Commit to a wellness plan
- Initiate the daily wellness plan and set check-in process
- Exert and sustain effort in the face of obstacles and barriers



Wellness Strategies Become Habits

Support group



Relaxation



Stress Management

- Meditation
- Yoga
- Mindfulness



Physical Activity or Exercise



Journal



Summary

Self-Management Skills

- Crisis Awareness
- Habits and Routines
- Planning
- Control





Strategies and Tools

Wellness Strengths

Habits and Routines

Daily Wellness Plan

Promote Hope

Actively Engage Person

Short and Frequent Intervals





Resources

Wellness Daily Planner

http://media.wix.com/ugd/01d44c_064a627fb5114327b19a0326855aa371.pdf

Physical Wellness Booklet

http://media.wix.com/ugd/01d44c_b6b3dbe366c84af194f5be42b66c74d6.pdf

Journaling: A Wellness Tool

http://media.wix.com/ugd/01d44c_58eaefe0d7304e6599b276e5d44671c3.pdf





Questions





Today we.....

- Defined crisis and self management skills
- Described the benefit of Wellness Coaching for a person in crisis
- Explained how to use components of Wellness Coaching with a person in a crisis situation
- Offered examples of strategies to help a person manage, prevent , and/or prepare for a future crisis





Thank You!

for more info, contact

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