



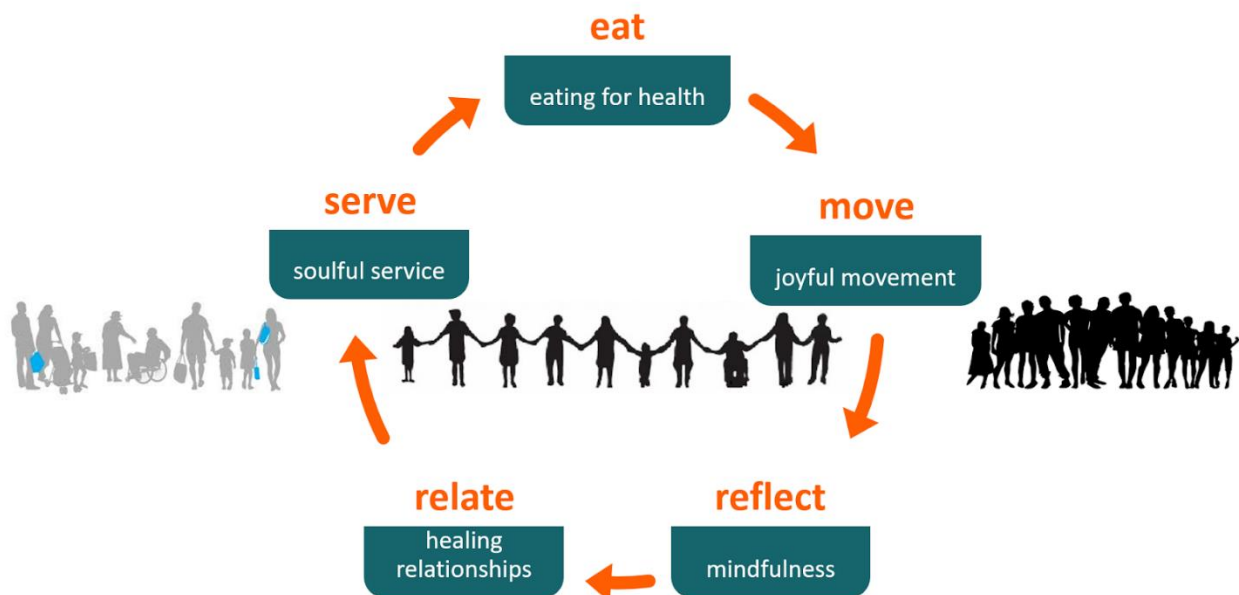
Bauman Integrative Wellness
practices ♦ arts ♦ community

LEARN WAYS TO BE WELL



COURSE DESCRIPTION

Ways to Be Well: Tools for Healing is an 8-week interactive core skills course for individuals, wellness professionals and organizations, as the foundation for a culturally relevant Bauman Integrative Wellness program. Each lesson is facilitated by Bauman Wellness subject matter experts 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 for social justice**. Our wellness practice model is shown below.



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 diverse communities and organizations, the arts can be used to reduce the experience of pain, help people 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 providing activities that engage the arts, humanities, and design in the service of health and well-being.

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 schools. (2017, Janet Chu, Ph.D.)

Artforms we will work with in our course include:

- **Visual Arts**
- **Dance and Music**
- **Expressive Writing**
- **Media Arts**
- **Social Justice Arts**

INTEGRATION OF DIVERSE COMMUNITY COLLABORATION FOR SOCIAL JUSTICE

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. We will work with the following concepts in our course:

- The intersection people, place, community, and practice
- What creates a culture of workability
- The distinction between inequality, equality, equity, and justice
- How to effectively communicate in YOUR language
- LEAP: listen and learn, engage, ask, provide
- Becoming a JEDI influencer: to promulgate justice, equity, diversity and inclusion
- Learning how to show up for justice while moving out of our comfort zone
- Committing to showing up in brave spaces

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 art practices.
8. Make commitments for wellness and arts practice 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 participant strength and limitations in wellness practices, creative expression, and diverse community engagement.
2. Develop a daily wellness practice discipline to build confidence and wellbeing.
3. Find and share your voice and best learning style.
4. Form meaningful, sustainable relationships with colleagues and people of interest.

COURSE FORMAT

The course 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

Session One: Orientation

- Meet the facilitators, [Ed Bauman, Ph.D.](#) and [Christina Wright, M.Phil, CPCC](#)
- Meet the class participants
- Share what brought us here
- Share what we hope to learn and practice
- Introduce class structure, function, communication systems, policies, and outcomes
- Complete initial assessments
- Select a practice accountability partner
- Read chapter one in Ways to Be Well Handbook

Session Two - Overview of Integrative Wellness: Principles, Practices and Benefits

- Land and Spirit Acknowledgment and Agreements in Action
- **Integrative Wellness Practices:** research documenting wellness practice efficacy to enhance resilience; Bauman Wellness Practice model and hypothesis.
- **Arts for Creative Expression:** wellness benefits of the arts; overview of art modalities, sharing of sample art practice
- **Community Engagement:** share commitments for the week to come, accountability partnering, collaboration with colleagues.

Session Three – Eating for Health & Visual Arts

- Agreements in Action
- **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.
- **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. 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.

Session Four– Joyful Movement & Dance to Music

- Agreements in Action
- **Joyful Movement** creates vitality, strength, flexibility, circulation, digestive, and immune well-being. As we experience the joy and creativity of movement, we increase our natural sense of connectivity. We will learn a simple daily movement flow that we can practice in the morning, afternoon, or evening to refresh, revitalize, and restore balance.
- **Dance and Music** are nutrition for the soul. Moving the body in a creative way helps to relieve stress and anxiety. These art modalities help to decrease anxiety and restore emotional balance. Auditory stimulation can help to abolish pain. We will practice together a simple creative movement to music activity.
- **Community Engagement:** individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues.

Session Five – Mindfulness & Expressive Writing

- Agreements in Action
- **Mindfulness** helps us to notice our thoughts and sensations, suspend judgment and gradually experience inner peace and enable us to be CALM - centered and living in the moment. We will learn mindful meditation to practice any time of day.
- **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. Individuals who have written about their traumatic experiences exhibit statistically significant improvements in physical health, reductions in visits to physicians and better immune system functioning. We will practice 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.

Session Six – Healing Relationships & Media Arts

- Agreements in Action
- **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.
- **Media Arts**: 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 share collaborative problem-solving practices to improve, strengthen and nourish our relationships.
- **Community Engagement**: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues.

Session Seven – Service & Social Justice Arts

- Agreements in Action
- **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.
- **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.
- **Community Engagement**: individual sharing of key takeaways from the lesson, commitments for the week to come, accountability partnering, collaboration with colleagues.

Session Eight – Wrap Up, Next Steps, Program Evaluation, and Wellness Skills Assessment

- Share insights, reflections, challenges and progress
- Share appreciations
- Share support needed to stay on the path to well-being
- Share excerpts from narratives
- Share impact on significant others, family members and associates
- Complete program evaluation

- Complete Wellness Skills Assessment
- How to become a Bauman Integrative Wellness Facilitator and/or Ambassador

PARTICIPATION REQUIREMENTS

1. Make wellness practice a priority in your life
2. Share wellness practice with family, friends and colleagues
3. Make weekly entries into your Ways to Be Well Workbook
4. Share your learning process with an accountability partner and with the group
5. Attend all classes live on Zoom or via make up video recordings

ASSIGNMENTS

1. Write your Journey to Wellness narrative in your workbook in Week One
2. Share highlights of your story with your accountability partner
3. Make weekly entries into your Ways to Be Well Workbook
4. In Week Eight, write an updated Ways to Be Well narrative noting progress, challenges, and growth
5. Write and share What's Next for Me

ASSESSMENTS

1. Wellness Skills Inventory
2. Resilience Survey
3. Your Ways to Be Well narrative: pre and post course

DESIRED OUTCOMES

1. Group learning, sharing, bonding
2. Improved energy, mood, and resilience; decreased stress
3. Application of integrative toolbox for personal and professional use that includes wellness practices, arts for creative expression and diverse community collaboration for social justice
4. Improved confidence, planning, speaking, facilitating, time management
5. Increased written and verbal communication skills



A **dynamic** state of vitality, resilience and community

A **fusion** of activism, arts, and practices.