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Personal Workbook

The Wellness Self-
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Personal Workbook was
created as a joint effort
between the New York
State Office of Mental
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Management. Personal
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State Office of Mental
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Wellness Self Management Personal Workbook

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Personal Workbook - Cornerstone OnDemand

Overview. The WSM+
workbook is a version
of the original WSM
workbook that has
been designed for
individuals who are

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simultaneously dealing with mental health and substance use problems. It consists of 57 lessons organized into three major chapters addressing recovery; mental health wellness, substance use harm reduction and relapse prevention; and the relationship between a healthy lifestyle and recovery.

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**Products > Wellness
Self ...**

The curriculum is based on the Wellness Self-Management Plus Personal Workbook developed by OMH, OASAS, and CPI.
Provider: Addiction Center of Broome County (ACBC) Provider
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The Wellness Lifestyle
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Lifestyle Workbook.

Wellness, on the other
hand, is much more
complex than basic
physical health.

Wellness is the ability
to fully integrate
physical, mental,
emotional, social, and
spiritual well-being into
an effective lifestyle.

Optimum wellness

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balances the following five basic dimensions:

Health And Wellness Worksheets - TheWorksheets.CoM

Wellness Self-Management is a curriculum-based clinical practice designed to assist adults to effectively manage serious mental health problems. The topics covered include a number of research-informed approaches

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that are organized into a comprehensive and coordinated set of practices.

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Healthy Eating Choosing Wellness: Solutions for Wellness ...

people improve their
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they define it, is

critical. Wellness incorporates all of the eight dimensions shown on the cover and back of this booklet. Each dimension of wellness can affect our overall quality of life, because wellness directly relates to how long we live (longevity) and how well we live (quality of life).

Step by Step

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This workbook is designed to help you make personal self-care choices with wisdom, understanding that these decisions can improve your own health and well-being, and the well-being of your family, workplace, and community. The choices we make collectively allow us to take care of each other.

Self-Care Workbook
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Wellness Self-Management (WSM) is a recovery-oriented, curriculum-based practice designed to help adults with serious mental health problems make informed decisions and take action to manage symptoms and improve their quality of life. WSM is an adaptation of the illness management and recovery program, a nationally recognized

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**Best Practices:
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Self-Care; Mindfulness.
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Wellness Self-
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(WSM+) is a curriculum-
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designed to assist
adults who are
simultaneously dealing
with mental health and
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**CPI NewsBrief:
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Personal Workbook

The Depression

Workbook: A Guide to Living with Depression and Manic Depression (second edition) helps adults experiencing depression and those who support them learn effective self-help strategies for wellness self-management, including: . Taking personal responsibility for your wellness;

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