



Just Do It... (Already)

To get started: Consider some of the following scenarios –

- **Suzy** has been on Methadone which has helped her tremendously with regard to staying away from heroin. However, when Suzy's counselor challenged her by asking what else she is working on to get better, Suzy replied "I go to the Methadone clinic every morning first thing, isn't that enough?"
- **Darrell** has been staying away from substance use and when his counselor asked him what's working, Darrell said that he goes to meetings every day. Darrell's counselor commended his efforts but then asked him to talk some more about what has been going on at the meetings. Darrell responded by saying "Oh, I just go to the meetings, I don't share or talk to anyone, I just show up, keep quiet, then leave as soon as its over"
- **Fred** has been making progress as he has some time without using substances. Fred's counselor asked Fred what has helped, and Fred talked about how he has a good job that has been keeping him busy as he is working regularly and making advancement in the company. Fred's counselor was glad to hear Fred was doing well working but then followed up by asking if anything else is helping and Fred replied, "That's pretty much it, I just stay busy working whenever I can, then I go to bed and get up and go to work again the next day, and that's how it goes..."

Discuss:

What do all three of these stories have in common? Before answering, break it down:

1. What is positive about all these examples? (In each example, the person is doing something helpful)
2. What seems to be missing in all of these examples?

It is likely that you saw that in each example that each one of those people are doing something beneficial to help improve their situation and make progress. Suzy goes to the Methadone clinic, Darrell has his meetings, and Fred is working

Still, what is missing in all three examples is that in spite of what is going right in each case, that alone is not enough to sustain long term progress and prevent setbacks or relapse. Getting some daily structure is great, ***but much more is often needed to maintain positive change.***





Discussion:

The long-term goal should be to avoid just **“going through the motions”**

- What comes to mind when you think of the idea of “going through the motions”?
- Can you think of what “going through the motions” could look like in your life personally?

Positive change is an ongoing process, not an event

- What specifically does that mean to you personally?
- What is involved in your process of positive change?

It can be helpful to view change in a holistic light. Specifically, this incorporates the concept of holism, or the idea that the **whole is greater than the sum of its parts**. This would include care of the entire person through a broad range of life categories.

Consider the chart below which includes some examples of health and wellness for the mind, body and spirit*

*In this case we can still look at the idea of “spirit” even if you are unsure about your own spiritual beliefs or if you do not think you have any at all. We are using a broad definition of spirit in this case which would include anything that exists outside of the “day to day” activities we do. Things like meaning, purpose, connection, etc. (which are basic human needs) can be considered in this area regardless of one’s specific personal beliefs.

Caring for the MIND	Caring for the BODY	Caring for the SPIRIT
Therapy	Exercise	Learning, growing and expanding
Medication (Psych if needed)	Diet	Exploring new places and ideas
Finding support	Reducing/eliminating bad habits	Striving for fulfilling goals
Practicing coping skills	Finding balance	Appreciating nature
Emotional Self-care	Caring for physical health	Broadening horizons and views
Education	Maintenance of good routine	Finding purpose in life
Problem Solving	Medication (Medical if needed)	Searching for meaning
Planning for a positive future	Healthy choices	Helping others – Connecting
Positive thinking and emotions	Sleep hygiene	Looking at the “Big Picture”



Complete and discuss your own holistic plan for the **MIND, BODY and SPIRIT**. You can use the chart on the previous page for broad ideas, but for your chart below, try to be more specific about what you can do in each area to increase your progress and sustain positive change in your life

<u>Caring for the MIND</u>	<u>Caring for the BODY</u>	<u>Caring for the SPIRIT</u>