



Project Wellness Enhancement: Harambee

Harambee is Swahili for *Let's Come Together*

What is it?

Harambee is a 6-month whole health project focused on 8 Dimensions of Wellness.

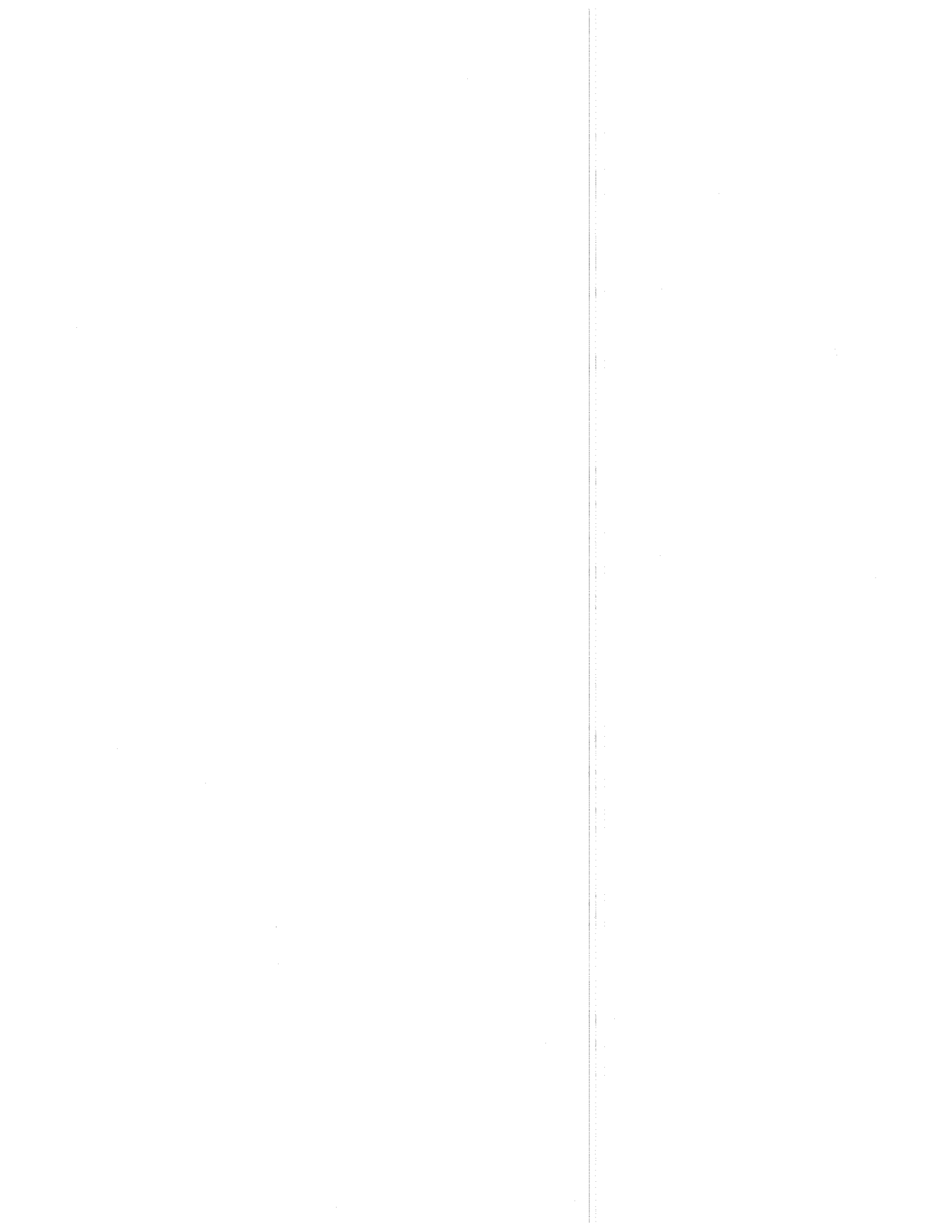
This project is facilitated by people with lived experience of recovery from physical health, mental health and addictions, for people in our community wanting to enhance their overall wellness, with the assistance of Harambee participants – YOU!

WE NEED EACH OTHER – Let's Come Together!

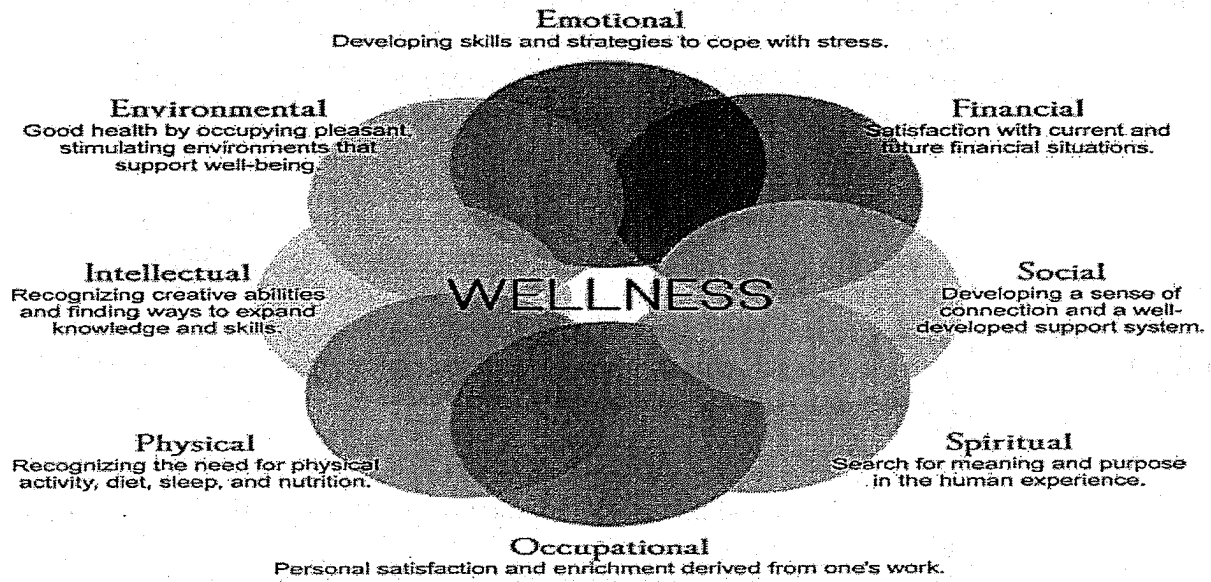
Starts Friday February 9th at 10:00am and will be held every Friday at the New Haven Opportunity Center 316 Dixwell Ave New Haven CT 06511

This Wellness Training is FREE and open to the public!

To sign up for the Harambee Group,
please contact Monique Lathrop at 203-800-6602 or mlathrop@leeway.net
For more information about the project contact Chyrell Bellamy at 203-444-2219;
chyrell.bellamy@yale.edu



Guide for Participants: What are the Eight Dimensions of Wellness of WE Harambee?



Model developed by Swarbrick (on this NIMH grant application)
Modified for WE Harambee

Contact: Chyrell Bellamy, PhD Yale – 203-444-2219

<p>Spiritual Dimension</p>	<p>Involves having meaning and purpose and a sense of balance and peace. For many people, healing and health is enhanced by exploring, respecting, and incorporating personal values and beliefs, as well as the awareness of a being or force that transcends the material world and gives a sense of connectedness to the universe. Spiritual activities may or may not be related to cultural or religious traditions.</p> <p><i>Coaches assist by</i> working with participants to become engaged in activities that are congruent with their beliefs and values and that provide meaning and guidance for their life choice.</p>
<p>Social Dimension</p>	<p>Involves having relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind. Emphasizes the interdependence between ourselves, others, and nature. Keys to social wellness include the ability to communicate our needs and ideas with people who support and care about us, to establish and maintain personal relationships and important friendships, and to connect with people, pets, and the community.</p> <p><i>Coaches assist by</i> working with participants to stablish, maintain, and/or build social network members who are not solely family, paid service providers, or fellow service users.</p>
<p>Intellectual Dimension</p>	<p>Involves lifelong learning, application of knowledge learned, and sharing knowledge. Recognizes both creative abilities and lifelong learning—finding ways to expand knowledge and skills while discovering the potential for sharing those gifts with others. Services and supports should help people pursue personal interests, and remain current on issues, as well as offer opportunities to share ideas.</p> <p><i>Coaches assist by</i> working with participants to engage actively and routinely in activities that use or build their knowledge, skills, and creative talents.</p>

<p>Emotional/Mental Dimension</p>	<p>Involves the ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences. Includes an inward focus—the ability to assess the personal strengths, limitations, and areas that we want to develop further—and an outward focus—tolerance of, awareness of, and acceptance of a wide range of feelings in ourselves and in other people. Emotional stability helps an individual recognize conflict as being potentially healthy, and enhances self-acceptance and contentment.</p> <p><i>Coaches assist by</i> working with participants to develop self-regulation skills; engage in activities to deal with challenges related to stress, disappointment, and success.</p>
<p>Occupational Dimension</p>	<p>Involves participating in activities that provide meaning and purpose, including employment. People find self-definition through their jobs, structure their lives, increase their self-efficacy, develop and maintain relationships, and maintain incomes that support financial wellness.</p> <p><i>Coaches assist by</i> working with participants to encourage them to engage in self-selected weekly and daily activities that provide structure, rhythm, and meaning in life.</p>
<p>Environmental Dimension</p>	<p>Involves being and feeling physically safe, in safe and clean surroundings, and being able to access clean air, food, and water. Includes both the micro-environment (the places where we live, learn, work, etc.) and the macro-environment (the larger communities where we participate as citizens, our communities, country, and whole planet). Health can be fostered by occupying pleasant, stimulating places and spaces, and avoiding toxic environments. Good health can be enhanced by places and spaces that help us feel safe, that promote learning and contemplation, and that elicit the relaxation response.</p> <p><i>Coaches assist by</i> assisting participants in obtaining a decent safe and affordable living environment; assume control over health-related aspects of living learning and working environments.</p>
<p>Financial Dimension</p>	<p>Involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances. Refers to both the <i>objective</i> perceptions and <i>subjective</i> indicators of individuals' personal financial status.</p> <p><i>Coaches assist by</i> working with participants to facilitate their maintaining adequate funding and skills and in locating and accessing resources to manage basic life needs and overall wellness.</p>
<p>Physical Dimension</p>	<p>Involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise, and obtaining appropriate health care. It involves establishing healthy habits and routines as well as accessing needed healthcare services.</p> <p><i>Coaches assist by:</i></p> <ul style="list-style-type: none"> • Encouraging, supporting and navigating participants' access and use of physical activity • Promoting and demonstrating better eating habits • Encouraging the development of better sleep and rest patterns • Encouraging the development of relaxation and stress management skills • Promoting the development of habits and routines: key to establishing and maintaining a wellness lifestyle. • Promoting the importance of access and engagement in medical care and screening.