# About Intellectual Wellness

Intellectual Wellness involves recognizing creative abilities and finding ways to expand knowledge and skills.

* Research a topic that interests you and share what you learned with others.
* Find creative outlets that stimulate your mind and sense of curiosity.

Consider focusing on your intellectual wellness if you agree with one or more of the following:

* I want to spend more time on stimulating mental activities
* I want to improve a specific skill or set of skills, like cooking
* I want to spend more time reading books, magazines, or newspapers
* I want to seek new information that can help in my recovery
* I want to be more aware of current affairs and events

# Motivational Messages

1. Try solving puzzles, brainteasers, or logic and strategy games online. The more you do the better you’ll get!
2. Want to learn something new? Take a free online course or training!
3. Stuck on something? Try thinking about it in a different way.
4. People can be great resources. Try talking with someone about topics you’re interested in.
5. Looking to learn new skills? Look for a free apps that could help.
6. Did you know…One of the best ways to learn something is to teach it to someone else!
7. Feeling sluggish? Physical activity will give you an energy boost!
8. Did you know the brain is a muscle? It needs exercise too!
9. Practice, practice, practice new skills and behaviors.
10. Want to expand your mind? Try watching educational films and programs to learn new and interesting info.
11. Interested in speaking another language? Look online for free apps and websites to stimulate your brain!
12. Let’s grow your vocabulary today! Learn a new word and use it throughout the week.
13. Did you practice a new skill or behavior today? Practice makes perfect!
14. Don’t turn on the TV tonight, grab a book instead!
15. Try something new! Learn a new word and use it throughout the day.
16. Like apps? You can learn new words with free dictionary app downloads. Try it today!
17. Did you know joining a free book club can boost intellectual + social wellness? Give it a try!
18. Unleash your creativity! Try writing a short story or song.
19. Did you practice a new skill or behavior today? Practice makes perfect.
20. Make life exciting! Be open to new ideas, music, people, and places.
21. Have new experience! Visit a free museum or performance.
22. Release your thoughts-- Pick up a pen and doodle!
23. Get a quick workout in today to boost your brain power!
24. Feeling crafty? Try a new project and create something for your room or home.
25. Too many projects at once? Prioritize and then finish them one-by-one.
26. Don’t forget; track your progress by making a to-do list.
27. Stay on task! Don’t start anything new until you’re done what you’re doing.
28. Take a quick nap to recharge.
29. Feeling overwhelmed? Try breaking down large tasks into smaller steps.
30. Check your local community college for affordable educational opportunities and learn more about your passions!
31. Check your local schools for free or low-cost continuing education opportunities that can help you keep learning, or even get ahead at work!
32. Taking classes is a great way to expand your knowledge and skills. Have a computer? Check out free, open education classes online.
33. Did you know schools like Harvard, MIT, and more offer open education classes online that you can access for free?
34. Free audio books can be great ways to increase your knowledge on topics that matter to you.
35. YouTube isn’t just for entertainment – you can check out free lectures and talks on the site or app.
36. Try tuning into podcasts on topics that interest you - keep learning!
37. It’s natural to get nervous when you have something important to say. Try writing down and practicing what you need to say beforehand.
38. Going to school is a great way to improve Intellectual + Occupational wellness!
39. Let’s grow your vocabulary today! Learn a new word and use it throughout the day.
40. Try reading or writing something every day – start with 5 minutes of each and work your way up!
41. Trying different arts and crafts can improve your focus and your mood.
42. Does it feel like you have too much to do? Prioritize your projects and finish them one-by-one.
43. If it’s mid-day and you’re not feeling alert, try taking a nap to re-energize!
44. See what kind of skills training—such as writing, sign language, or blogging— might be available at the public library, local congregations, local colleges, or other community organizations.
45. Want to challenge your brain? Play crossword puzzles and other games like Sudoku.
46. Social & Intellectual Wellness = Connected. Befriend people who can stimulate your mind, and get into a discussion with them about topics that interest you.
47. On a budget? Try visiting a thrift shop or library for books or DVDs that interest you.
48. Have you considered inviting a friend, family member, or coworker to attend a lecture, musical performance, or play?
49. What would you like to do or learn? Have you considered creative arts such as drawing, pottery, or photography?
50. What would you like to do or learn? Have you considered martial arts or learning about nature or about improving your computer skills?

# Positive Reinforcement

1. Solving a puzzle or brainer teaser helps boost your critical thinking power.
2. Completing a course or training helps build your knowledge base.
3. You’re sharpening your mind and boosting confidence!
4. Finding and talking to people who share your interests is helping you hear and learn new perspectives!
5. Discovering a new way to look at a problem helps you come up with new solutions.
6. Every new skill you learn is an accomplishment!
7. Being able to teach what you’ve learned to someone else, shows how much you know. Well done!
8. Stimulating your brain makes you smarter.
9. Practicing new skills takes you one step closer to mastering them.
10. Educational films and programs nourish the brain.
11. Every time you read, you also become a better writer!
12. You can mix up what you say by adding in a new word.
13. Reading can help you learn new words and improve your language skills. Keep it up!
14. Picked up a book instead of your smartphone? Good choice!
15. Every time you write, you become a better writer!
16. Creative writing awakens the imagination.
17. You are learning more about yourself when you try new things!
18. Experiencing art and culture feeds the imagination.
19. Every time you draw, you express yourself.
20. Doing arts and crafts helps you focus and relax.
21. Knowing your priorities gives you a clearer purpose.
22. You don’t have to worry about forgetting something when it’s on your to-do list.
23. Don’t you feel great when you finish something?
24. You can clear your head with a quick nap.
25. Every step you take toward achieving your goals is an accomplishment.
26. You’re expanding your knowledge about the things that are important to you – great work!
27. You’re developing new skills and learning new things. That’s great!
28. You’re facing your fears and expanding your intellectual wellness. Be proud of yourself!
29. Your recovery journey includes the ability to recognize your creative abilities and applying them in your daily life. Keep up the good work!
30. You’re learning more each day, constantly expanding your Intellectual Wellness. Impressive!
31. Your voice is powerful.

# Activities

**a.** Discovery Questions (Think)

**Title:** What do you want to try? **Description & Instructions:** Think about all the new things you want to try or do in the next 6 months. Which ones can you do right now with the resources you have? Which ones will you have to wait to do until you have the resources you need? **Estimated Duration:** 10-20 minutes

**Title:** Tap into your creativity. **Description & Instructions:** Think of at least 5 things you can do over the next week to be more creative. For example, art has been shown to help individuals in their recovery. Try drawing a picture.. **Estimated Duration:** 5-15 minutes

**Title:** Never stop learning **Description & Instructions:** Think of a topic you’d like to learn more about. In the future, drop in a library or search online and spend some time learning more about this topic interest! **Estimated Duration:** 5-10 minutes

**b.** Physical (Do)

**Title:** Get a library card. **Description & Instructions:** Go to your local public library to get your free library card. Depending on where you live, you may have to bring an ID and a piece of mail or other proof of that you are a local to the community. At the library, you can read books and magazines, find and watch movies, and search online for more learning resources! **Estimated Duration:** 30-60 minutes

**Title:** Stimulate your mind – for free! **Description & Instructions:** Check the library, the internet, or a local newspaper for free events and activities in your area that interest you. Save the dates and check them out! **Estimated Duration:** 30-45 minutes

**Title:** There’s an app for that. **Description & Instructions:** Check the App Store and Google Play for free apps that help you learn new skills, such as a foreign language, math, writing, arts and crafts. Or create and share drawings, sketches, poems, and short stories. Solve puzzles and teasers. **Estimated Duration:** 5-15 minutes

**c.** Document (Write)

**Title:** Got a problem? Solve it! **Description & Instructions:** Start by writing down what the problem is. Then write down what or who is causing the problem. List a few possible solutions to the problem and the effects or consequences you think each solution will have. Now decide which solution is the best for you. List the steps you will need to take to carry out your decision. Now add the date and time by which you want each step completed. **Estimated Duration:** 15-45 minutes

**Title:** Picture This. **Description & Instructions:** Art allows you to express yourself and has been shown to help individuals in their recovery. Take a blank sheet of paper and press the point of your pen/pencil anywhere on the sheet. Without picking up your pen/pencil and without thinking about anything, draw all over the sheet. When you feel like you are done, stop and out your pen/pencil down. Look at your picture. What does it mean to you? Did you form shapes? Words?Do you feel different? **Estimated Duration:** 1-5minutes

**Title:** Looking ahead. **Description & Instructions:** Make a list of all of the things you’d like to achieve to boost your Intellectual Wellness. Do you want to read a certain book? Attend a particular play? Visit a local museum? Enroll in school, or graduate? Whatever Intellectual Wellness looks like for you, write it down and remind yourself of your goals. **Estimated Duration:** 15-20minutes

**d.** Person-to-Person (Interact)

**Title:** You’ve Met Your Match. **Description & Instructions:** When you are playing puzzles, brain teasers, or logic and strategy games online, trying playing against a real person instead of the computer (if the game is set up that way). **Estimated Duration:** 1-60minutes

**Title:** It Takes Two. **Description & Instructions:** Find a partner to practice your new skills with or find someone to teach your new skills to. **Estimated Duration:** Ongoing

**Title** Share Your Goals. **Description & Instructions:** Talk to a friend, family member, or support group about your Intellectual Wellness goals. Let them help you reach your goals! **Estimated Duration:** 30-60 minutes

# Resources

[Wellness Worksheets](http://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf)

The 126 Wellness Worksheets in this package are designed to help you become more involved in your own wellness. Access worksheets, assessment tools, inventories and more.

[Signs and Tips for Intellectual Wellness](http://www.unh.edu/health-services/ohep/intellectual-wellness)

Access additional tips and tools for intellectual wellness from the University of New Hampshire Health Services.

[Intellectual Wellness Self-Assessment](http://medicine.uams.edu/faculty/current-faculty/faculty-wellness-program/intellectual-wellness/)

Take an intellectual wellness self-assessment and get more tips for wellness from the University of Arkansas for Medical Sciences.

[Federal Resources for Educational Excellence](http://www2.ed.gov/free/index.html)

Check out this site to explore educational resources from government agencies and non-profits.

[University of California Mind Body Wellness Challenge](http://wellnesschallenge.ucdavis.edu/intellectual.html)

Learn more about intellectual wellness, and access links to brain teasers, puzzles, and more.

[Open University](http://www.open.edu/openlearn/)

OpenLearn offers more than 800 free courses on math, writing, accounting, music, and much more.

[edX](https://www.edx.org/)

Founded by Harvard University and MIT in 2012, edX is an online learning destination and Massive Open Online Courses (MOOC) provider, offering high-quality courses from the world’s best universities and institutions to learners everywhere.