



Hope for Recovery

Holistic Health Workbook

Hope, Healing, Wholeness

Welcome to the 12-Week Holistic Health Course

Over the next 12 weeks, we'll explore physical, emotional, mental, and spiritual health - their importance, how to improve each area, and how they interconnect. Our prayer is that you'll grow into the person God created you to be.

Course Completion: To earn a certificate, attend at least 6 sessions (50%) and score 50% on the final quiz. For a merit certificate, attend 9 sessions (75%) and score 75%.

12-Week Plan Overview

Week 1	Week 2	Week 3	Week 4
Introduction to Holistic Health	Spirit, Soul & Body	Physical Health	Emotional Health
Week 5	Week 6	Break	Week 7
Personal Reflection	Living in the Moment		Gratitude is the Best Attitude
Week 8	Week 9	Week 10	Week 11
Mental Health	Spiritual Health	Awareness vs Awakening	Case Study
Week 12	Certificates		
Final Assessment			

Group Rules

No attendance under the influence of substances

No sharing or requesting illicit drugs/alcohol

If late, enter quietly and notify if possible

Respect confidentiality

One person speaks at a time

No cross-talking

Support, don't "fix" others

Limit sharing to 3-5 minutes

Avoid glorifying addictive behaviors

Maintain a positive attitude

Silence mobile devices

Refreshments during breaks only

Embrace truth, honesty, and respect

Week 1: Introduction to Holistic Health

To begin, rank the four health components by importance and rate your current status (1-10):

Health Area	Importance (Rank 1-4)	Current Score (1-10)
Physical		
Mental		
Spiritual		
Emotional		

Reflection: Why did you choose this order? How might it change by Week 12?

Write your thoughts here...

Memory Verse (1 Corinthians 15:45):

"The spiritual did not come first, but the natural, and after that the spiritual."

This verse reminds us that while physical health is important, spiritual growth follows as we mature.

Week 2: Spirit, Soul & Body

Mankind is a triune being made up of three parts: spirit, soul, and body. Today we'll explore the purpose of each component.

1. What is the purpose of your spirit?

Discuss in your group and write your thoughts here...

2. What is the purpose of your soul?

Discuss in your group and write your thoughts here...

3. What is the purpose of your physical body?

Discuss in your group and write your thoughts here...

Memory Verse (1 Thessalonians 5:23b):

"May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."

This verse emphasizes the importance of caring for all parts of our being.

Week 3: Physical Health

Today we'll explore physical health - what it is, its benefits, and how to improve it.

1. How would you define physical health?

Group discussion notes...

Group discussion	notes			
3. Ways to	improve physical	health:		
Action Plan:	Check goals you	want to work on:		
	Regular exercise (3+ times/week)			
	Balanced nutrition (fruits/vegetables daily)			
	7-8 hours of sleep nightly			
	Annual medical check-ups			
	Hydration (8 glasses of water daily)			
	Other: Specify			

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

This shows God's desire for our physical and spiritual well-being.

Week 4: Emotional Health

Today we explore emotional health - how to understand and manage our emotions for a happier life.

1. How would you define emotional health?

Group discussion notes...

2. How might good emotional health help someone in addiction recovery?

Group discussion notes...

3. Ways to increase emotional health:

Emotional Health Toolkit:

- Identify and name your emotions daily
- Practice deep breathing when stressed
- Journal about your feelings
- Talk to trusted friends or counselors
- Other: Specify

Memory Verse (Romans 12:2):

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Emotional health begins with how we think and perceive our experiences.

Week 5: Personal Reflection

Continuing our look at emotional health, we'll reflect on our emotional state and its causes.

1. What are emotions and why do we have them?

Your thoughts...

2. List negative and positive emotions:

Negative Emotions	Positive Emotions	
e.g., anger	e.g., joy	

Your response

3.

Your emotional state this

week:

Emotional State

Why?

Negative/Positive

Reasons

Memory Verse (Galatians 5:16):
"Walk by the Spirit, and you will not gratify the desires of the flesh."

Week 6: Living in the Moment

Today we begin exploring mental health - starting with the principle of living in the present.

Principle (Matthew 6:34):

"Therefore do not worry about tomorrow, for tomorrow will worry about itself."

1. What might be advantages of worrying?

Group discussion notes...

2. What are disadvantages of worrying?

Group discussion notes...

3. How can we apply this "present moment" principle daily?

Mindfulness Practices:

- Pause and breathe when anxious
- Focus on one task at a time
- Notice sensory details (sights, sounds)

Other: Specify

Week 7: Gratitude is the Best Attitude

Continuing mental health principles, we explore how gratitude improves our mindset.

Principle (1 Thessalonians 5:18):

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

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"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

1. List three things you're thankful for:

1.

2.

3.

2. Benefits of a grateful attitude:

Group discussion notes...

3. How to practice gratitude daily:

Gratitude Practices:

- Keep a gratitude journal
- Share thanks during meals
- Thank someone daily

Other: Specify

Week 8: Mental Health

Today we explore mental health - what it is, how it differs from physical health, and ways to improve it.

1. Words associated with mental vs. physical health:

Mental Health	Physical Health					
e.g., thoughts	e.g., exercise					
2. How would you define mental health? Group discussion notes						
3. Ways to improve mental health:						
Mental Wellness Strategies:						

- Challenge negative thoughts
- Engage in stimulating activities
- Practice relaxation techniques
- Other: Specify

Memory Verse (Psalm 42:5):

"Why, my soul, are you downcast? Put your hope in God."

When our minds are troubled, we can turn to God for peace.

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Week 9: Spiritual Health

Today we begin exploring spiritual health - what it is, its benefits, and how to nurture it.

1. How would you define spiritual health?

Group discussion notes...

2. How might spiritual health help someone in addiction?

Group discussion notes

3.

Ways to increase spiritual health:

Spiritual Growth Practices:

Daily prayer/meditation
Scripture reading
Worship participation

Other: Specify

Memory Verse (Ephesians 3:16):
being."
"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner
Spiritual health comes from God's strength within us.

Week 10: Awareness vs. Awakening

Continuing spiritual health, we explore whether spirituality requires awareness or awakening.

1.

Is spirituality about

awareness or awakening?

Group discussion notes

2.

How might spirituality be

awakened in someone?

Group discussion notes

3.

What hinders spiritual

awakening?
How to overcome?

Hindrances

Solutions

e.g., doubt

e.g., prayer

Memory Verse (John 10:10):
"I have come that they may have life, and have it to the full."
Jesus offers us complete spiritual awakening and abundant life.

Week 11: Case Study - John's Story

John has been a Christian for 18 years but struggles with guilt and relapses into heroin use. He feels disconnected from God and unworthy of love.

1. How would you describe John's spiritual health?

Group discussion notes...

2. How might you help John improve his spiritual health?

Group discussion notes...

3. What positive impacts might improved spiritual health have on John's life?

Group discussion notes...

Memory Verse (Colossians 1:14):

"In whom we have redemption, the forgiveness of sins."

John needs to embrace God's complete forgiveness.

John needs to embrace God's complete forgiveness.

Week 12: Final Assessment

Re-evaluate your holistic health components and compare to Week 1:

Health Area	Importance (Rank 1-4)	Current Score (1-10)
Physical		
Mental		
Spiritual		
Emotional		

Reflection:

How has your understanding of holistic health changed during this course?

Your reflections...

What specific changes have you made in each area?

Your progress...

Memory Verse (Ephesians 5:18):

"Be filled with the Spirit."

As we conclude, may you continue to be filled with God's Spirit in all areas of life.

Course Feedback

1. Which week was most impactful for you? Why?
2. What specific changes have you noticed in these areas?

- Physical health
- Emotional well-being
- Mental clarity
- Spiritual growth

Other:

3. How could we improve this course?

Additional Resources

Recommended Reading:

- *The Whole Person Recovery* by Dr. Sarah Johnson
- *Mind-Body-Spirit Connection* by Rev. Michael Brown
- *Addiction and Grace* by Gerald May

Support Tools:

- Meditation apps: "Calm", "Headspace", or "Abide" (Christian meditation)
- Fitness/nutrition: "MyFitnessPal" or "Cronometer"
- Bible study: "YouVersion Bible App"

Local Support:

Contact Hope for Recovery for information about ongoing support groups and counseling services.

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