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Hope for Recovery

(Hope, Healing, Wholeness)

Holistic Health

Welcome to Hope for Recovery’s 12-week course on Holistic health. Over the next 12 weeks we are going to look at physical, emotional, mental & spiritual health, identify the importance of each component, ways to increase our health in each area and how they all interlink with one another. Our prayer is, as you go through this course you will develop a better understand of how man is made, spirit, soul & body and grow into the person God created you to be.

At the end of the 12-week course you will have the chance of gaining a pass or a pass with merit certificate. To gain a pass you must attend 50% of the course, 6 weeks and score 50% in the end of course quiz, to gain a pass with a merit you must attend 75% ,9 times and score 75 % in the quiz. We hope you enjoy the course and find it interesting, informative and helpful in your recovery journey.

Name ...........................................

Start Date ......................................

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Holistic Health – 12 Week plan

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| --- | --- | --- | --- |
| **Week 1**  Intro  Holistic health score | **Week 2**  Spirit, soul & body | **Week 3**  Physical health | **Week 4**  Emotional health |
| **Week 5**  Personal reflection | **Week 6**  Living in the moment | **Break** | **Week 7**  Gratitude is the best attitude |
| **Week 8**  Mental health | **Week 9**  Spiritual health | **Week 10**  Awareness vs Awakening | **Week 11**  Case Study |
| **Week 12**  Holistic health score | Certificates |  |  |

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**Group Rules**

1. Participants turning up under the influence will be asked to leave – please don’t do it
2. Please don’t use, supply, or request illicit drugs/ alcohol from other group members.
3. If late come in quietly and join the group, please phone or text in, if you can.
4. Respect each other & keep confidentiality
5. One singer – One song
6. No cross talking
7. Here to support not fix each other.
8. Keep your sharing focused on your own thought & feelings – 3 -5min.
9. Please don’t glorify Alcohol, Drugs, Gambling or prison talk
10. Positive attitude – come to engage
11. Mobiles on silent or off
12. Refreshments during break times only.
13. Embrace values of Truth, Honesty & Respect

Name ……………………………

Sign ………………………………

Date ………………………….

Holistic Health – Week 1

So, to start our course on Holistic health which will look at our physical, emotional, mental and spiritual health, we will begin by identify which order of importance we see them in and our current score in each area.

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| --- | --- | --- |
| Holistic Health | Importance | Current score 1 - 10 |
| Physical |  |  |
| Mental |  |  |
| Spiritual |  |  |
| Emotional |  |  |

1. From the list of Holistic health above put what you currently deem as your order of importance, top being most important and give yourself a score of 1- 10 of you were you are currently.
2. Once sorted into order of importance, write down why you have chosen this order.
3. ................................................................................................................
4. ...............................................................................................................
5. ................................................................................................................
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Next week’s memory verse - **1 Corinthians Ch 15 v 45**

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Holistic Health

Week 1 – Notes

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Holistic Health – Week 2

Mankind is a triune being made up of three parts, spirit, soul & body. Our spirit & soul is the inner man with our physical body being the outer. Today we are going to look at the purpose of each component.

1. In your groups discuss and write down what you think the purpose of your spirit is.

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1. In your groups discuss and write down what you think the purpose of your soul is.

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1. In your groups discuss and write down what you think the purpose of your physical body is.

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Next week’s memory verse – **1 Thessalonians Ch 5: 23b**

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Holistic Health

Week 2 – Notes

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Holistic Health – Week 3

Today we are going to look at physical health, what is physical health, what are the benefits of good physical health and what could we do to improve it.

1. In your groups discuss and write down how you would define physical health.

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1. In your groups discuss and write down the benefits of good physical health.

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1. In your groups discuss and write down ways in which you could improve your physical health.

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Next week’s memory verse – **3 John v 2**

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Week 3 – Notes

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Holistic Health – Week 4

Today we are going to start looking at another Holistic Health component, our emotional health. Our emotions can be up one minute down the next depending on what’s happening in our lives, by learning to control our emotions we are better placed to life happy productive lives.

1. In your groups discuss and write down how you would define emotional health.

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1. In your groups discuss and write down how emotional health might help someone in addiction.

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1. In your groups discuss and write down ways in which you could increase your emotional health.

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Next week’s memory verse – **Romans Ch 12: 2**

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Week 4 – Notes

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Holistic Health – Week 5

Today we are going to continue our look at emotional health and think about what emotion is and the reasons we have them. We will also use today for personal reflection to be aware of our emotional state and the reason/s behind it.

1. In a few words write down what is emotion and why do you think we have it.

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1. Make a list of negative & positive emotions and explain what list you would rather live out of and why.

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| --- | --- |
| Negative Emotions | Positive Emotions |
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|  |  |

What list do you prefer & why?

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1. What best describes your emotional state today/last week & why

|  |  |
| --- | --- |
| Emotional State | Why |
| Neg – |  |
| Pos – |  |

Next week’s memory verse – **Galatians Ch 5 v 16**

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Week 5 – Notes

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Holistic Health – Week 6

Today we are going to start looking at our third holistic health component, our mental health. Mental health is something we all have; mental health is not the same as mental illness. We can have good or bad mental health just like we can have good or bad physical health.

**Bible based good mental health Principle - 1**

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew Ch 6: 34

1. In your groups write down and discuss what advantages there might be of worrying.

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1. In your groups discuss and write down what disadvantages there might be to worrying.

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1. In your groups discuss and write down how we might apply this principle to our daily lives.

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Next week’s memory verse – **Matthew Ch 6: 34**

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Week 6 – Notes

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Holistic Health – Week 7

Today we are going to continue our look at good mental health by looking at another biblical based principle of Gratitude is the best attitude.

**Bible based good mental health Principle - 2**

“Give thanks in all circumstances, for this is God will for you in Christ Jesus.” 1 Thessalonians ch5 v 18

1. Write down 3 things which you could be thankful for.

1 ………………………

2 ……………………...

3 ……………………...

1. In your groups discuss and write down some of the benefits of having a grateful attitude.

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1. In your groups discuss and write down how we might apply this principle to our daily lives.

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Next week’s memory verse – **Thessalonians ch5 v 18**

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Week 7 – Notes

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Holistic Health – Week 8

Today we are going to think about mental health and what words come to mind when we think about it compared to words, we associate with physical health. We will also be looking at ways we can improve our mental health.

1. In your groups discuss and write down what words you associate with mental health and physical health.

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1. In your groups discuss and write down how you would define mental health.

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1. In your groups discuss and write down ways in which you could improve your mental health.

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Next week’s memory verse – Psalm 42 v 5

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Week 8 – Notes

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Holistic Health – Week 9

Today we are going to start a look at our 4th and final holistic health component, spiritual health. We will consider what is spiritual health, the benefits of it and how to increase our health in it.

1. In your groups discuss and write down how you would define spiritual health.

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1. In your groups discuss and write down how spiritual health might help someone in addiction.

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1. In your groups discuss and write down ways in which you could increase your spiritual health.

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Next week’s memory verse – **Ephesians Ch 3 :16**

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Week 9 – Notes

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Holistic Health – Week 10

Today we are going to continue our look at spiritual health and consider, is spiritual health just something we need to become aware of or is something that must be awakened within us and if so, how do we become spiritual awakened and what are some of the things that might hinder this.

1. In your groups discuss and write down, is spirituality something we need awareness of or awakened to.

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1. In your groups discuss and write down how spirituality might be awakened in someone.

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1. In your groups discuss and write down some of the things that might hinder our spirits being awakened and how might we overcome.

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Next week’s memory verse – **John Ch 10 V 10**

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Week 10 – Notes

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Holistic Health – Week 11

Over the last 2 weeks of the course, we have been looking at spiritual health. Today we are going to put our new learning to good use by helping John. Read through the case study below and answer the questions.

Hi, my name is John, and I have been a Christian for 18 years, I first met with God when I was in my late 20s. At that time in my life, I was a mesh and was using heroin daily, I had tried to come off it several times but after a few days I would relapse.

When I first became a Christian, everything was ok for a while, but the guilt of the past would haunt me, I felt disconnected from God and the church and would often go weeks without going. People would tell me God loves me, but I thought how can God love me after all the things I’ve done, I felt so ashamed and unworthy I would turn back to using heroin again.

John is now in his early 40s and has been attending church on and off since he first met God in his late 20s, he comes to you looking for some help.

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Holistic Health – Week 11

Now we have read the case study on John please answer the questions below.

1. In your groups discuss and write down how you would describe Johns spiritual health.

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1. In your groups discuss and write down how you might help John to increase his spiritual health.

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1. In your groups discuss and write down, if John was able to increase his spiritual health what impact that might have on his life.

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Next week’s memory verse – **Colossians Ch 1:14**

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Week 11 – Notes

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Holistic Health – Week 12

So, to finish of our course on Holistic health please identify which order of importance you now see them in and your current score in each area and compare to this to what you had done on week 1.

|  |  |  |
| --- | --- | --- |
| Holistic Health | Importance | Current score 1 - 10 |
| Physical |  |  |
| Mental |  |  |
| Spiritual |  |  |
| Emotional |  |  |

1. From the list of Holistic health above put what you currently deem as your order of importance, top being most important and give yourself a score of 1- 10 of you were you are currently.
2. Once sorted into order of importance, write down why you have chosen this order.
3. ................................................................................................................
4. ...............................................................................................................
5. ................................................................................................................
6. ................................................................................................................

Next week’s memory verse – **Ephesians 5 v 18**

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Week 12 – Notes

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Holistic Health

Feedback & Evaluation

1. What did you not like about Holistic Health.

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1. What was your highlight of the group & why.

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1. What changes have taken place in your life since you started the course.

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