



Healthy Minds: A Three Part Behavioral Health and Wellness Workshop

Facilitated by: Will Davies, Ed.D. Allegheny Health Network,
Jefferson Hospital Counseling Services
September 17, October 29 and November 19
6:30 to 7:30 p.m.

The mind and the body are truly connected and daily habits like sleep, eating, exercise and even thinking have an impact on our mental wellness. The purpose of the Healthy Minds Workshop is to improve overall wellness through the opportunity for learning, practicing and reflecting upon the connections between the body and the mind.

Session 1: Whole Body Health – September 17

Building the foundation for great mental health can start with healthy daily habits that improve mood and brain functioning. Session one focuses on building the foundation for wellness through an interactive presentation about the daily habits of eating, sleeping, socialization, and how these areas can improve your mental health wellbeing. The session ends with making a personalized action plan for wellness improvement.

Session 2: Healthy Thoughts – October 29

After setting the stage for improving healthy habits in session one, the mind has the foundation for improving thoughts. In session two, we build upon our healthy habits by addressing the thoughts that lead to unhealthy emotions, habits and behaviors. During the interactive session, thought distortions and how to address them to change emotions will be discussed and practiced. The session ends with making a personalized action plan to continue wellness improvement through thought recognition.

Session 3: Healthy Mindful Emotions – November 19

Once thoughts have been recognized and healthy habits have been increased, it is time to address the emotions that can drive us back into unhealthy habits and thoughts. In session three, an interactive discussion about skills to appropriately address emotions will be presented and practiced. The session ends with completing the final step in the action plan which is to practice skills that lead to mindful awareness.