

finding balance:

Help For Helping Professionals



Wellness coach Marie Teague, author of the forthcoming book, *Stop Drowning, Start Floating: The Lifeboat Approach to Chronic Illness Management*, has extensive experience in the fields of adult education, healthcare and therapeutic modalities utilizing arts and mind-body medicine.

Trained in coaching by best-selling author and O Magazine contributor Martha Beck PhD, she believes the key to personal wellness is rooted in authentic living. She works with organizations and individuals on developing effective wellness strategies with specializations in chronic illness and stress management. Currently pursuing a Master of Science/PhD in Mind-Body Medicine, she has lived vibrantly with Type I diabetes since 1999.

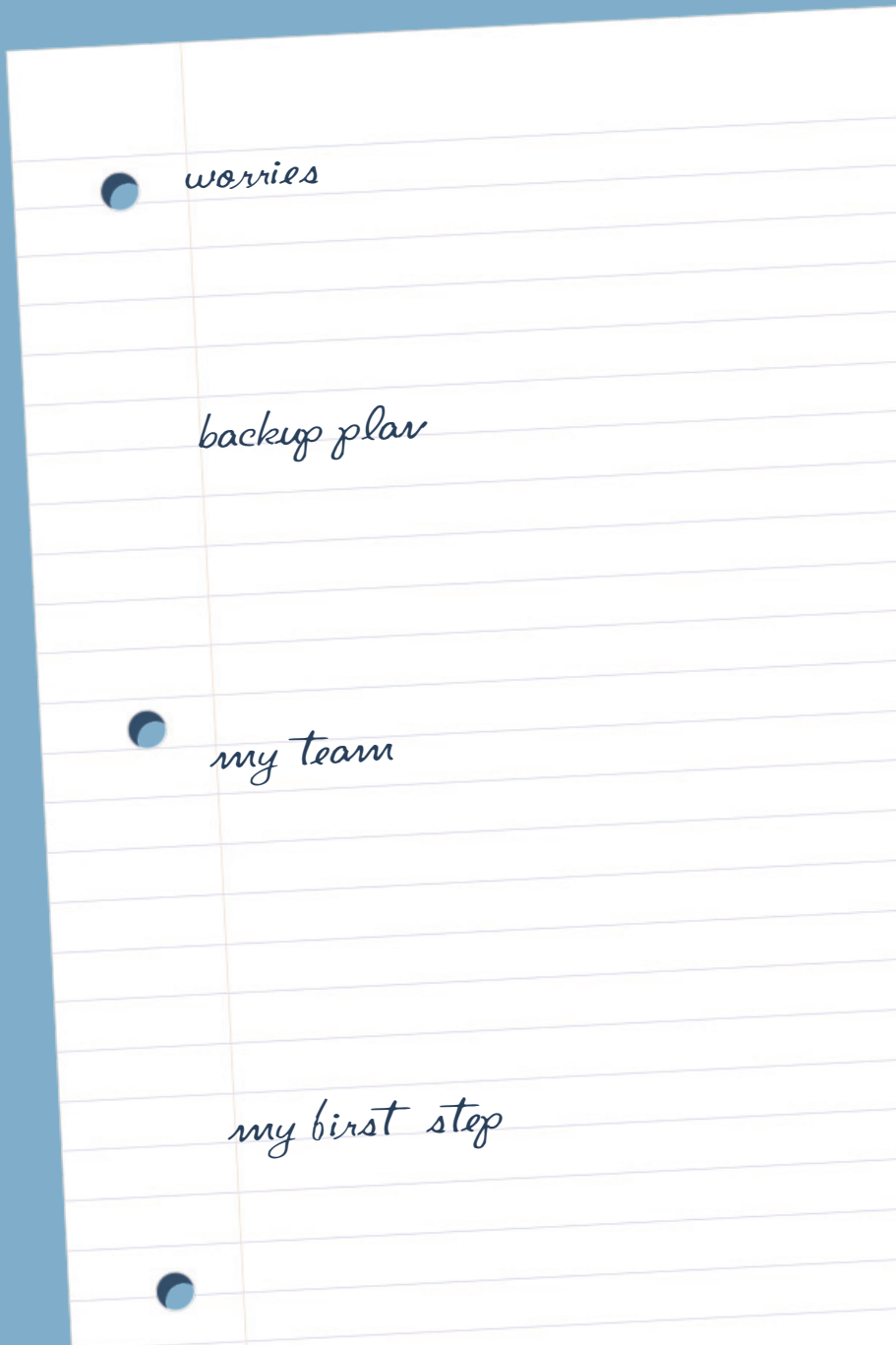
lifeboat
wellness coaching

www.startfloating.com

**Colorado
Therapeutic
Recreation
Society
2010 Spring Workshop**

Friday April 23, 2010

PREPARATION



FOUR SQUARE WELLNESS

home- these tasks relate to your daily home and family life. for example: paying the light bill, grocery shopping, helping the kids with homework, anything that helps you run your household.

health- monitoring your health fits here. consider adding items from the areas of sleep, movement, stillness, and nourishment.

community- plan time with your community. your community includes anyone that supports you in your wellness journey— family, friends, your health care team. giving back to your community belongs here too.

connection- this is how you connect with your spirit. connection can take different forms; traditional religious practice, getting out into nature, or engaging in a hobby. the goal of this area is to connect with what brings you joy!

home

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health

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community

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connection

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