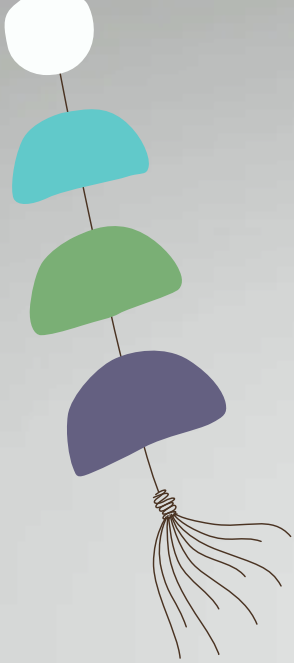


Peer Wellness Workbook



Name:

Renewing Your Mind, Body and Spirit







Welcome

This workbook was created to support you—not to judge, pressure, or “fix” you.

You do not need to complete every page.
You do not need to complete this in order.
You are allowed to take breaks, skip sections, and come back later.

Wellness is not about perfection.
It's about small steps, compassion, and support.

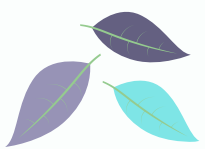
How to Use This Workbook

- Work at your own pace
- Skip anything that doesn't feel helpful
 - Repeat pages you like
- Write, draw, color, or simply reflect

If something brings up strong emotions, it's okay to pause and reach out for support.

This workbook belongs to **you**.





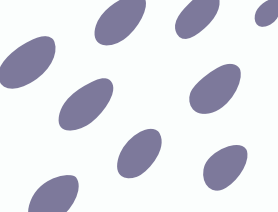
Introduction to Peer Wellness

What is peer wellness?

Peer wellness is about walking alongside someone as they work toward a healthier, more balanced life. It's a supportive and collaborative approach that centers on shared experience, understanding, and encouragement rather than clinical treatment. In peer wellness, the focus is on helping you build skills, confidence, and routines that support the **eight dimensions of wellness**: emotional, physical, social, intellectual, spiritual, environmental, financial, and occupational.

Together, we explore what wellness looks like for you, identify small and realistic goals, and recognize strengths you already have. Peer wellness is meant to feel welcoming and judgment-free—a space where you can reflect, learn, and grow at your own pace while feeling supported by someone who genuinely understands that wellness is not one-size-fits-all.





8 Dimensions of Wellness



EMOTIONAL WELLNESS

What This Means

Emotional wellness is about noticing, understanding, and responding to your feelings in safe and healthy ways.

Why It Matters

Emotions don't disappear when ignored—they usually get louder. Emotional wellness supports coping, communication, and recovery.

Signs of Balance

- Naming feelings without judgment
- Allowing emotions to pass
- Asking for support when needed

it's okay to
feel your
feelings

Small Steps You Can Try

- Pause and name how you feel
- Breathe slowly for 60 seconds
 - Write one sentence about today



REFLECTION

What emotion shows up most often for you lately?

What helps even a little when it does?



PHYSICAL WELLNESS

What This Means

Physical wellness is about caring for your body in ways that feel safe, realistic, and supportive.



Why It Matters

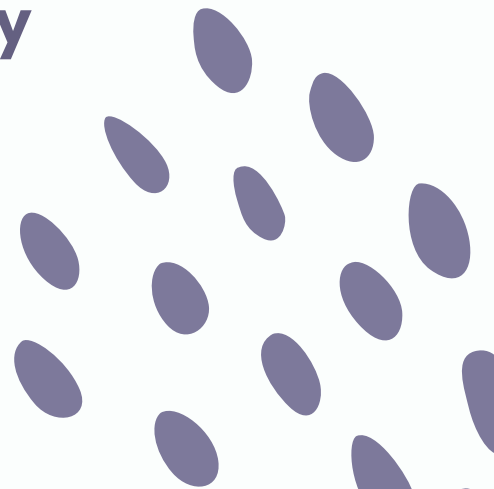
Sleep, nourishment, movement, and medication all affect mood, energy, and recovery.

Signs of Balance

- Listening to your body
- Resting when needed
- Gentle movement when possible

Small Steps You Can Try

- Drink a glass of water
- Stretch for 2 minutes
- Take medications as prescribed



REFLECTION

**What does your body need more of
right now?**

SOCIAL WELLNESS

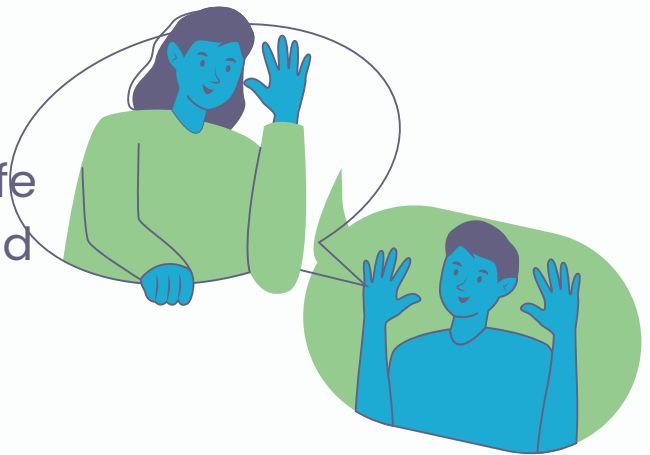


What This Means

Social wellness is about connection—with others and with yourself.

Why It Matters

Recovery is hard to do alone. Safe connections reduce isolation and increase hope.



Signs of Balance

- Feeling heard or understood
- Spending time with safe people
 - Setting boundaries when needed

Small Steps You Can Try

- Text someone safe
 - Attend a group or meeting
 - Practice saying “no”
- 
- 

[illegible]

INTELLECTUAL WELLNESS

What This Means

Intellectual wellness involves curiosity, learning, and mental stimulation—at your own pace.



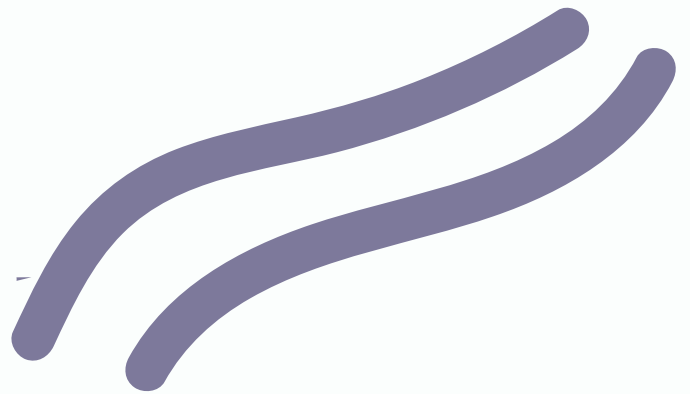
Signs of Balance

- Curiosity without pressure
 - Trying new ideas
- Feeling mentally engaged



Why It Matters

Engaging your mind can improve focus, confidence, and problem-solving.



Small Steps You Can Try

- Do a puzzle
- Read one page
- Learn one new fact



REFLECTION

What topics or activities interest you lately?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

SPIRITUAL WELLNESS



What This Means



Spiritual wellness is about meaning, values, and connection. This can be religious, non-religious, or personal.

Why It Matters

A sense of purpose can support hope and resilience during hard times.

Signs of Balance

- Feeling grounded
 - Acting in line with values
 - Feeling connected to something larger
- 



Small Steps You Can Try

- Spend time in nature
- Practice gratitude
- Reflect on what matters to you

REFLECTION

What gives your life meaning right now?

ENVIRONMENTAL WELLNESS



What This Means

Environmental wellness focuses on how your surroundings affect your well-being.

Why It Matters

Calmer spaces can reduce stress and increase safety.

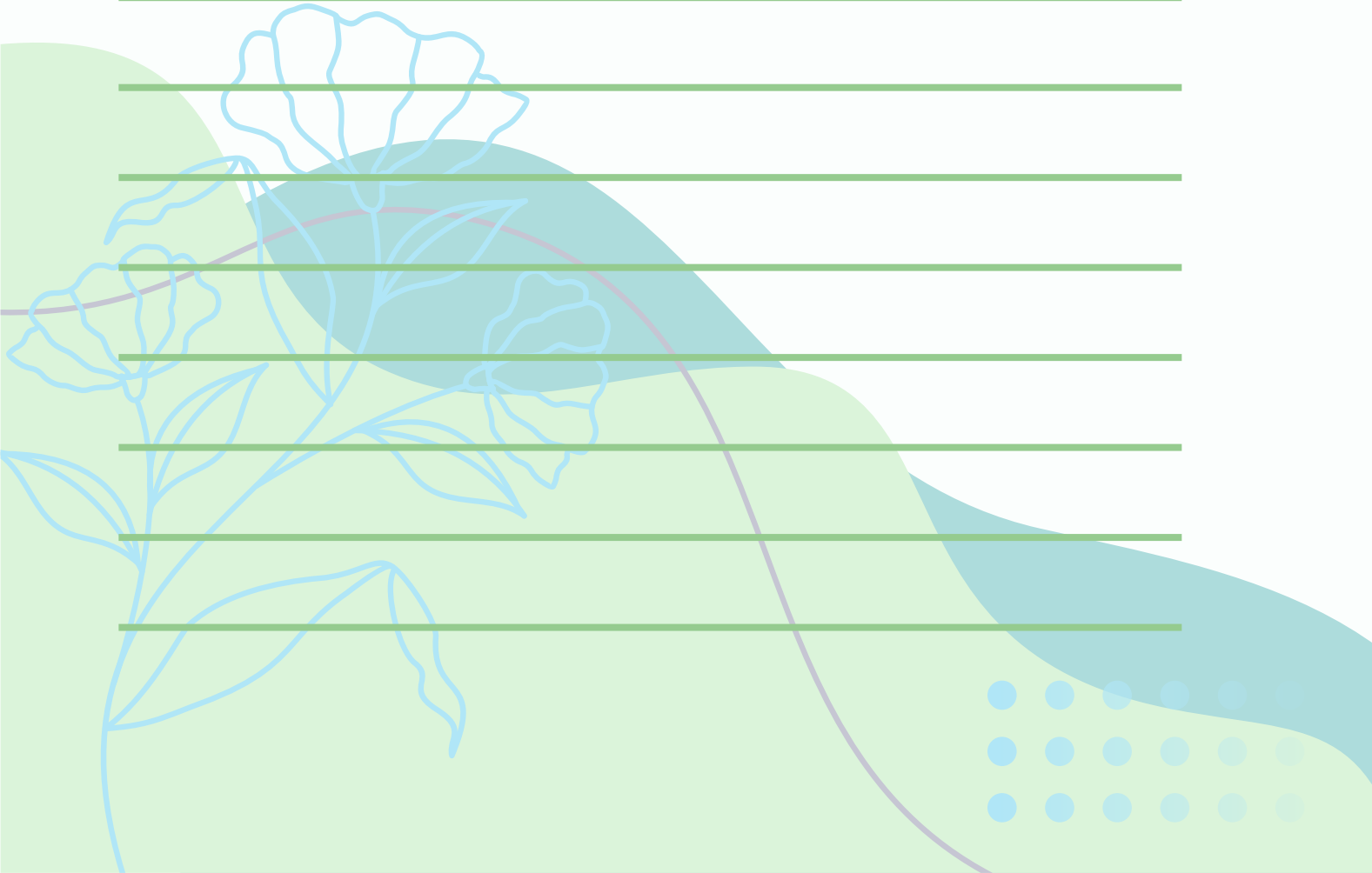
Signs of Balance

- Feeling safe in your space
 - Having areas to rest
- Reducing clutter or chaos

Small Steps You Can Try

- Open a window
- Tidy one small area
- Light a candle or play music

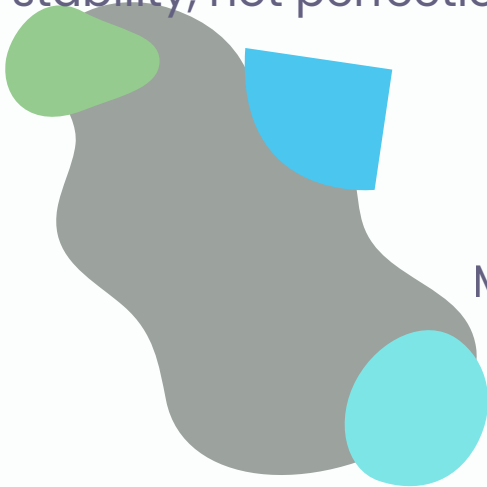
Feel safer for you?



FINANCIAL WELLNESS

What This Means

Financial wellness is about stability, not perfection.



Why It Matters

Money stress affects mental health and recovery.

Signs of Balance

- Awareness of finances
 - Asking for help
- Making informed choices



Small Steps You Can Try

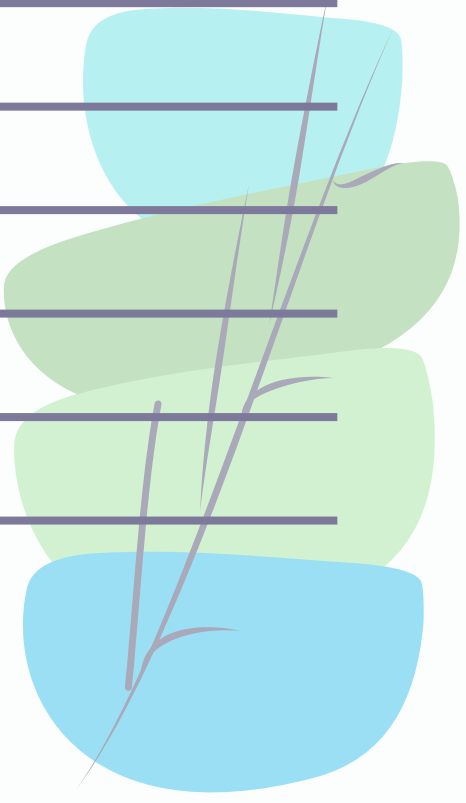
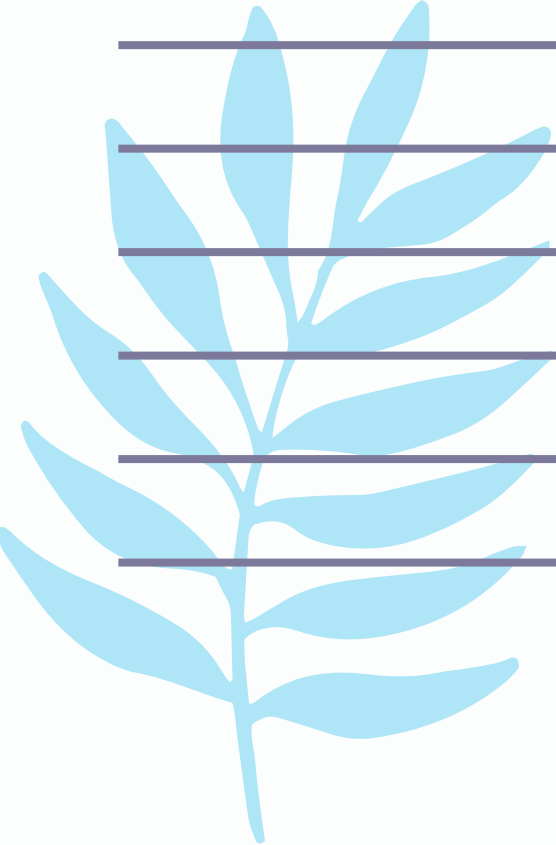
- Check account balances
 - Make a simple list
- Talk to a support person

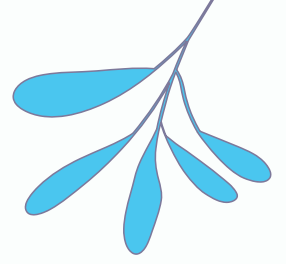




REFLECTION

What is one financial stress you'd like support with?





OCCUPATIONAL WELLNESS

What This Means

Occupational wellness includes work, volunteering, caregiving, or daily purpose.



Why It Matters

Feeling useful or purposeful supports self-esteem and recovery.

Signs of Balance

- Feeling valued
- Using your strengths
- Having manageable expectations

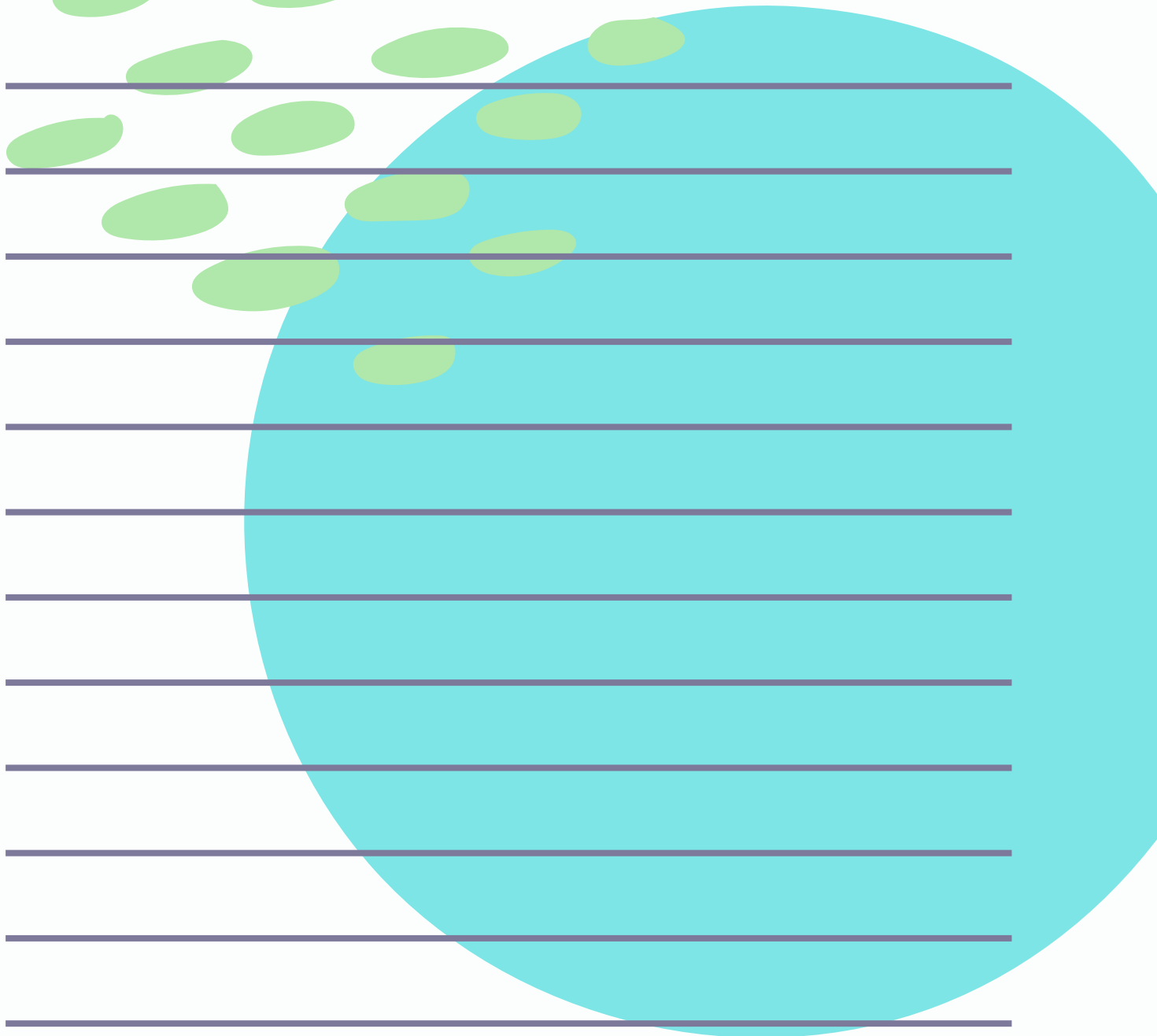
Small Steps You Can Try

- Identify one strength
- Set one realistic goal
- Celebrate effort, not outcome



REFLECTION

**What gives you a sense of purpose
right now?**



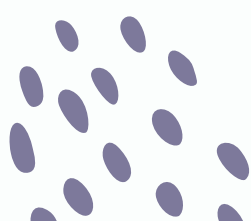
A series of 15 horizontal lines for writing, with a large teal circle on the right side of the page. The circle is partially overlapping the lines. To the left of the circle, there are several green oval shapes of varying sizes, some of which are also overlapping the horizontal lines.



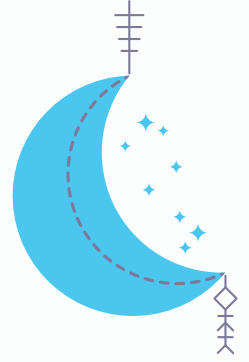
CREATING SELF-CARE GOALS

Mind & Body Goals

- ☐
- ☐
- ☐
- ☐
- ☐



SIMPLE NUTRITION



Quick and Easy Ideas

- Yogurt + Fruit
- Peanut Butter and Banana Toast
- Soup with added Veggies
- Rice and Beans
- Smoothies

*Food is fuel -
not a test!*

Common Nutrition Questions

Q: What's the best diet?

A: The one that's balanced, flexible, sustainable for you, and meets your needs, not necessarily the latest trend.

Q: Are organic foods healthier?

A: It's a personal choice; organic can help limit pesticide exposure, but non-organic whole foods are also nutritious.

Q: Are all calories the same?

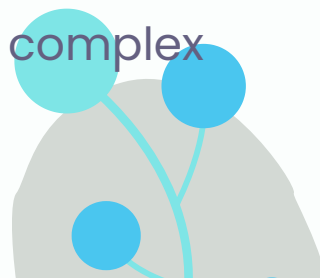
A: No, different foods provide different nutrients, even if they have the same calories.

Q: Are all processed foods bad?

A: Not all; focus on minimizing ultra-processed foods and eating more whole foods.

Q: Are carbs bad?

A: No, they're essential; focus on whole grains and complex carbs, not refined sugars.



Breakfast



MONTHLY **MACRO MEALS**

Strawberry Shortcake Sheet Pan Protein Pancakes

MAKES 8 SERVINGS

231 CAL

SERVING SIZE: 190G (1/8TH)

19P / 35C / 3F

Ingredients

3 cups Kodiak Cakes or Clean Simple Eats Buttermilk Pancake Mix (378g)
3 scoops Clean Simple Eats Simply Vanilla protein powder
3 cups water
4 tablespoons strawberry pie filling (68g) (this comes in a can)
2 tablespoons white chocolate chips (66g)

NOTES: I UPDATED THIS RECPE BASED ON THE NEW KODIAK CAKES NUTRITION LABEL & USING CLEAN SIMPLE EATS PROTEIN.

Directions

1. Preheat your oven to 350 degrees.
2. In a mixing bowl combine the pancake mix, protein powder, and water. Mix well.
3. Pour the mixture into a well greased sheet pan (18X13) or a casserole dish (9X13).
4. Drop small spoonfuls of the strawberry filling onto the top of your pancake batter all over. Take a butter knife and swirl it into the batter slightly.
5. Sprinkle the white chocolate chips evenly over the top and bake for 30 minutes or until the top starts turning a golden brown.
6. Top with your favorite pancake toppings.

DISCOUNT CODE FOR CLEAN SIMPLE EATS PROTEIN AND/OR PANCAKE MIX IS STAYFITMOM. THEY ALSO HAVE A GLUTEN FREE PANCAKE MIX WITH THE SAME MACROS.

Lunch



MONTHLY **MACRO MEALS**

Cheeseburger Salads

MAKES 5 SERVINGS

351 CALS

SERVING SIZE: 1 SALAD

27.6P / 14.7C / 20.2F

Ingredients

1 pound ground beef (90/10) 1-2
heads of iceberg lettuce (16 oz.) 1
large tomato, diced (7 oz.) 1 small
red onion, diced (100g) 2 large dill
pickles, diced (7 oz.) 3 & 1/2 ounces
reduced fat cheddar cheese

For the dressing:

110 grams light mayonnaise

75 grams ketchup

75 grams sweet relish (or diced pickles)

pinch each of paprika, salt, & pepper

Directions

1. Over medium high heat cook the ground beef until no longer pink. Strain out excess grease and season with salt and pepper.
2. In a large bowl combine the lettuce, tomatoes, onion, pickles, and cheese. Divide evenly into 5 bowls (about 200g per bowl).
3. Mix together all of the dressing ingredients and divide evenly amongst the 5 salads (about 52g per bowl).

Dinner



MONTHLY MACRO MEALS

Skinny One Pot Chili Mac & Cheese

SERVES 12

346 CALS

SERVING SIZE: 250G (1 CUP)

25P / 39C / 10F

Ingredients

1 & 1/2 pounds lean ground turkey
1/2 medium onion, diced (150g)
14.5 ounces diced tomatoes
8 ounce tomato sauce
3 tablespoons diced green chiles
3 tablespoons taco seasoning
16 ounces whole wheat pasta noodles
5 cups water
2-3 bouillon cubes
1 package 1/3 less fat cream cheese
(8 oz.)
8 ounces reduced fat shredded cheese

Directions

1. In a large pot over medium high heat cook the onions and ground turkey until turkey is browned and onion is tender. Strain out any excess grease.
2. Add the taco seasoning, diced tomatoes, tomato sauce, green chiles, water, bouillon cubes and bring to a simmer. Stir in the pasta and cook uncovered for 10-12 minutes, until pasta is cooked and liquid has reduced down.
3. Toss in the cream cheese and shredded cheese and stir until melted.

NOTES: I USED AND CALCULATED THE RECIPE USING 99/1 LEAN GROUND TURKEY. IF YOU CAN ONLY FIND 93/7 I WOULDN'T STRESS ABOUT THE MACRO DIFFERENCE BECAUSE A LOT OF THE FAT COOKS OFF AND IS STRAINED OUT IN THIS ONE. YOU CAN EVEN SWAP OUT THE TURKEY FOR LEAN GROUND BEEF IF YOU PREFER.

IDEAS

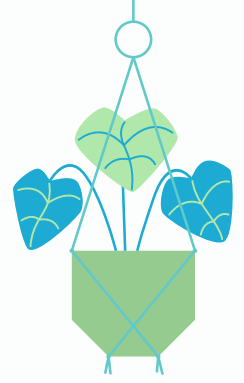
Age Group	Percentage
18-24	10%
25-34	15%
35-44	18%
45-54	20%
55-64	22%
65-74	23%
75-84	24%
85+	25%

[illegible][illegible]

A green and white grid with the word "dinner" written in a purple cursive font. The grid has a green border and a green arrow pointing right at the top left.

1	20	40	60	80	100	120	140	160	180	200
2	21	41	61	81	101	121	141	161	181	201
3	22	42	62	82	102	122	142	162	182	202
4	23	43	63	83	103	123	143	163	183	203
5	24	44	64	84	104	124	144	164	184	204
6	25	45	65	85	105	125	145	165	185	205
7	26	46	66	86	106	126	146	166	186	206
8	27	47	67	87	107	127	147	167	187	207
9	28	48	68	88	108	128	148	168	188	208
10	29	49	69	89	109	129	149	169	189	209
11	30	50	70	90	110	130	150	170	190	210
12	31	51	71	91	111	131	151	171	191	211
13	32	52	72	92	112	132	152	172	192	212
14	33	53	73	93	113	133	153	173	193	213
15	34	54	74	94	114	134	154	174	194	214
16	35	55	75	95	115	135	155	175	195	215
17	36	56	76	96	116	136	156	176	196	216
18	37	57	77	97	117	137	157	177	197	217
19	38	58	78	98	118	138	158	178	198	218
20	39	59	79	99	119	139	159	179	199	219
21	40	60	80	100	120	140	160	180	200	220
22	41	61	81	101	121	141	161	181	201	221
23	42	62	82	102	122	142	162	182	202	222
24	43	63	83	103	123	143	163	183	203	223
25	44	64	84	104	124	144	164	184	204	224
26	45	65	85	105	125	145	165	185	205	225
27	46	66	86	106	126	146	166	186	206	226
28	47	67	87	107	127	147	167	187	207	227
29	48	68	88	108	128	148	168	188	208	228
30	49	69	89	109	129	149	169	189	209	229
31	50	70	90	110	130	150	170	190	210	230
32	51	71	91	111	131	151	171	191	211	231
33	52	72	92	112	132	152	172	192	212	232
34	53	73	93	113	133	153	173	193	213	233
35	54	74	94	114	134	154	174	194	214	234
36	55	75	95	115	135	155	175	195	215	235
37	56	76	96	116	136	156	176	196	216	236
38	57	77	97	117	137	157	177	197	217	237
39	58	78	98	118	138	158	178	198	218	238
40	59	79	99	119	139	159	179	199	219	239
41	60	80	100	120	140	160	180	200	220	240
42	61	81	101	121	141	161	181	201	221	241
43	62	82	102	122	142	162	182	202	222	242
44	63	83	103	123	143	163	183	203	223	243
45	64	84	104	124	144	164	184	204	224	244
46	65	85	105	125	145	165	185	205	225	245
47	66	8								

GENTLE MOVEMENT



*Movement is about
care, not
punishment.*

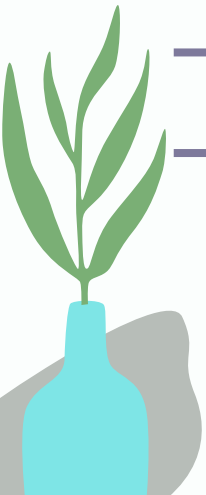


Starting Options:

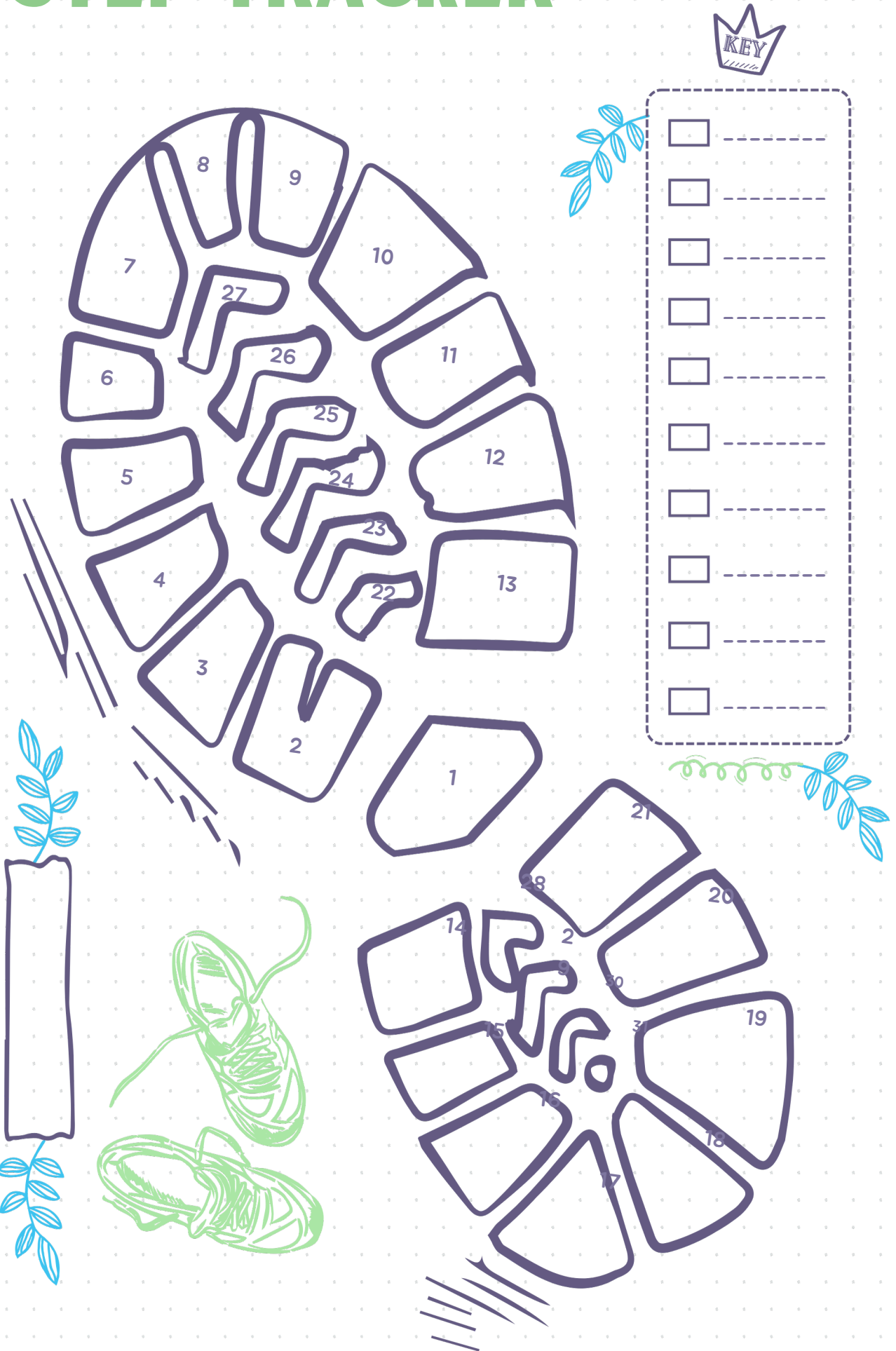
- Chair stretches
- 10-minute walk
- Gentle stretching
- Breathing with movement

Check-in:

What kind of movement feels
safest today?

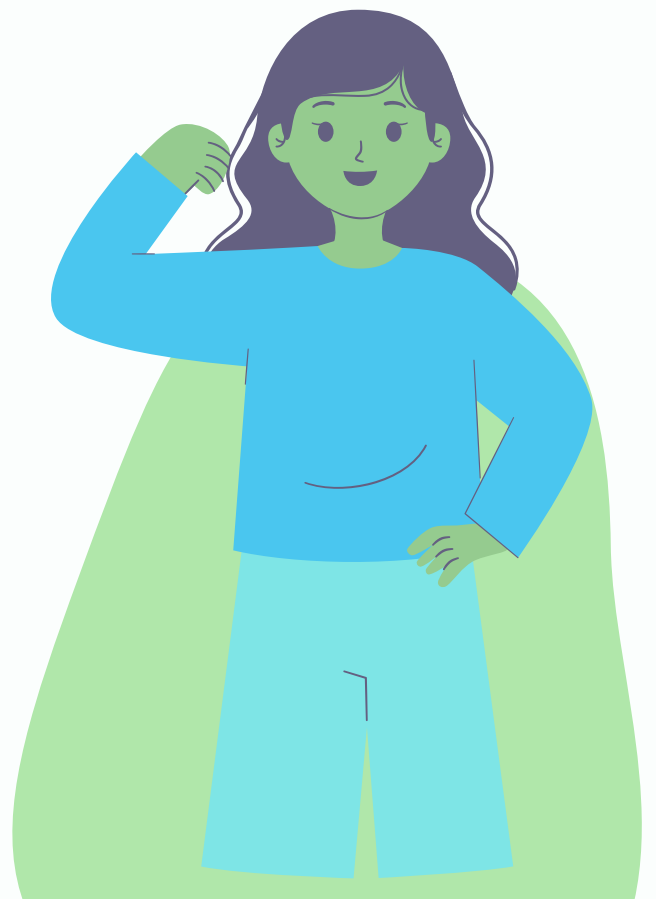


STEP TRACKER



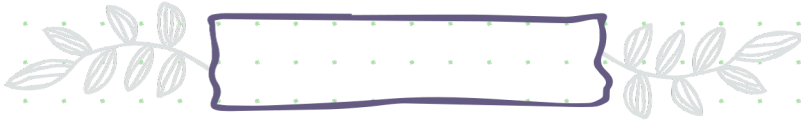
WELLNESS TRACKERS

*Tracking is about
awareness,
not judgement!*



[illegible]

DAILY MOOD



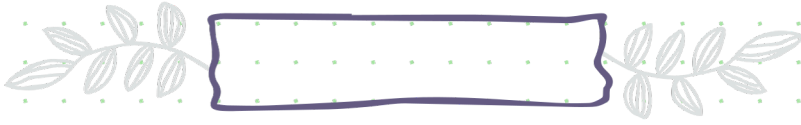
	jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												



☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



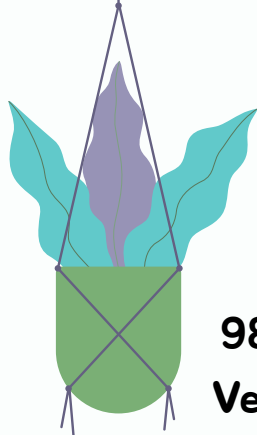
SLEEP TRACKER



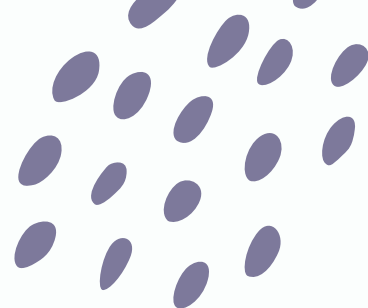
	jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____





Mental Health Resource Guide Crisis Services



988 Suicide & Crisis Lifeline.....	988
Veterans Crisis Line.....	988 then press 1 or text 838255
Mobile Crisis.....	865-539-2409
TN Suicide Prevention Crisis line.....	855-274-7471 or text "TN" to 741741
Crisis Stabilization.....	865-541-6958
McNabb Center.....	800-255-9711
EmPATH Unit.....	800-255-9711
East TN Behavioral Health.....	888-907-5190
Center for Behavioral Medicine.....	865-444-3770
Cherokee Health Systems.....	800-826-6881
Peer Recovery Call Center.....	865-584-9125

Alcohol/Drug Treatment

TN REDLINE.....	800-889-9789
Metro Drug Coalition.....	865-588-5550
Cornerstone of Recovery.....	888-762-3740
CenterPointe.....	865-523-4704
Cherokee Health Systems.....	866-231-4477
East TN Behavioral Health.....	888-907-5190
Peninsula.....	865-970-9800
Recovery Link.....	865-374-5465
Buffalo Valley (Hohenwald, TN).....	800-447-2766
Peer Recovery Call Center.....	865-584-9125

