

Greet the Day: Your Passport to Wellness

“Success – it’s what you do with what you’ve got.”

– Woody Hayes

Your name: _____ Today’s date: _____

Your goal for today: _____

Please remember to bring this sheet with you to all group sessions. Attend 3 sessions for a daily reward and positive steps toward wellness.

Group time	Group topic	Stamp if attended and participated
9:00 a.m.	Greet the Day	
10:00 a.m.		
11:00 a.m.		
Lunch 12:00 to 1:00 p.m.		
1:00 p.m.		
2:00 p.m.		
3:00 p.m.	Celebrate the success of the day!	

What to expect

Each day you will have group sessions with a theme that connect to **dialectical behavioral therapy (DBT)**, a form of cognitive behavior therapy (CBT) that focuses on changing certain thoughts and behaviors to help control the symptoms of your condition.

Daily Themes in Group Sessions

- **MONDAY – Mindfulness**
Mindfulness is the capacity to pay attention, in a non-judgmental way, to the present moment. It involves the conscious awareness of your current thoughts, feelings, and surroundings.
- **TUESDAY – Interpersonal Effectiveness**
Interpersonal effectiveness involves getting along with people important to you. It is about getting your needs met while respecting other people's needs, having good relationships, and liking and respecting yourself.
- **WEDNESDAY – Distress Tolerance**
Distress tolerance is learning to tolerate painful events and emotions that you cannot make better right away. It involves accepting, in a non-judgmental way, yourself and the current situation.
- **THURSDAY – Emotional Regulation**
Emotional regulation helps you to learn ways to monitor, evaluate, and modify your emotional reactions.
- **FRIDAY – Wellness and Review**
Wellness is defined as the quality or state of being healthy in body and mind. We will focus groups on plans after discharge, leisure activities, creating routine, gratitude, self-esteem, and review of the skills learned throughout the week.
- **SATURDAY – Strength Focused**
The strength focused theme is about discovering your values and building upon your current strengths, coping skills, self-worth, and capabilities.
- **SUNDAY – Hope**
Hope focuses around finding the essential and motivating message that you can use to overcome the barriers in your life.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.