

The 5 Pillars of Health @ Thrive



The Pillars of Health is an anchor framework that is designed by you for you. All Thrive activities are covering an element or multiple aspects that will ensure that individuals **thrive to live their best life.**

We connect with a range of people with acquired or traumatic neurological conditions from Traumatic Brain Injury (TBI) from an external force like a fall or accident to an Acquired Brain Injury (ABI) from internal causes like Stroke, Disease, Infection, Tumor, Medical Misadventure, Functional Neurological Disorder (FND) or Lack of Oxygen or and the list can go on.

We exist on a mantra of acceptance and inclusion and provide a space of no judgement and to be only kind, caring and **thrive** on empathy, understanding and learning. This is a very varied group and we focus on the mantra of ensuring 'we all **thrive** to live our best lives'

We focus on 6 areas in **Thrive** which we refer to as the 5 Pillars of Health. These are to Move, Rest, Chat, Mood and Food. The 5 Pillars support our main focus which is Mental Health. **Mental Health** is the 'ceiling' that the 5 Pillars support.

We are not a 'profession, but are a community that lives with, or cares for or supports individuals with an Acquired or Traumatic Brain Injury. We know we are all very different and our goal is for each of us to Live Our Best Life"

MENTAL HEALTH

T <u>H</u> rive	Th <u>R</u> ive	Thr <u>I</u> ve	Thri <u>V</u> e	Thrive <u>E</u>
MOVE	REST	CHAT	MOOD	FOOD
Lets all be <u>H</u> althy and <u>F</u> it	<u>R</u> est is essential medicine	<u>I</u> nteraction is assuring and fun	<u>V</u> ibrance works for all of us	Use food to burn <u>E</u> nergy

The *5 Pillars of Health* are what we have identified and shaped as the strong foundations for you to be able to live your best life.

We find ourselves in what can be a tough situation or events as we are forced to explore purpose, direction and at times alter our course in life.

This is designed as the beginning of a journey of understanding about what things you now need to consider as you progress on this exploration. It can serve as the beginning of your own personal checklist to ensure you are connecting all the dots in your life.

Mental health is not explicitly identified and does not become a pillar because it is everywhere, in everything you do, how you act, react, respond, perform and live.

We believe your Mental Health is the main priority and is a *major focus* of everything we do.

It is always sitting on top of the 5 Pillars of Health. Your mental health is everything to you and us.

Te Tiriti O Waitangi

Thrive and TACT exist to support people with acquired and traumatic neurological challenges to thrive by activating resilience, building connections and transforming lives in a way that honours Te Tiriti O Waitangi so they can live their best lives.



5 Pillars of Health-THRIVE

MENTAL HEALTH

Thrive believes these are the keys to everything you do and will be our primary focus as we approach to build upon each of the different pillars. We can refer to this as Mental Health or Fitness.

Pillar 1	Pillar 2	Pillar 3	Pillar 4	Pillar 5
MOVE	REST	CHAT	MOOD	FOOD
Fitness	Sleep	Community	Calm	Daily Diet
Coordination	Balance	Companionship	People	Health
Stamina	Sleep Routines	Connect/ions	Communication	Effects of diet
Mental Strength	Practice	Like minds	Acceptance	Food as fuel
Movement	Sleep Hygiene	Interaction	The 'new you'	Types of food
Physical Strength	Environment	Frequent/ly	Energy	Diet is key
Flexibility	Sleep as Fuel	Sharing	Rest	Snacking
Balance	Daytime rest	Learning	Managing you	Eat for meaning
Community	Safety	Teach	Emotions	Eat for pleasure
Fun	Energy	Inform	Satisfaction	Drink water
Safety	It Is Essential	Inspire	People	Safety
		Protection	Awareness	Enjoy
		Safety	Identity	Celebrate
		Be open to change	Safety	

Mental Health @ Thrive

Your Mental Health is your barometer for your life best lived.

A barometer is a scientific instrument that measures atmospheric pressure, which is the force exerted by the weight of the air around us.

It is managing how we exist within or manage the 'weight of the air' that is a critical part of our progress in life. Thrive is focussed on ensuring all people that we engage with can manage the pressures of life regardless of their predicament.

Your Mental Health is therefore the base for everything. It is the roof that the 5 pillars of Move, Rest, Chat, Mood and Food support.

For growth to occur you need to know who you are, learn to accept change as your new normal and be happy to accept the new you.

Mental Health can be a challenge as we learn to manage, to in time accept change and the differences that occur in our ever changing lives.

To know you, you will ideally be in a strong and well supported place. This place needs to be one of care, kindness, honesty and empathy. We believe that by identifying and building upon each individual pillar we are in turn securing through learning or ako your place in society to be your best self.

If you find yourself not able to establish your support network, the people that you can lean on to be the best version of you then you may need to look wider in your network or reach out to talk.

Through our focus on Mental Health and the 5 Pillars (Move, Rest, Chat, Mood and Food) we believe that we can help you to Thrive in your life.

All that is needed is your commitment to live your best life and an openness to seek and accept help. Along the way you may be confronted and challenged but match these with opportunities that gradually will lead to victories allowing you to be the success you always have been.

Through Thrive our primary focus is to ensure you have the opportunities, a range of experiences and a network to aid you to live your best life.



Move @ Thrive

The Pillar of Move is defined by 2 simple tenets.

- 1. To know how to be Healthy and to be Fit.*
- 2. Through your actions you will work towards being Healthy and Fit.*

We don't expect everyone to run a marathon, or even run but we are about getting out and about and moving to facilitate the whole body's potential.

The mind, body and soul are entwined and this interrelationship we focus on when creating relevant physical experiences.

It is without reason the concept of self doubt limits many of us. It is important to know we have the ability to get out and explore. We then receive the pleasure in our own way and at our own pace and just know that we can all find support to aid us through.

As a Pillar, Move is about thriving to be healthy and fit. You need health to be fit. One without the other leads to a level of misbalance and can limit your level of achievement or your joy in life.

The ability to move is essential to you being a part of a community once again. It is important to feel valued and this ensures that you again are a participant in life, not a spectator of others lives.

The term physical fitness is essential for everyone but to be perfectly honest, it can look and feel different for everyone.

To be fit you need to ignite your balance and this will enable you to fire your coordination, add an element of stamina and you will be on your journey to physical fitness.

You will enhance your fitness experience by learning to be flexible through stretching and warming up before you Move.

Movement in your way is key. Mental and Physical Fitness run in parallel. Be safe and do not take risks with the new you.

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear" - Buddha.



Rest @ Thrive

Rest is one thing that has either been a challenge or has been a strength depending on the individual.

As individuals with an Acquired or Traumatic Neurological condition we are all different.

Balance has been key when thinking about rest. If you do the simple maths we all require rest and the general advice is anywhere between 6-8 hours is the standard.

To achieve this can be challenging and may require great planning and assistance. Develop a sleep/rest routine that works for you.

You are a human and we all prosper in a planned environment. Generally when the light goes out we rest. The light goes on, we awaken and spend the daylight hours seated or moving, working/learning and playing or exercising.

Establishing a rest routine is something we all have but may be something that we need to rethink with a neurological ailment. Establish a plan for rest.

Your environment is critical to good rest. Eliminate things that can grab your attention, be distracting, always remembering that rest is a calm time.

Establish some rules of rest and have them become habitual for you. Good habits are good habits and are easier to maintain.

For many of us we require or would benefit from a daytime nap. This is because the neural load is intense and we will just be better after a wee rest. Ensure you are in a comfortable place, quiet, block out sunlight and set a timer.

Rest therapy is suitable for those that want it and need it. ITherapists can design a plan that can work for you.

If you find you are resting too much, allow your body to inform you of this. Change is a gradual process and needs to be planned and prepared for you to be successful in your way.



Chat @ Thrive

Chat allows you to interact and be part of a community.

By being part of a community you will likely find a connection and create meaning, focus and companionship.

To chat, ensure you are being heard or responded to and when you get a reply this can mean that you are having a conversation.

Often there will be like minds that you will connect with over something you have in common.

Once you develop confidence you may increase your frequency of interactions as you talk more.

By sharing your thoughts and in turn listening to what is being shared with you, you are teaching and learning at the same time.

By communicating you are informing and improving your ability to interact with others.

Find opportunities to chat a lot. Be a frequent talker.

Be safe. Do not take risks that you are unsure of and be kind to the new you.

Chat will allow you to become a part of a community and this can be with a carer or even someone you see often. Find that person that will help by listening and being a kind person.



Mood @ Thrive

Calm is a state of rest, when your heart beat is normal, your muscles are relaxed and your thoughts are in a relaxed state.

It is imperative to find calm in your thinking. This will allow you to be calm and not get stressed with anything to allow you to move forward.

Your inner thoughts determine your eventual outcome. Dream of what you want to do and use the dreams to guide you into your happy place.

Treat all people with honesty. You may not have the ability to fake your emotions but if people know what you are thinking it is better for you.

Communication is key. You have the ability to communicate and although this may not be at the same level it once was or will be, it is still there.

Because of possible changes in you, you may need to have a plan in order to deal with a variety of situations as they arise.

Energy is key. Your brain will require so much more energy to do what was normal so now take your time. Learn to persevere.

Rest is now critical to your every day growth. Give your body the chance to recharge. Think of yourself as an electric car that needs a daily power boost to operate.

Acceptance is a thing that although you may have been good at before you need to relearn it now. Understanding and accepting the changes in small pieces at a time make it manageable.

You may need a plan to relearn how to live the day effectively. It may have on it when to eat, rest, do some chores or work but remember it is all there because possibly you at this stage do not know how to be throughout the day.

Learn to accept change. You may start with not knowing what/who you were but know that change will get better if you let it. Celebrate every change you notice and understand that this is part of a process.

Your presence to others is determined by your mood. A happier you will promote a happier community.



Food @ Thrive

Hippocrates once said *“Our food should be our medicine and our medicine should be our food”*

Be consistent. Eat to a plan and follow that plan. 3 square meals a day.

Taken daily a good food intake should have the right amount of vegetables, fruits, whole grains and protein.

A healthy diet followed consistently will allow you to be a healthy person and receive the ongoing health benefits of eating well.

Think of food again as your fuel. You eat healthily if you are about to go and do an activity or use your brain to think so eat healthily in life in order to achieve those changes you are striving for.

Explore supplements to complement your diet and ensure you are having the right vitamins and minerals in order for you to live your best life.

Snacking is not the ideal way to solve hunger. The food is not always the best and you need to think about a substitute in order to be healthy.

One bad meal does not undo the progress you have made if you are eating for a goal.

Eat with a purpose. Prepare, share and eat with a meaningful outcome. This is a daily fuel, it is shared with our loved ones and should be a reason why we are living our best life.

Food is fun, enjoy it, treasure it and harness it.

Sharing food or eating communally and with others is a great time to be connected with others

Be safe and enjoy everything that food has to offer.

