What else can you do to nurture your Intellectual Wellness?
Write ideas down here:

◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________

Please take three of these brochures:

1. Keep one
2. Give one away
3. Leave one somewhere for someone else (like in a waiting room or office)

REMEMBER: Talk about the Intellectual Dimension of Wellness at your Local Collaborative/club/meeting/group/family gathering

For more information about the Behavioral Health Planning Council:
http://www.bhc.state.nm.us/BHPC/BHPC.html
◊ Solve a problem; work with some other people to solve a problem
◊ Working with fiber arts and teaching others keeps me flexible
◊ Learn something new; I like to see where else I can apply what I learn
◊ I set a goal for myself and that helps me grow my creative abilities
◊ I feel good when I challenge myself, challenge my mind, challenge my thinking
◊ Advocacy forces me to learn about different subjects, about how to influence people, and how to get people to listen
◊ I try to stay well informed about lots of things, about my illness, about politics, about anything my doctor says, about lots of things
◊ If I take some information to other people it is like spreading butter on toast
◊ I take information to friends, to my LC, to groups I'm in
◊ I talk with my PSR group about things I learn
◊ When I can go to a conference it helps me grow this dimension and I hear things I didn't know and think about things in different ways
◊ I learned to play bridge and learned it with others, in community; there are lots of things you can learn with others
◊ Learning helps me in lots of ways
◊ I learned to play the organ with hands and feet; that takes coordination
◊ Participating in a subcommittee maintains the intellectual dimension!
◊ Teach a child if you want to challenge your intellectual dimension; you have to learn how the other person learns
◊ I play Kindle Fire word games
◊ I practice creating colors with a musical instrument
◊ I want to learn more about cultures and I do not want to become as rigid as someone in a 6’ hole
◊ iTunes U is free and you can learn lots of different things
◊ Maybe someone will donate Teaching Company cds or dvds to the Wellness Centers; you can listen to college classes in the car or in your home
◊ I spend half an hour each month watching the tv news channel my parents watch and watching how I react to it too
◊ What we think we know may hurt us—so it’s good to challenge myself
◊ Discuss things with your recovery brothers and sisters
◊ Rigidity is the enemy of this dimension; when I’m rigid I am just dumbing down
◊ Listening to music helps my brain also
◊ I take time to reflect on things while I’m running
◊ Puzzles keep my mind alive and bright: crosswords, jigsaws, all kinds
◊ Our Economic Development office has a GED prep course you can go in and use from dvds
◊ Listen to TED talks on the internet and learn from enthusiastic people
◊ I hang around with smart people
◊ Find some movers and shakers, some cutting edge people and hang with them
◊ Use a hobby to develop your curiosity; I make adobe miniature houses
◊ Learn to build websites as codeacademy.com; there are lots of things you can learn on the internet
◊ Stop and smell the flowers while you are serving or helping others
◊ Remember that lots of people share a goal but do things differently to get there
◊ Learn to play an instrument, cook something, work with your hands
◊ Teach, teach, teach—things will learn you!
◊ I use the internet and learn from other people; everyone has something to share