

Wellness, Trauma & Universal Behavioral Supports

Wellness Domain	Routine Supports that Prevent “Problems” [Trauma Informed considerations are noted in RED]
Relationships/ Social Wellness	<ul style="list-style-type: none"> • Build constructive, supportive relationship (rich schedule of proactive individualized attention/interactions) • Provide routine social activities tailored to X’s preferences and tolerance; Respect Choices in relationships and social/community activities & assure connections with the people who matter most and make the person feel safe • Promote Preferred Level of Stimulation with regard to amount/type of interactions and involvement
Work & Leisure/ Occupational Wellness	<ul style="list-style-type: none"> • Provide daily set of work/leisure/learning activities tailored to X’s preferences and tolerance • Respect Choices in amount/type of activities [how the person wants to spend the day] • Limit Demands to essentials [remember if we must require or demand participation in these activities it is unlikely that it is something the person wants to do & “escape” behaviors could signal trauma trigger] • Promote Preferred Level of Stimulation in amount and type of activities/work/leisure
Spiritual Wellness	<ul style="list-style-type: none"> • Provide routine set of activities tailored to X’s preferences/tolerance • Respect Choices in spiritual practice & access to nature or other soothing activities • Avoid Demands [it is exceedingly rare that any activity in this area should be required & “escape” behaviors could signal trauma trigger] • Promote Preferred Level of Stimulation/involvement
Physical Wellness	<ul style="list-style-type: none"> • Ensure unimpeded access to anything necessary for health and safety • Respect Choices in physical activity/exercise and best approach to healthy eating/lifestyle • Limit Demands to essentials [i.e., bad stuff will happen if these don’t occur - & “escape” behaviors could signal trauma trigger] • Promote Preferred Level of Stimulation/involvement in physical activity/exercise • Ensure Any level of discomfort or pain is detected and relieved
School, Lifelong learning & Creativity/Intellectual Wellness	<ul style="list-style-type: none"> • Provide daily set of learning/creative activities tailored to X’s preferences and tolerance • Respect Choices in amount/type of activities [how the person wants to spend the day] • Limit Demands to essentials tasks [remember if we must require or demand participation in these activities it is unlikely that it is something the person wants to do & “escape” behaviors could signal trauma trigger] • Promote Preferred Level of Stimulation in amount and type of activities/learning/leisure
Emotional Wellness	<ul style="list-style-type: none"> • Provide daily set of wellness/relaxation/creative activities tailored to X’s preferences/tolerance • Respect Choices in wellness/relaxation/creative activities • Avoid Demands [it is exceedingly rare that any activity in this area should be required & “escape” behaviors could signal trauma trigger] • Promote Preferred Level of Stimulation/involvement in these activities & learn and respond to how the person communicates emotions/feelings so that day can be adjusted accordingly