

Wellness Bulletin

February 2021

The Benefit of Pause

This month the Wellness Committee wanted to honor Black History Month while incorporating dimensions of the Wellness Wheel to emphasize the importance of creating a ***multicultural and diverse individualized wellness plan***.

I had the pleasure and honor of interviewing Clyde Lloyd after taking his Cultural Competence training for Peer Recovery Coaches. Clyde grew up being given a lot of misinformation in school which led to anger, as he felt he was not contributing to the world. Through self-reflection and awareness, Clyde channeled this anger into something else, something much more, something healing. Clyde was able to break the cycle of misinformation and separate from his invisible filters (rather than pointing out and focusing on peoples' differences), he embraced connection and reduced his internalizing/marginalizing.



According to Clyde, we “filter out what doesn’t support our truth” and this is part of our conditioning/learning, which means we all do it as human beings. We may not even realize that we are filtering out or shutting out information. Clyde emphasizes the importance of coming from a place of “Challenging our Invincible Filters”. It is time we correct our misinformed filters and PAUSE to reflect and either accept or reject information so to find PEACE—peace of understanding self and understanding prejudice with awareness.

Let’s consider how we make choices related to our wellness and what sources we trust as we tend to “operate from the information we are given from our trusted sources” and “we all stereotype” with the human mind. (Clyde Lloyd)

Wellness is considered to be an active process of becoming aware of and learning to make choices (healthy choices) that lead toward a longer and more successful existence.

—National Wellness Institute Definition



Consider how the cycle of misinformation leads to prejudice (pre-judging) and how it may be represented in your wellness. This misinformation can be present during times of making (what we think are healthy) choices or rejecting information that doesn't support our ideas of health and wellness. What we eat, drink, how much sleep we get and how we take care of ourselves has all been influenced by the information we receive. Consider where we get our health/wellness information and what is available and what we have access to. Is there a wellness topic/dimension you would like to learn more about from a source you haven't yet sought out?

When making healthy choices and considering our pre-judging, we can PAUSE, reflect and ask ourselves 2 questions: to what degree is my prejudice/pre-judging? To what degree may this be harmful to self or others? In order to disrupt the cycle of misinformation and prejudice that leads us to separation and more misinformation, we can:

1. Acknowledge a bias or prejudice exists
2. Avoid separation and pointing out others' differences (i.e.— using isolated events/incidents to group people/beliefs)
3. Honor and celebrate differences, discover misinformation, obtain new and correct information, and observe the commonalities

Clyde and Becky's Take Away:

Allow other information in, PAUSE, listen (not to respond/reply or rebuttal) and challenge/question the information until you get to a point of peace (where it makes sense) without judgment or criticism. It is time to understand all of our perspectives and prejudices. Learn from other cultures and try new things (i.e. – try a new recipe or activity)



Tools - Questions for getting to know yourself and/or clients better while considering culture and wellness:

What is your cultural background? Where is your family from originally? How does your culture/family feel about your addiction/mental health/health problems? Are you getting the proper care you need to manage your health/wellness? Are you satisfied with the amount and kinds of food you eat? Are there habits that affect your physical health that you'd like to change? Who are your heroes or heroines? Do you feel like you can stand up for yourself or ask questions about your health? How would you explain your selfcare or what do you like to do for your selfcare? Where do you get your wellness information from and are they your of same/similar race or ethnicity? How do you incorporate mind, body, spirit into your wellness? How do you define health/wellness, why? Are there generational or ancestral diseases in family lineage that can be changed thru lifestyle choices?

Clyde Lloyd Bio:

“Authentic. Inspirational. Insightful.”

Overcoming life threatening bouts with substance use challenges and cancer, Clyde Lloyd has dedicated his life to sharing his personal insights and encouragement with others in need. Blending his wisdom with progressive technical knowledge and application, Clyde offers educational and hands-on trainings in Georgia and nationally. Participants completing his trainings are equipped to address some of the most pressing challenges facing our communities – including substance use and mental health challenges, suicide prevention and cultural competence.

He is passionate about building on the strengths and resiliency of each individual and confidently helps individuals access hope and their innate wellness. His strategies are designed around supporting peers through self-directed pathways to recovery.

Clyde’s Recipe: Dump Cake

A sweet, satisfying treat to warm your soul that can be enjoyed in moderation and with others.

Clyde’s grandma used to say, “Everything we need to be well is all around us, everything is medicine and everything is healing”. Clyde’s grandma was also known for her wisdom and speaking about closing one’s eyes so to remove the invincible barriers and see without judgement but with feeling and hearing.

1 18 oz box of yellow cake mix (can substitute with gluten free cake mix)

2 sticks of butter (can substitute with applesauce, avocados, mashed bananas, Greek yogurt, nut butters, Ghee, coconut oil, olive oil)

2 cans of fruit in syrup (i.e. – peaches) or substitute with fresh fruit

Dump the fruit into a 9-by-13-inch baking dish. Sprinkle the cake mix over the top of the fruit. Slice the butter into tablespoons and distribute evenly over the surface of the cake mix. (If using a butter substitute consider modifying baking temperature and bake time)

Bake until the tops are brown and bubbly, 45 minutes to 1 hour. Serve with whipped cream and enjoy with others.