



IPS Panel on Youth Mental Health



Total Wellness Initiative Singapore

Putting the **WE** back into **WE**llness

ABOUT

TWIS

Total Wellness Initiative Singapore (TWIS) is a social enterprise with a ground-up arm that aims to promote and encourage people to take the first step towards being more intentional in caring about their well-being.

We believe that the key to achieving **holistic well-being** and **preventing / mitigating** various physical/mental health concerns is through empowering individuals.



10 Dimensions of Wellness and Wellness Planning

The 10 Dimensions of Wellness

OUR FRAMEWORK

Psychological

Occupational

Environmental

Intellectual

Financial

Social

Spiritual

Digital

Creative

Physical

What is a wellness plan?

What is a wellness plan?

- A dynamic, multi-faceted, personalized tool/guidebook
- Designed to help us monitor ups and downs in our life
- Allows us to proactively identify potential solutions for various common/uncommon challenges you anticipate facing
- Originally used to help people with mental health challenges manage their conditions more effectively



Why is it important to develop a wellness plan?

Consolidating helpful coping strategies and resources can help you:

- Become more reflective on past experiences
- Establish if certain strategies have helped or not
- Learn from others (if you're planning in a group)

Behavioural activation

- Develop insights into the relationship between actions and emotions
- Builds on positive experiences and reduces negative ones through active monitoring



Consolidating all wellness strategies & tools

Psychological

- Have a mood diary (Write down how you feel and the situation that made you feel)

Physical

- Smelling scented candles, Take a warm shower
- Go jogging

Social

- Spending quality time with family or friends
- Volunteering

Occupational

- Finding new ways to shake things up at school
- Taking on side projects

Digital

- Setting aside dedicated no digital devices time
- Muting notifications

Intellectual

- Learn something new by taking courses, watching videos online, etc.

Spiritual

- Participate in activities that are consistent with your beliefs

Environmental

- Head out to nature
- Notice how the environment affect your wellbeing

Financial

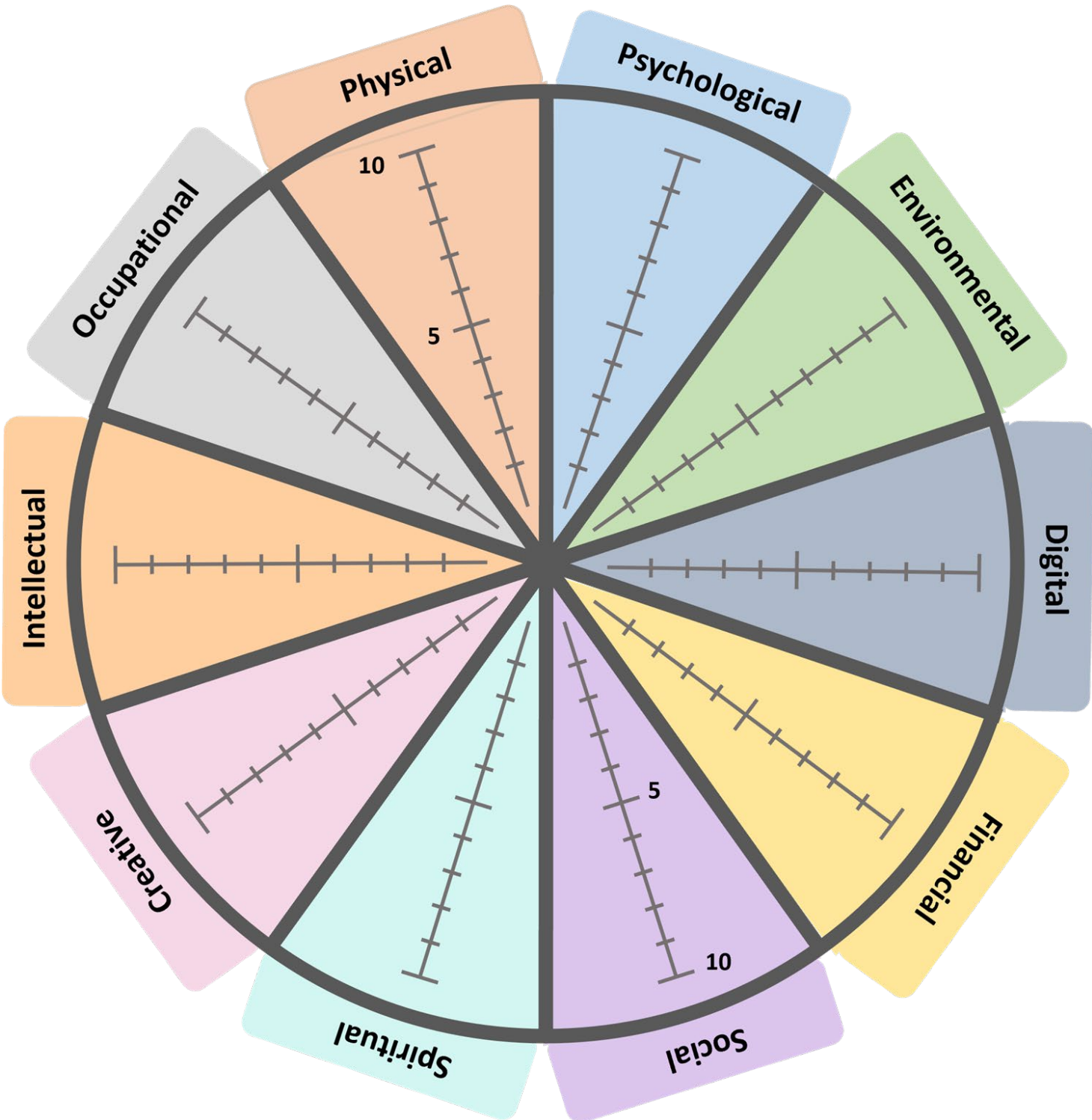
- Learn about investing
- Ensuring adequate student insurance coverage

Creative

- Finding outlets to express individuality
- Taking arts, dancing, song-writing classes, etc

The Wellness Wheel Activity

1. Rank how important each of the dimensions are to you - Mark as "O"
2. Rank how much effort you feel you are putting into each dimension - "X"
3. Where do you see the largest gap?
4. Identify which gaps you like to focus on now - pick 3, maybe 4



Example: Identifying & Listing Scenarios

List down triggers that you have encountered before:

E.g. Arguing with friends/family, having too much homework, having no time for things you enjoy etc.

Step 1

- Identify a situation where you felt triggered

Step 2

- Identify what happened before you got triggered

Step 3

- Identify what thoughts and emotions you had while being triggered



Future of Youth Peer Support

Defining Peer Support

- Peer support is social and/or emotional support that combines **expertise from lived experience** that is delivered with mutual agreement by persons who self-identify as having or had mental health as well as other social, psychological and medical challenges to service users sharing similar challenges to bring about self-determined personal change to the service user (Fortuna et al., 2022).

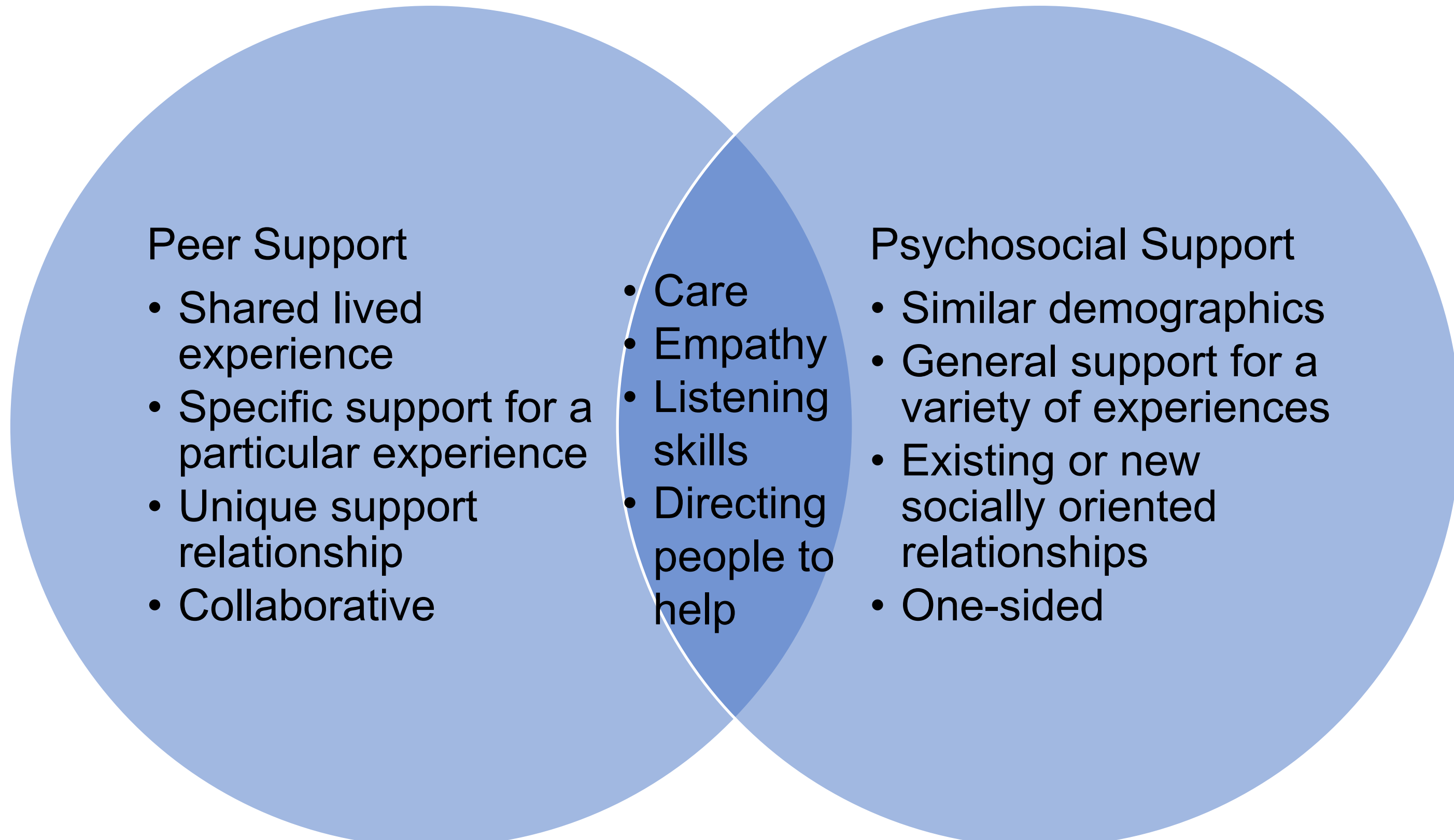


Key Features of Peer Support

- i. Shared lived experience – the most important aspect
- ii. Goal-oriented - focused on achieving specific outcomes
- iii. Role-modelling – a unique relationship based on the idea that the peer supporter has “been there, done that”
- iv. Collaborative – both parties are actively involved in journeying together

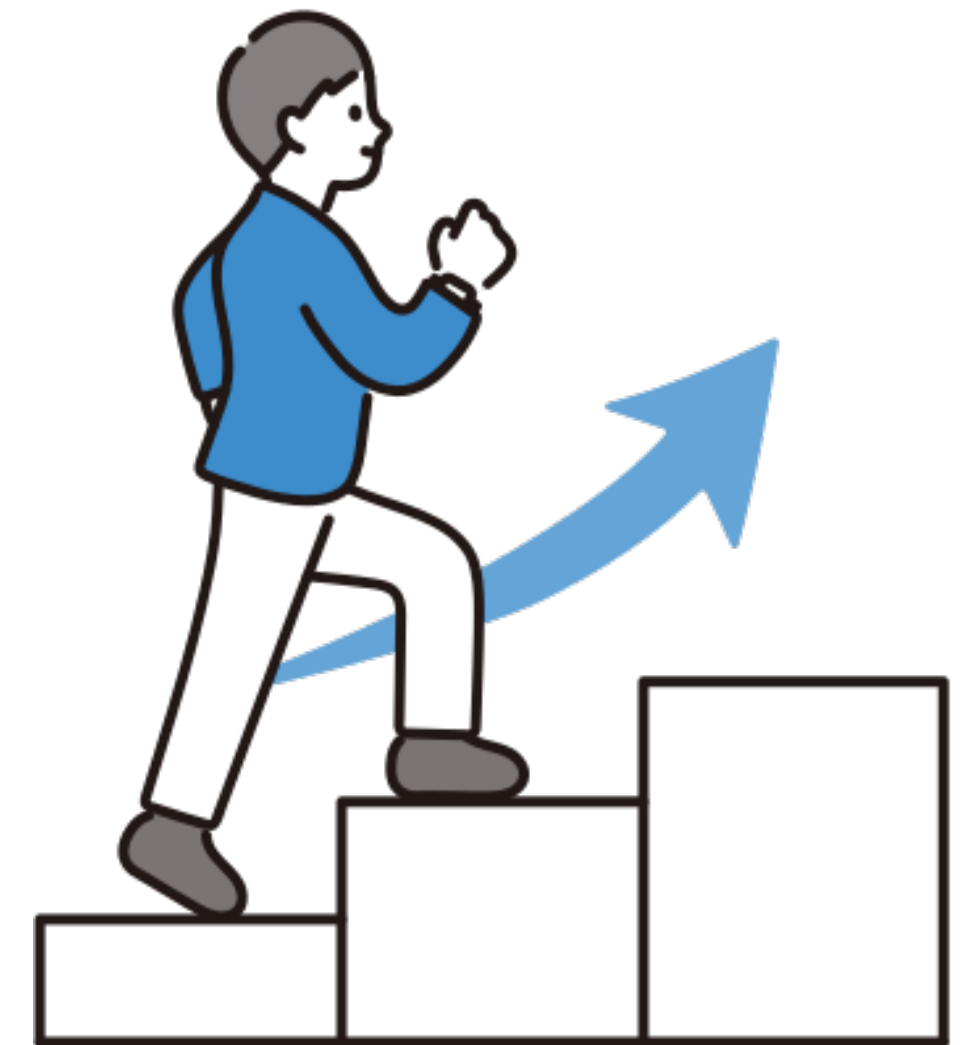


Peer Support \neq Psychosocial Support



The Way Forward

- Create new genuine peer support programs that incorporate the lived experience element (e.g., for bullying, mental health issues, etc.)
- Commit to involving relevant parties in the conceptualization and design of the programs
- Scale-up psychosocial support skills training programs
- Reduce the burden on “chosen” individuals and allow for voluntary participation instead



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 Top Voice

Talks about #research, #wellness, #healthcare, #psychology, and #mentalhealth

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