



Hosting a TakeCare Experience

For Your Friends and Family



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INTRODUCTION

Bringing TakeCare to your community of friends and family can help others appreciate the health-giving connections between Mind, Body, Spirit, and Community.

There are many ways to host a TakeCare Experience with friends and family. This guide will help you plan a TakeCare Experience that will inspire your guests on their journey toward Whole Health.

You got this!

This guide is also available online when you create a TakeCare account at www.TakeCare.org/member-login/.

Or you can scan the QR code below.



WHAT IS TAKECARE?

TakeCare is changing the way we think about health and well-being. Created by the national nonprofit, Healthy US, TakeCare is an initiative rooted in the best available science. It provides the reflection, motivation, and implementation to inspire and support sustainable behavior change for people to create health and well-being in their lives.

TakeCare's mission and vision reflects the expertise and insights of a team of national leaders in health, healthcare, filmmaking, and communications. Through education and community engagement, TakeCare provides the tools and support we each need on our journey toward Whole Health.

Health and well-being are more important than ever. Yet many people believe they don't have the power, the time, or the resources to take care of themselves. TakeCare uses real people's stories to showcase simple tools—like deep breathing and meditation or connecting with supportive friends or family—that are free, available to everyone, and scientifically proven to increase health and well-being.

Storytelling

At the heart of TakeCare is its powerful storytelling: 50 short films directed by award-winning filmmakers. This approach sets TakeCare apart from any other health initiative. TakeCare's films showcase everyday people taking small steps to improve their health and well-being. Through these inspiring stories, TakeCare aims to flip the script on how we can approach health and well-being.

You can view the film shorts by scanning the QR code to the right.



Core Values

TakeCare is focused on three core values:

1. *Whole Health is for Everyone*

- a. Mind, Body, Spirit, and Community are the four pillars of Whole Health. They belong to everyone. Anyone, from any background, can begin a Whole Health journey.

2. *You are Your Greatest Asset*

- a. You already have the power to improve your health and well-being. TakeCare provides the tools for you to enhance that power. It starts by knowing your self-worth and discovering small steps you can take toward Whole Health. Only you can do that for yourself, and you are completely worth it.

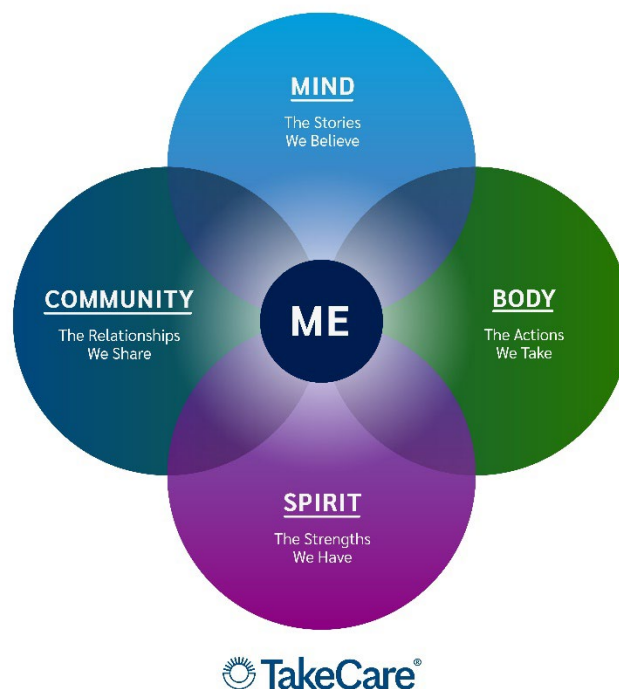
3. Grow a Little Bit Everyday

- a. You live with yourself, your whole life. Simple, small steps each day can nourish your Mind, Body, Spirit, and Community and lead you toward a healthier life.

WHAT IS WHOLE HEALTH?

At the heart of TakeCare is a new concept of health – Whole Health.

Often, we think of health as something physical. Whole Health is about supporting health and well-being in all aspects of our lives: Mind, Body, Spirit, and Community. Through simple, small steps in these four areas, anyone can begin and continue on their Whole Health journey. It is never too late or too early to start: You are always on time for yourself.



How Whole Health is Different

Instead of asking *what's the matter with you*, Whole Health asks:

- **WHY** do you really want health and well-being?
- **WHAT** are the obstacles in your way?
- **HOW** can you overcome them?

Answering these questions can help us on our journey toward health and well-being, and help us see beyond the obstacles that might be in our way. Thinking about our answers helps us discover the power within to start making small changes to improve our sense of well-being.

“We are our own first healthcare provider.”

Cynthia, from TakeCare's Inspirational Short Film, "Cooking for Life"

Why Whole Health?

Whole Health involves those areas of our lives that have an impact on our mental, physical, spiritual, and social health—all within the context of our community, our environment, and the people in our lives. Achieving balance in these areas helps us stay well, get well, and live well—even with any illnesses we may have.

“Health is more than the absence of disease. It includes the mental, physical, spiritual, and social needs of a person.”

Institute of Medicine

Studies show that many different aspects of our lives impact our health: our homes, neighborhoods, communities, workplaces, and schools. The quality of the air we breathe, the food we eat, the water we drink, the safety of our home, the work we do, and the relationships we nurture, all have a large impact on our Mind, Body, Spirit, and Community.

- **Mind:** Everything starts in the mind. Our thoughts have the single greatest effect on our Whole Health journey. When we change the stories we believe about ourselves and our health, we change the very path we are on.
- **Body:** Connecting with our body means listening to it, working with it, and strengthening it. We often think of our body as something we need to control or change. By nurturing it instead, we honor and support our body in doing all that we ask it to do.
- **Spirit:** Our spiritual health is our internal foundation. It's where we find peace, strength, and meaning. For instance, this may be through nature, faith, or art. However, tapping into our spirit and nurturing that foundation is essential to our well-being.
- **Community:** Whole Health begins with learning to connect with ourselves. Then, we can connect with others and the world around us. Community—or social connection—is a vital part of Whole Health.

The importance of these four pillars to health and well-being has been well documented. Hundreds of studies have shown that focusing on these areas—individually or together—will positively impact our quality of life. Here are a few examples of the science behind the Whole Health focus on Mind, Body, Spirit, and Community.

- Daily meditation not only improves your mental health, it reduces physical signs of stress. – Harvard Medical School
- Physical activity can help reduce the risk of obesity, type 2 diabetes, and cardiovascular disease. – Centers for Disease Control
- Practicing gratitude increases happiness and reduces depression. – University of California, Berkley
- Those who take care of their own physical and emotional health are better able to support others. – National Alliance on Mental Illness
- Support from friends and family helps prevent physical and mental health issues, while loneliness is linked to many health problems, including high blood pressure, cardiovascular disease, and cognitive decline. – American Psychological Association

WHY DOES COMMUNITY ENGAGEMENT MATTER?

Community engagement is the process of working together with groups of people to promote health and well-being. The group may be defined by where we live or work, or by shared interests, hobbies, values, or other areas of our lives.

Whole Health

According to the World Health Organization (WHO), there are “undeniable benefits to engaging communities in promoting health and well-being.” By engaging our communities, we can support other people on their journeys toward Whole Health. We can also get the support we need on our own journey.¹

Research shows that having supportive friends and family in our lives boosts our physical and emotional health in many ways. Studies² also show that when we have support from members of our communities and our social circles, it is easier to make healthy changes in our lives.³

In fact, the role of community is so important that it’s one of the four pillars of Whole Health – Mind, Body, Spirit, and Community.

TakeCare Experiences

TakeCare Experiences are a great way to bring together groups of people to support each other on their journeys toward health and well-being. TakeCare Fairs are designed for larger groups of people who may be connected through work, a special interest, or a local organization. Gatherings are meant to be smaller events, usually among people who already know each other, like friends and family. Most importantly, they help to build a support network for each of us as we pursue our Whole Health goals.

PLANNING A TAKECARE EXPERIENCE FOR YOUR FRIENDS AND FAMILY

As you plan your TakeCare Experience, think about three stages—what you need to do before the experience, during the experience, and after the experience. Use the sections and steps below as a guide.

Need a hand? Visit our website to use our helper tool by scanning the QR code on the right.



Before the Experience

Step 1. Create Goals for Your Experience

First, think about *why* you want to bring TakeCare to your friends and family. Having a clear sense of your motivation and goals will help set the tone for you as you organize, and for the people who participate in your experience.

For example, some goals you might want to set for your event might be to:

- View TakeCare films and find connection.
- Reflect on connection quietly or in a group.
- Provide a comfortable space for people to reflect on their health and well-being.
- Help others create a plan to take their first steps toward health and well-being.
- Create a community of people to help foster connection.

Here are some examples of personal goals when holding your event:

- Get to know my community of friends and family even better.
- Feel good about doing something for my community.

“[TakeCare] gave me some motivation to make changes. I started taking vitamins and taking my high blood pressure seriously. Also, I started exercising.”
- TakeCare Experience Participant

Step 2. Determine a Date, Time, and Location for Your Experience

In setting the date, we recommend giving yourself at least four weeks to prepare. Also, consider whether it will be held in person or virtually and how many guests you would like to attend. A TakeCare Experience can have as few or as many people as you are comfortable with having. It’s up to you!

You can host your friends and family in your home, or if you prefer, think about places with classrooms or other gathering spaces such as community centers, workplaces, churches, schools, or neighborhood clubhouses. But if it would be easier for you and your attendees, you can also choose to host your event virtually.

Step 3. Create an Invitation List and Send Invites

Once you've decided whom you'd like to have participate, reach out to invite them. You can use the template

Invitation:

You're invited to a TakeCare Experience

[INSERT DATE/DETAILS]

Every one of us has the power to care for our Mind, Body, Spirit, and Community. Start your Whole Health journey at a TakeCare Experience.

Email is a great way to promote your experience. Below is some sample language that you can use to invite people to your experience. TakeCare also has an email template on our website. To access this template, access the interactive version of the Playbook available by registering or logging in through the QR code on the right.



Email Invitation:

EMAIL SUBJECT LINE: Come to a TakeCare Experience!

EMAIL BODY:

Please join me for a TakeCare Experience, an event I'm hosting that is focused on discovering small steps we can take to improve our health and well-being. We're coming together for an inspiring conversation about Whole Health: Mind, Body, Spirit, and Community.

[INSERT DATE/DETAILS]

Together we will watch some short films of people telling their own powerful stories about how they have transformed their health by taking small, simple steps.

We can all learn how to improve our health and well-being.

Because we all have the power to care for our Mind, Body, Spirit, and Community. Start your Whole Health journey at the TakeCare Experience.

RSVP here: [INSERT LINK] or by replying to this email.

About TakeCare

Funded by the nonprofit, The Healthy US Collaborative Inc., TakeCare is a national initiative promoting a new approach to health. Whole Health looks beyond the traditional view of physical health to include Mind, Body, Spirit, and Community.

At the heart of TakeCare is its powerful storytelling: 50 short films directed by award-winning filmmakers. TakeCare's films showcase everyday people taking small steps to improve their health and well-being. Through these inspiring stories, TakeCare aims to flip the script on how we can approach health and well-being.

Step 4. Select Short Films

Select one or more short films from TakeCare's collection of inspiring personal stories. You can share them with your guests during your gathering.

Depending on your guests' needs, all of our short films are available in English or Spanish subtitles, by clicking the "CC" icon in the lower right-hand corner in the play bar.

You can browse the short films by scanning the [QR code on the right](#).



Step 5. Prepare Materials for Your Guests

Consider what materials your participants will need during the gathering.

Materials may include:

- *The Health Reflection Guide*: A personalized tool to help your guests plan their Whole Health journeys. It is available for download on the TakeCare website under Health and Well-Being Resources. <https://takecare.org/resources/health-reflection-guide/>
- The Film Viewing Guide: A discussion guide to help inspire constructive conversations about the messages of the films and ways you can TakeCare of your health and well-being. It is available on the TakeCare website. <https://takecare.org/resources/film-discussion/>
- Notepaper and pens.

Step 6. Set Up an Inclusive Space

It's important that your Experience be easy to attend and welcoming for your friends and family.

Here are a few things to consider as you plan:

- Is your space accessible to all your guests?
- Is there enough seating for everyone?
- Do you need closed captioning for anyone who may be hard of hearing?
- Would childcare be important for your guests?

During Your TakeCare Experience

Step 1. Greet Your Guests

When everyone has arrived and you're ready to get started, it can be helpful to offer opening remarks to set the tone for the experience. Sharing why you brought everyone together to learn about Whole Health and why bringing health and well-being into your lives is important, helps to put everyone in the same place before you begin.

You can use the guide we've provided to draft your own welcome statement.

Step 2. Handouts and Worksheets

Provide any handouts or worksheets that your guests will need during the Gathering.

Step 3. Introduce TakeCare and Whole Health

Take a few minutes to explain TakeCare's purpose and mission, as well as the principles behind Whole Health. Providing this background to your guests will help to familiarize them with the goals of your experience and can inspire thoughts around their own health and well-being.

Step 4. Short Film Viewing and Discussion

Once everyone is settled, you can play the short film(s) that you selected. When showing one or more of the films, considering taking these steps:

- Play the short film(s).
- If you have chosen more than one short film, decide whether you will show them all at once or have a discussion between each short film.
- Start a conversation about the short film using the Film Discussion Guide.
- Feel free to play the short film again if you and your guests would like to see it again.

Step 5. Introduce the Health Reflection Guide

Using our Health Reflection Guide Introduction, explain the purpose and goals of the Guide to your guests. Then consider taking these steps:

- Ask your guests to complete the Health Reflection Guide. It shouldn't take more than 10 minutes. It's okay if your guests don't complete the entire Guide at this time. Even filling out one section can be helpful.
- If your guests aren't sure where to begin, you can suggest they take inspiration from the short films.
- Suggest that they reflect on the goals they set in their Guide and the small steps they plan to take.
- Encourage a conversation about the Guide. It can be helpful if you as a host begin the conversation by letting your group know what small steps you plan to take or have already taken. Then, ask if anyone would like to share their thoughts.

Step 6. Share TakeCare with Additional Friends and Family

To help inspire others, you can encourage your guests to share their experiences and thoughts with additional friends and family on social media.

They can tag TakeCare on Facebook, Instagram, and X with @TakeCareUS. They can also link to TakeCare's website: <https://TakeCare.org>

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Step 7. Ask Guests to Complete the Guest Feedback Form

We would love to hear from your attendees! If you have time, please ask your guests to fill out the *Attendee Feedback Form* (via [Google Forms](#)), which will be included in your follow-up email to them after the experience. Please inform them that all feedback is confidential and helps us improve future experiences for all participants.

We really appreciate it. A big thank you!

After the Experience

Step 1. Follow up with Your Guests

It's always great to check in with friends and family, and now you have another reason to! We suggest you email attendees within one week of your experience to keep them inspired.

Feel free to include these items in your email:

- A thank you for participating in the experience.
- A link to the *Attendee Feedback Form*: <https://forms.gle/XdHSauoxHFyuq6Js8>
- A link to sign-up for the TakeCare Newsletter.
- A link to the TakeCare website: TakeCare.org.
- A link to the *Health Reflection Guide*: <https://takecare.org/resources/health-reflection-guide>
- A reminder about their *Health Reflection Guide* pledge and words of encouragement to take the steps they identified for the next two-three weeks.

Step 2. Check-in with a Second Email

There's nothing like starting new habits with a support group so consider sending another email to your guests 2-3 weeks after your gathering. You can offer the same resources above, but the purpose is to cheer them on as they pursue the steps they committed to in their pledge. You can suggest that they go back to review their Health Reflection Guide.

Step 3. Complete the Host Feedback Form

We want to hear from you too. Please consider sharing how your experience went – what went well and what could be improved. Your feedback will help many others around the country.

To access The Event Host Feedback Form, scan the QR code on the right.



“I had fun! I now have resources that I can share with our teachers, students and staff. I had a really good time learning.”

- TakeCare Experience Chair

SOURCES

1: <https://www.who.int/publications/i/item/9789240010529>

2: <https://www.nejm.org/doi/full/10.1056/NEJMp1603978>

3: <https://www.apa.org/topics/stress/manage-social-support>

