

What's Up With Whats App Groups?

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What Did I Create?

My own versions of community groups based on what I actually needed in the moment.

- Laughter Yoga
- Buddy Rounds
- Recorded Rounds
- Accountability Buddies

Other Kinds of Groups People Have Created

- Celebrations Groups
- Crafting groups
- Book Clubs
- Dance Party and karaoke Groups
- Creativity and Art Groups
- Emerge and Thrive
- Recovered Renegades
- Coaching Tips
- Among many more!

How Did I Create

1. **DOWNLOAD WHATS APP TO YOUR COMPUTER OR PHONE**
 - a. It is free!!
2. **CREATE A GROUP**
 - a. Decide what kind of group you want and start one on What's App
 - b. Fill in the new group with a group name, description, and add an image
 - c. You will find that there is a link you can copy & share **ANYWHERE**
3. **FIND YOUR COMMUNITY & LINK**
 - a. Rewiring Your Wellness FB Community - <https://www.facebook.com/groups/rewiringyourwellness>
 - b. Post on the forum
 - c. Text Buddies
4. **RULES -send out a few times**
 - a. Important Guidelines: You already know it but I will reiterate.. no complaining . No critiquing your progress, no talk about symptoms or limiting beliefs. Keep the language tidy and reframe in a positive opportunistic context. If someone is having challenges with these rules please let me know and I will speak to them.
5. **ISSUES**
 - a. How many people
 - b. Positive Talk

BUDDY GROUPS

For Practice Rounds

HOW TO SET UP YOUR GROUP

“This is a group where buddies can come together and request to do practice sessions (rounds) to help motivate each other”

This is the text than you will share with the people who want to join your group

1. You can text “efficient rounds” or “rounds” or “tandem”

2. Different Kinds of Rounds

- **“Efficient Rounds”** means 30 minute without sharing celebrations or checking in . Be aware of your timing.
- **“Rounds”** means you’ve got more time and can do check-ins and celebrations
- **“Tandem”** means that you will both do rounds at the same time. Seperate but together. Saves time if you cannot listen to someone else’s round.

Helpful Rules

1. Please no added music

2. Make sure you have a good headset and are in a quiet place:)

3. Set a timer to make sure you keep to the agreed timing

4. Most important: when someone texts “rounds” just say yes if you can oblige them . If you can’t don’t say anything. If there is any other conversation or timing figuring out that needs to happen please message that person separately. Do your best to keep this thread free of extraneous messages.

ACCOUNTABILITY BUDDIES

To Create New Habits

HOW TO SET UP YOUR GROUP

“This is a group where people come together to find buddies who want to do a 21-Day Accountability Practice to create or maintain new habits. It is fun and easy!”

This is the text than you will share with the people who want to join your group

This kind of thing is best done in smaller groups 2-3 people.

Instructions for Accountability Buddies

1. Pick your potion - 🍷 Choose what small activity each day will help you and commit to doing it every day for 21 days to both yourself and your team.
2. Choose your team and connect through Whats App or a text group
3. Introduce yourselves and your initiative for the 21 days and maybe add a why. Why you are choosing this and what you want to get out of it at the end of the 21 days.
4. Each day when you finish your practice, text your group either a picture , an emoticon or just “done✅”. Or you can hare a short gratitude or how good you feel after accomplishing your goal.
4. Repeat for 21 days! Send little gifts at the end to 🎉 celebrate!

WHATS APP GROUP You Can Join

Buddies Unite “Sharing Rounds” <https://chat.whatsapp.com/6czEpMRMbvNIMi15wiulF6>

Winstons Micro Dose’n Tool “Laughter & Joy” <https://chat.whatsapp.com/FKNC3KRotHfJ1RymwvJ9Sj>

Accountability Buddies “Create New Habits” <https://chat.whatsapp.com/BAMOU1QuGzRAcDCd2NJiFe>

Neuroplasti-Party “Dance, Karaoke, & Play” <https://chat.whatsapp.com/LspNpQronJk2cNSofi6wdE>

Literary Book Club “An Awesome Book Club” <https://chat.whatsapp.com/L5QnDRa45axHHdAYqh4FGk>

Celebrations (DNRS only) “A Place To Share Joy!” <https://chat.whatsapp.com/6sLaBO8lmdN8wO3XjHhbVK>

Art For Fun & Wellness “Share Our Love of Creating”
<https://chat.whatsapp.com/CvMwrAeOcDiIjBQQwhCLY2>

CONNECT WITH ME

REWIRING YOUR WELLNESS FB COMMUNITY <https://www.facebook.com/groups/rewiringyourwellness>

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