

# DAY PROGRAM ACTIVITIES

WITH CHOICE SUPPORT PLUS



## Recreational Activities

- Art and craft workshops
- Music and dance sessions
- Gardening and nature-based activities



## Health & Wellbeing Activities

- Group exercise and fitness programs
- Mental well-being and mindfulness sessions
- Outdoor activities like walking groups and yoga



## Community & Social Participation

- Group excursions and social events
- Volunteering and work experience opportunities
- Communication and teamwork skill development

# Creative Activities Program

**Jicheng Xie**



**Creative Activities Program:**

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web jan 1 2020 the beck anxiety inventory bai is a measure used to assess severity of anxiety beck and steer 1993 introduction the bai is a 21 item self report instrument

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web oct 1 2022 to score the beck anxiety inventory you need to add the scores on the 21 symptoms that can range between 0 and 63 points a total score of 0 7 is interpreted

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web beck anxiety inventory the beck anxiety inventory bai beck et al 1988 is a 21 item self report measure that emphasizes physiological symptoms of anxiety with high

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web nov 7 2011 the measures reviewed below include the state trait anxiety index the beck anxiety inventory and the anxiety subscale of the hospital anxiety and depression