

SMART 1: Housing Transition

Facilitator Manual for Module 6: Maintaining Health and Wellbeing

- This facilitator manual provides the narration text of each module along with facilitator notes indicating when discussions and activities should be carried out.
- **Facilitator notes are highlighted in red font.**
- Facilitators are encouraged to pause the module, especially where indicated **(PAUSE)** to facilitate discussion and/or activity.
- Ideas for activities and role play scenarios are included in the Appendix.

Slide 1: Supporting Many to Achieve Residential Transition (SMART)

- The Supporting Many to Achieve Residential Transition (SMART) Program has been designed to provide you with the skills needed to successfully achieve and maintain independent housing. This program consists of six 1-hour modules covering the following topics: Preparing for the Housing Interview, Apartment Living, Being a Good Tenant and Neighbor, Community Living, Managing Money, and Maintaining Health and Wellbeing. Each module has been designed to be interactive through the use of group discussions, role plays, and other exercises. Active participation in each module will better prepare you for transition to residential housing.

Slide 2: Presentation Outline

- This session of the SMART program will focus on how to maintain health and wellbeing. During the session, we will explore the concept of wellness as a whole, and then go into greater depth about key components of physical wellness and psychosocial wellness. We will also discuss the idea of health literacy and how to improve your health literacy. The module will end with a list of resources for you to further explore the concepts discussed.

Slide 3: Eight Dimensions of Wellness

- Let's begin by discussing what wellness is.
- According to the Substance Abuse and Mental Health Services Administration (SAMHSA), wellness is not the absence of disease, illness or stress, but rather the presence of life purpose, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

Slide 4: Eight Dimensions of Wellness (cont'd)

- It is important to view wellness as overall well-being. There are 8 aspects of a person's life that are incorporated in overall well-being.
- Each aspect of wellness can affect our overall quality of life; therefore, it is important to consider all aspects of health. This is especially important for

people with mental health and substance use conditions because wellness directly relates to the quality and longevity of our lives.

Slide 5: Eight Dimensions of Wellness Diagram

- The eight dimensions of wellness are environmental, financial, mental, emotional, physical, occupational, intellectual, and spiritual.
- You can visually see how they all overlap with one another, meaning they are all connected. That means if one area is not very strong, it affects the other dimensions of wellness.
- How many people have heard of one or more of these categories of wellness before? *(Pause for group participation)* We will now break down each dimension of wellness to gain a better understanding of what they mean.

Slide 6: Environmental Wellness

- Good health can be achieved by occupying pleasant, stimulating environments that support well-being. Think about the environment at the shelter. How has living in this environment affected your wellness? How will living in an apartment affect your wellness in the future? *(Pause for discussion)*

Slide 7: Financial Wellness

- Financial wellness involves satisfaction with your current income and ability to use money to obtain a desired quality of life. Think about your current financial status. How has this impacted your wellness? How will your future financial situation affect your wellness? *(Pause for discussion)*

Slide 8: Occupational Wellness

- Occupational wellness involves personal satisfaction and enrichment from your work. Think about past work or volunteer experiences you have had. How did these experiences affect your wellness? How will future employment affect your wellness? *(Pause for discussion)*

Slide 9: Intellectual Wellness

- Intellectual wellness involves recognizing and using your creative abilities and finding ways to expand and use your knowledge. Think about experiences you've had with school, reading, and any forms of artistic expression (such as painting, music, and dance). How did those experiences affect your wellness? How will any future experiences affect your future wellness? *(Pause for discussion)*

Slide 10: Physical Wellness (brief)

- Physical wellness involves the need for physical activity, healthy foods, and sleep. It also involves taking care of your body and making sure that you see a doctor regularly for both wellness visits and for management of an illness.

Slide 11: Spiritual Wellness (brief)

- Spiritual wellness involves the recognition that we are connected to a loving creator and feeling connected to humanity or nature. It also involves expanding our sense of purpose and meaning in life.

Slide 12: Emotional Wellness (brief)

- Emotional wellness involves coping effectively with life and creating satisfying relationships. It also involves being able to maintain a consistent emotional balance despite life events.

Slide 13: Social Wellness (brief)

- Social wellness involves developing a sense of connection, belonging, and a well-developed support system to the degree that is comfortable for you.
- *(For Wellness Evaluation Activity, see pp. 20-24.)*

Slide 14: Physical Wellness (in depth)

- Now we will take a closer look at Physical Wellness. Physical wellness involves taking care of your body so you can function during the day. Our bodies are not machines that are immune to fatigue or injuries. Each day places stress on our bodies so remembering to take care of them is important.
- Physical wellness consists of different parts that, when combined, will help you stay in top physical condition. These include physical activity, diet and nutrition, sleep and rest, medical care and screening, managing health conditions, taking and managing medications safely, smoking cessation, and relaxation and stress management.

Slide 15: Being Physically Active

- An important part of physical wellness is participating in physical activity. Physical activity involves any movement that requires your body to use energy. This could include lifting weights, running, jump-roping, climbing stairs, yoga, swimming, playing a sport, and many other activities.

Slide 16: Being Physically Active (cont'd)

- Participation in any type of physical activity provides you with health benefits. With regular exercise, all muscles in your body, including those that control your heart and lungs will get stronger. A stronger heart and lungs increase efficiency when using oxygen. The risk for disease decreases, as does the risk for obesity. Also, research shows that physical activity makes people happier and leads to improved mental health. All of these factors together can help a person live longer!

Slide 17: Physical Activity Recommendations

- Maintaining a regular physical activity schedule is extremely important to your health and is really easy to do! What kinds of physical activity do you currently participate in? *(Pause for participation)*
- As you can see, there are so many different ways to get physical activity. Whether it is walking, running, or playing a sport like soccer, any time you are physically active, you receive health benefits. An easy way to start a regular physical activity schedule is to start small, such as 30 minutes of exercise a day.

Slide 18: Physical Activity Recommendations (cont'd)

- You don't even have to go to the gym to exercise; you can use household objects or even community resources. Can anyone think of ways to exercise without expensive equipment? *(Pause for discussion.)*
 - Possible answers may include using water bottles for weights, pushups, sit-ups, running, jogging, and pull-ups on a community playground.

Slide 19: Physical Activity Recommendations (cont'd)

- Another tip is to exercise with other people. You can grab some other residents at your shelter and start a pick-up game of basketball or soccer. Having other people to exercise with can provide you with motivation to be active. And exercise is more fun when done with other people.
- In the end, the activity that you're doing isn't really important; what's important is that you are doing something, and the more physically active you are, the greater the health benefits.
- *(see Physical Activity, p. 25)*

Slide 20: Diet and Nutrition

- Nutrition also plays a vital part in physical wellness. Why is nutrition important? Ever hear the expression: "You are what you eat"? Well, there is some truth to that expression. What you eat has a direct effect on your health. Eating nutritious foods will provide your body with the energy to feel alert and productive throughout the day.

Slide 21: Diet and Nutrition (cont'd)

- Eating a diet high in fat and simple carbohydrates which are found in white bread, fried foods and sugary baked goods can cause you to feel tired and when eaten on a regular basis can cause health problems such as weight gain, diabetes, heart disease, and cancer.

Slide 22: Diet and Nutrition (cont'd)

- This part of the module will provide you with information that will empower you to make healthy choices and improve your health. Choosing what foods to buy when you are in the grocery store can sometimes be overwhelming. Recall that during the Community Living Module that you have already completed, you

learned about the layout of the supermarket. We will build on that previous knowledge in this module to provide you with information about where to find healthy foods in the supermarket.

- Generally the foods that are the healthiest and most wholesome are located around the outer edges of the grocery store in the perishable sections (fruits, vegetables, dairy, fresh fish and poultry), so stick to these aisles before heading to the inner aisles that contain mostly processed foods.

Slide 23: Diet and Nutrition (cont'd)

- Substituting less healthy options for healthier ones can be easy if you know what to look for. Here are some examples of healthier choices that you can begin to make today:

Instead of this:

Slide 23: White bread

Slide 24: Whole milk, 2% milk

Slide 25: Cheese

Slide 26 : Flour (or fried) tortillas

Slide 27: Refried beans

Slide 28: Canned fruit in syrup

Slide 29: Cookies, cake, chips, or ice cream

Slide 30: Fast food hamburgers and fries

Slide 31: Soda, Gatorade and sugary drinks

Eat this:

Wheat, whole-grain or multigrain bread

Fat-free milk or 1% milk

Low Fat or Skim cheese

Corn or whole-wheat tortillas

Whole beans

Fresh or frozen fruit

Fresh fruit, graham crackers, low fat yogurt

Salads or grilled chicken sandwiches

Water, low-fat milk, seltzer,
or unsweetened iced tea

Slide 32: Processed meats (hot dogs, spam, Bologna)
Turkey, grilled chicken, tuna salad

Slide 33: Diet and Nutrition (cont'd)

- Contrary to many diet fads, there are no “good” food groups and no “bad” food groups; all types of food are okay to eat in moderation. Try to monitor how you feel as you are eating. Eat until you are satisfied and not stuffed. Here’s what you need to know about each food group:

Slide 34: Diet and Nutrition (cont'd)

- **Fruits and Vegetables:** Eat as many of these as possible! They contain many essential vitamins and nutrients; the fiber in these makes you feel full and they are very low in fat and calories.

Slide 35: Diet and Nutrition (cont'd)

- **Meat:** Poultry and fish are best. If you eat beef, try to eat a lean cut and avoid all fried meats. Don’t forget that meat is not the only source of protein available to you: beans, nuts and whole grains are a great source of protein!

Slide 36: Diet and Nutrition (cont'd)

- **Whole grains:** Whole grains such as brown rice, whole wheat bread, and whole wheat or whole grain pasta are a healthy source of energy! White flour is highly processed and all the nutrients are removed from it, so white bread and white rice are much less healthy than whole grains. In addition, white and highly processed grains convert directly into sugar as your body digests them. This spike in your blood sugar after consuming white flour causes an energy crash. Regularly consuming large amounts of white flour can lead to diabetes and obesity.

Slide 37: Diet and Nutrition (cont'd)

- **Fat:** Some fat in your diet is important to make you feel full. Good sources of fat include avocados, olive oil, peanut oil, canola oil, nuts, seeds, and salmon.
- *(see Diet and Nutrition Activities, p. 26-34.)*

Slide 38: Sleep and Rest

- Getting quality, uninterrupted, restful sleep each night is important for your physical, mental and emotional health. Most adults need 7-9 hours of sleep per night. *(Pause for discussion.)* How many hours of sleep do you usually get? Do you think this is enough?
- If you have difficulty falling asleep or staying asleep it is helpful to consider what you are doing before you go to sleep and the environment in which you are sleeping. Shelters are known as challenging environments for sleeping.
 - o What are some of the environmental barriers to sleep that you have encountered at the shelter? *(Pause for discussion.)*
 - o Have you ever lived in a place where you slept well? What was it about this environment that helped you sleep better? *(Pause for discussion.)*

Slide 39: Sleep and Rest (cont'd)

- A healthy bedtime routine makes it easier to fall asleep and stay asleep throughout the night. Here are some tips for a healthy bedtime routine:
 - o Go to sleep and wake up at the same time each day.
 - o Try dimming the lights at least an hour before you plan to go to sleep.
 - o Limit screen time (computer, TV, and phone) before you go to sleep. The backlight on these devices signals to your brain that it is daytime.

Slide 40: Sleep and Rest (cont'd)

- o Play relaxing music before going to sleep.
- o Light candles with a calming scent (but do not forget to blow them out before you go to sleep!)
- o If you are living in an apartment with more than one room, try to make your bedroom a place where you only participate in relaxing activities such as reading and sleeping. This will create an association in your mind with relaxation and your bedroom.

Slide 41: Sleep and Rest (cont'd)

- o Do something relaxing before you go to sleep such as reading a book or taking a warm bath.
- o If you like caffeinated drinks such as coffee, tea or soda, do not consume them 5 or 6 hours before you plan on going to sleep. Every person's body responds differently to caffeine, some people may need to limit their caffeine consumption even earlier than that!
- o If you find your mind racing with worries before going to sleep, keep a notepad and pen next to your bed. Try writing down your worries. This can help you let go of them before you go to sleep.

Slide 42: Sleep and Rest (cont'd)

- o Drinking decaffeinated tea before bed, such as chamomile tea, can be calming.
- o When you find a nighttime routine that works for you, be consistent and stick to that routine every night. In the morning, try to wake up and get out of bed at the same time every day.
- Are there any strategies that you use to help you sleep that were not listed?
(Pause for discussion) (see for Sleep and Rest Activity, p. 35-37)

Slide 43: Medical Care and Screening

- To help maintain your physical wellness, receiving adequate medical care and health screenings is important. People often associate going to the doctor with sickness. While doctors can help the recovery process after an illness, they can also help you to maintain wellness. Visiting a doctor regularly, and not only when sick, is important for maintaining good health. People tend to live longer when they are regularly seeing doctors.

Slide 44: Medical Care and Screening (cont'd)

- Getting health screenings allows doctors to find problems before they become serious. Early detection allows you to get treatment faster, which leads to better prognoses. Recommended screenings include cholesterol, diabetes, high blood pressure, oral hygiene, HIV/AIDS, hepatitis, breast cancer, cervical cancer, colorectal cancer, testicular cancer, and skin cancer. Although getting these screenings may seem like a hassle, they could help prolong your life.

Slide 45: Paying Attention to Health Insurance

- Before going to a doctor, it is important to pay attention to your health insurance plan. Some doctors may not take your insurance, so you want to find a doctor who is in your health insurance network. Also, knowing how your health insurance plan works and how much it costs is an important step in maintaining your health and wellness. You need to know the amount of your co-payment and deductible. All of this information is available from your specific insurance company.

- *(see Medical Care and Screening Activity, p. 38)*

Slide 46: What Health Conditions Need to be Managed

- After receiving medical screenings, you may be more aware of some health conditions you need to be concerned about. Can you think of any health conditions that you would need to manage over a long period of time? *(Pause for group participation)*
 - o *Possible answers may include asthma, chronic pain, diabetes, heart disease, mental health problems, substance abuse problems, smoking, dental problems, and obesity.*

Slide 47: What Health Conditions Need to be Managed (cont'd)

- Managing your health conditions is an important part of staying healthy. This can involve regularly taking medications, avoiding certain foods that you're not allowed to eat, and keeping track of any changes in your health. For example, if you have diabetes, paying attention to your blood sugar level is important. This should be done regularly with a device given to you by a doctor. Additionally, if you notice that you're feeling more tired than normal, this may show a change in your health condition and should be brought to the doctor's attention. Above all, the most important way to manage your health conditions is to understand them. If you understand your health, you can notice when something changes and see your doctor before things get worse.

Slide 48: What Health Conditions Need to be Managed (cont'd)

- Sometimes you may have multiple, different health conditions to manage. Can you think of ways that you could control them all? *(Pause for group participation)* People often find that physically keeping track of all conditions is helpful. Some items that can be listed include foods that can and can't be eaten, over the counter medications or foods that interact with prescription medications, and times that all medications should be taken. Timers and pill boxes can be helpful when remembering when to take certain medications.
- *(see Managing Health Conditions Activity, p. 39)*

Slide 49: Why Taking and Managing Medications Safely is Important

- Many people take medications to manage health conditions, and taking those medications as prescribed is important. The term "medication management" refers to the ability to take the correct medications at the right time. Many people forget to take their medications, or forget they already took them and take them again. As you can imagine, this can have detrimental effects on your body.

Slide 50: Why Taking and Managing Medications Safely is Important (cont'd)

- Also, many medications require you to take them with food, or be stored in a certain way. When these details are overlooked, these medications can cause an upset stomach, and can expire faster if not stored properly.
- It is very important to know why you are taking each medication and how each one should be taken and when.
- How many of you can name all of your medications, the dosages of each one, and recall when each one should be taken throughout the day? *(Pause for group participation)* As you can see, this is a common issue not only among the individuals in this room, but for anyone taking medications.

Slide 51: How to Take and Manage Medications Safely

- Paying attention to expiration dates and planning ahead for your refills are also critical elements to maintaining a healthy medication management routine.
- Many mental health medications have serious side effects when taken with other medications. This is why it is very important to let your doctor know what other prescriptions, over-the-counter medications, inhalers, vitamins, minerals, and herbal supplements you are taking, or thinking about taking. Discussing alcohol and/or other drug use with your doctor is also imperative, in order to avoid harming your body, especially while taking any mental health medications.
- Although there are many factors to consider when managing your medications properly, there are several ways to help you remember to take them and organize them so that it can become a part of your everyday routine.

Slide 52: Ways to Organize your Medications

- Who has heard of a pill dispenser? *(Pause for group participation)* If you have heard of them or have used one, can you describe to the group how it can be used to help organize your daily medications? *(Pause for group participation)*
- Great! That is correct, a pill dispenser has various compartments for the days of the week, and some are even divided into different times during the day. For example, morning, afternoon, and night, or just a.m. and p.m.
- As you can see, using a pill dispenser is a great way to help organize your medications and keep track of the medications you need to take.
- Often, although people may successfully organize their pills within the dispenser, they still forget to take the medications. Especially during the beginning stages while trying to integrate this new step as part of an already existing routine.
- There are a few ways to help solve this problem.

Slide 53: Other Ways to Help You Remember to Take your Medications

- You can write yourself a note and put it by the area where you get ready in the morning, if you are supposed to take the medications in the morning. Or you can put a note where you make your lunch (or in a lunchbox if you are at work). If the medications need to be taken before bed, keeping a note near your

toothbrush or by a glass of water on the nightstand may serve as effective reminders for you.

Slide 54: Other Ways to Help You Remember to Take your Medications (cont'd)

- If you have a cell phone, you can set daily reminders on the calendar. Or you can utilize one of the following mobile apps to help remind you when to take your medications and even when to refill your prescriptions:
 - o MedCoach for iOS and Android
 - o RxindMe and Pillboxie for iOS
 - o MedDose for Android

Slide 55: Other Ways to Help You Remember to Take your Medications (cont'd)

- Some people prefer to keep a medication diary or checklist to maintain a list of which pills have already been taken to avoid taking the same medication more than once, as this can be dangerous.
- Have you heard of or tried any other strategies to help you remember to take your medications? *(Pause for group participation)*
- Also, if a medication does not require you to take it at a particular time of day, try to pick a specific time each day to consistently take it, because it increases your chances of forming a routine and therefore remembering much easier.

Slide 56: What to Ask your Doctor When you are Prescribed a New Medication

- When a doctor gives you a prescription, it is important that you ask the following six questions:
 1. What is the name of the medicine?
 2. What is the medicine supposed to do?
 3. How and when do I take it and for how long?
 4. What foods, drinks, other medicines, or activities should I avoid while taking this medicine?
 5. Should I take this medication with food or on an empty stomach?
 6. What are the possible side effects and what do I do if they occur?
- You may also want to ask if there is any written information available about the medicine.
- Keep an updated list of your medications and the dosages and provide your healthcare providers with the list.

Slide 57: How to Store your Medications

- To understand how to store your medication, ask your doctor, pharmacist, or read the label on the medication. Some medications need to be stored in the refrigerator.
- This may come as a surprise to some of you, but your bathroom medicine cabinet is actually not an optimal place to store medications because the moist, warm environment breaks down the drugs faster, which makes them expire faster.

Slide 58: Refilling and Stopping your Medications

- Plan ahead for medication refills. Don't wait until you run out of your medications. Fill your medications at the same pharmacy each time to avoid confusion.
- Have any of you ever encountered problems getting your prescriptions filled and re-filled? *(Pause for group participation)* Some people benefit from getting their medications at the Shelter or their day programs. Has anyone explored this option and would like to share this experience with the group? *(Pause for group participation)*

Slide 59: Refilling and Stopping your Medications (cont'd)

- Ask your doctor before you stop taking any medications, even if you are feeling much better.
 - o When you start a medication, for example, an antibiotic, and you start to feel better it is natural to feel like stopping the medication without taking the whole course. But you should never stop a medication on your own without asking your doctor.
 - o What is the problem with stopping your medication on your own? *(Pause for group participation) (see Medication Management Activities, pp. 40-41)*

Slide 60: Smoking Cessation

- We have talked about many ways to positively affect your physical wellness, but there are many habits that can negatively impact wellness. Smoking is one of these negative habits. Tobacco use often leads to tobacco/nicotine dependence, as well as other serious health problems. When we quit smoking, our risk of developing smoking-related diseases reduces.
- Tobacco smoke contains a deadly mix of more than 7,000 chemicals! Hundreds are toxic and about 70 of them can cause cancer.
- Smoking cigarettes is the leading cause of preventable death in the United States, accounting for more than 480,000 deaths each year; this is 1 of every 5 deaths each year.

Slide 61: Smoking is an Expensive Habit

- Smoking cigarettes is a very expensive habit for everyone, especially if you are on a fixed income! A pack of cigarettes in New York City costs between \$12-14.
- If you smoke two packs per week, that's close to \$1400 a year!

Slide 62: Why Quit?

- Stopping smoking is associated with the following health benefits:
 - o Lowered risk for many types of cancer, but especially lung cancer.
 - o Reduced risk for coronary heart disease, stroke, and peripheral vascular disease.
 - o Reduced coronary heart disease risk within 1 to 2 years of quitting.

- o Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- o Reduced risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- o Reduced risk for infertility in women of reproductive age. Women who stop smoking during pregnancy also reduce their risk of having a baby with low birth weight.
- How you can quit:
 - o Counseling and medication, for example, Nicotine replacement products (patch, gum, or prescription) are both effective for treating tobacco dependence. Using them together is more effective than using either one alone.
- *(see Smoking Cessation Activity, p. 42)*

Slide 63: Relaxation and Stress Management

- Similar to smoking, stress can also negatively impact your wellness. What is stress? Stress is your brain's reaction to any changes or anticipated changes to your normal routine, relationships or environment. In a stressful situation your body releases a hormone called adrenaline, which prepares you to either fight or flight. To prepare for the possibility of fight or flight, your heart rate and breathing increase to give you an energy boost. This fight or flight response is helpful when you are in immediate danger; however, feeling stressed for prolonged periods of time can lead to negative effects on your health such as:
 - o High blood pressure
 - o Anxiety
 - o Fatigue
 - o Difficulty sleeping
 - o Memory problems
 - o Loss of appetite or overeating
 - o Irritability

Slide 64: Relaxation and Stress Management (cont'd)

- What makes you feel stressed? *(Pause for discussion)*
 - o Please list 5 things that make you feel stressed. These can be small things such as the train being late or larger things such as living in a shelter.
 - o Please share some of the things that make you feel stressed. The goal of this activity is for you to gain a greater awareness of the things that make you feel stressed and for you to feel you are not alone in your stress.

Slide 65: Relaxation and Stress Management (cont'd)

- When you are feeling stressed, what types of things make you feel calm? *(Pause for discussion.)*

- o Please write down 5 things that make you feel calm. These could be things such as taking a hot shower, talking to your case manager, staff in the OT Room, a friend, or family, or going for a walk.
- o Share what things you wrote down that make you feel calm. Let's discuss how you can utilize the calming activities we named to reduce the stress you experience daily.
- *(see Stress Management Activity, p. 43)*

Slide 66: What is Health Literacy?

- It's important to understand health information like reading medication labels, online health websites, and any brochures your doctor gives you. This is called health literacy. Health literacy is the ability to obtain, communicate, and understand basic health information and services to make appropriate health decisions.
- Only 12% of adults have proficient health literacy. It is estimated that 9 out of 10 adults may lack the skills needed to manage their health and therefore prevent disease.
- Low literacy has been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services.

Slide 67: Why is Health Literacy so Important?

- We need good health literacy skills in order to navigate the healthcare system, like filling out complicated forms and locating providers and services.
- Can you remember a time that you had a problem and didn't receive help because you didn't know where to go? Or times when you were trying to fill out a healthcare form and didn't understand what it was asking for, or you didn't know the answers to the questions? *(Pause for discussion)*

Slide 68: Why is Health Literacy so Important? Cont'd

- Being able to communicate our healthcare needs with our healthcare providers and interpreting their responses also requires health literacy. Have you ever walked out of a healthcare provider's office unsure of what they said or confused by the words they used? *(Pause for discussion)*
- Health literacy also affects our ability to engage in self-care and chronic disease management, which has an impact on one's quality of life.

Slide 69: Health Literacy Skills

- There are different skills that make up health literacy:
 - o Examples of Numeracy Skills are: Calculating cholesterol and blood sugar levels, measuring medications, and understanding nutrition labels which all require math skills. Choosing between health plans or comparing prescription drug coverage requires calculating premiums, copays, and deductibles.

Slide 70: Health Literacy Skills (cont'd)

- o Knowledge of health topics is important because: When we have limited health literacy we often lack knowledge or have misinformation about our bodies as well as the nature and causes of disease. Without this knowledge, we may not understand the relationship between lifestyle factors such as diet and exercise and various health outcomes.

Slide 71: Being Able to Find Health Information

- With the Internet, finding information about health is easy. Have you ever used the Internet to look up information regarding your health? If so, did you find it helpful or confusing? (*Pause for discussion*) If you complete a search for any topic related to health, search engines will provide you with thousands of results. The difficult part is deciding which of the results will give you the most accurate information.

Slide 72: Finding Accurate Information Online

- As with any information found online, you have to be careful which sites you are using. Some sites may not have accurate or up to date information. A good place to start is any website released by the government. The United States Office of Disease Prevention and Health Promotion provides multiple health websites. On these websites you can find information about health conditions, doctor visits, healthy living, parenting, and nutrition. Additionally, information is organized by categories. You can click on a category such as "men" and all health information relevant to men will be listed.

Slide 73: Finding Accurate Information Online (cont'd)

- The Substance Abuse and Mental Health Services Administration website is a good resource for anyone dealing with these issues. The website has information on different conditions, as well as programs to help reduce the impact of these conditions.
- Other credible websites include health organizations such as the American Heart Association, the American Cancer Society, and the National Alliance on Mental Illness. On these websites, you can find information about specific disorders.

Slide 74: Using Books to Find Information

- Besides using the Internet, new books are always being written with health information. There are books about many different medical conditions, as well as books to help you understand health information. The important thing to pay attention to when searching for a book is the author. Any author writing about medical conditions should be a licensed expert in that area. A quick look at the author's biography will let you know if he or she is a reliable source of information. Many people choose to buy these books, but a trip to the library will give you access to hundreds of books about health without costing money.

Slide 75: Using Other Medical Resources

- Also important to consider is your local doctor or health center. Many doctors' offices supply pamphlets about medical conditions, medications, and ways to stay healthy. Ask your healthcare provider for information on your next visit.

Slide 76: Understanding that Information

- Information about health can be extremely complicated. Many of the available health resources provide detailed information that may be difficult to understand if you don't have a background in medicine. It is important to find information that is understandable to you.
- The Internet is a helpful place to start when trying to understand. Government sources often provide information that is brought down to a level the general public can understand. Places like the American Heart Organization also focus on supplying people with as much information as possible in a simple way.

Slide 77: Understanding that Information (cont'd)

- If you still have trouble understanding health information, talking to a case manager can help. Case managers can be used to interpret difficult medical problems.
- Finally, when in doubt, ask a doctor! If you don't understand something that a doctor is saying, ask him or her to explain. Your health is extremely important, and you should never leave a doctor appointment confused about what you've been told.

Slide 78: Communicating with Healthcare Providers

- To make the most of your appointment and avoid leaving the office confused, there are certain steps you can take to prepare.
 - o Make a list of questions that you would like to ask your doctor.
 - o Put your list of questions in order from most important to least important so you make sure to get your most important questions answered.
 - o Think about how you're going to describe your symptoms and concerns.

Slide 79: Communicating with Healthcare Providers (cont'd)

- o If your doctor orders any tests, make sure you understand what the test involves and what the doctor is testing for. If you don't understand, ask questions!
- o If your doctor makes a diagnosis, make sure you understand what the diagnosis is and what your treatment options are (including medications and when and how to take them).

Slide 80: Communicating with Healthcare Providers

- o If you feel nervous about your appointment or don't feel comfortable asking questions, consider asking a trusted friend or family member to

attend the appointment with you and let them know ahead of time what you'd like from your appointment.

- o If you have a hearing or vision problem, tell your doctors so they can accommodate you. If your doctors do not speak your language, be sure to ask for an interpreter.
- o Bring a list of all your medications or the pill bottles to your appointment so your doctor knows what medications you are currently taking.
- o Take notes during your appointment or ask the doctor to write something down on paper.

Slide 81: Using Information to Develop Good Health Habits for Prevention

- After an appointment with your doctor, you may be overwhelmed about how to make recommended lifestyle changes to improve your health.
 - o For example, your doctor may tell you that you have high cholesterol and recommend that you make changes to your diet and lifestyle to lower your cholesterol.

Slide 82: Using Information to Develop Good Health Habits for Prevention (cont'd)

- o This may include:
 - Taking a new medication
 - Removing certain foods from your diet that are high in cholesterol such as eggs, cheese, red meat and butter
 - Exercising regularly
- Implementing these changes in your life will involve breaking old habits and forming new healthy habits. An occupational therapist and other staff members at the shelter can help you implement some of these changes if you ask for help.
- *(see Health Literacy Activity, p. 44)*

Slide 83: Wellness Recovery Action Plan (WRAP)

- In order to take control of your wellness, having a plan is important. WRAP is a “self-management and recovery program” that is designed to help anyone with a mental or physical illness create a plan for themselves that they can use when they are feeling anxious, depressed, relapsing, decompensating or just not feeling well.

Slide 84: Wellness Recovery Action Plan (WRAP) (cont'd)

- Creating your WRAP plan involves creating a toolkit or a list of places, activities and people that make you feel calm and supported. When you feel that you are not doing well mentally or physically, you can use the activities, places and people in your toolkit to make you feel more grounded. You will have the opportunity to create your own WRAP plan at the end of this module.

Slide 85: Wellness Recovery Action Plan (WRAP) (cont'd)

- Here are examples of some things you may include in your toolkit to give you some ideas:
 - o Talking to a friend
 - o Going for a walk to your favorite park
 - o Taking a warm bath or shower
 - o Lighting a scented candle (when you are living in your own apartment, with caution)

Slide 86: Wellness Recovery Action Plan (WRAP) (cont'd)

- o Reading a book
- o Drinking a cup of tea
- o Going to a support group meeting

Slide 87: Wellness Recovery Action Plan (WRAP) (cont'd)

- o Looking through old photo albums
- o Making a list of your accomplishments
- o Talking to your doctor, counselor or healthcare provider

Slide 88: Using Your WRAP

- Your wellness toolkit can also include things such as which activities, places or people to avoid in order to keep you feeling your best. Some things you may want to avoid are:
 - o Bars
 - o Becoming overly tired
 - o Places that are triggers
 - o People who have a negative influence on you

Slide 89: Using Your WRAP (cont'd)

- You can have multiple Wellness Recovery Action Plans for different situations:
 - o **Early warning signs:** Think about how you know that you are feeling stressed. Knowing your early warning signs will empower you to seek help or use your wellness toolkit before you reach a point of crisis. An example of some warning signs may be:
 - Getting upset about things that you would not normally feel upset about
 - Difficulty sleeping
 - Feeling anxious or irritable

Slide 90: Using Your WRAP (cont'd)

- Let's talk about when things are starting to break down.
 - o In this stage, your stress has progressed past the mild early warning signs. At this point, your stress levels may begin having an effect on your ability to do your job or maintain relationships.

- *(see Wellness Recovery Action Plan Activity, p. 45)*

Slide 91: Mindfulness

- Another way to control your wellness is to incorporate mindfulness into your daily routine. Mindfulness is a behavioral exercise that encourages you to be aware of your present feelings, environment, and sensations. In today's world, the majority of people don't take the time to focus on the present. Multitasking is a common occurrence today, but often results in putting your mind on "autopilot" and just going through the motions of activities. Additionally, it is sometimes easy to get carried away with worrying about the future or dwelling on the past. These practices are not beneficial for your health.

Slide 92: Mindfulness (cont'd)

- When not paying attention to the present, people tend to overemphasize negativity in their lives and ignore important things that their bodies are trying to tell them. Mindfulness exercises allow you to pay attention to the here and now.
- When paying attention, you can clearly see what is going on in your life, which better prepares you to respond to stressors.

Slide 93: Pat Deegan's Common Ground Recovery Model

- Earlier in this module we discussed preparing for your doctor's visit by making a list of questions. Pat Deegan's Common Ground Recovery Model is another resource that you can use to collaborate with your doctor and arrive at the best health decisions for your health and recovery.

Slide 94: Pat Deegan's Common Ground Recovery Model (cont'd)

- After Pat Deegan herself was diagnosed with schizophrenia at age 17, she returned to school for her PhD and used the term "recovery" to describe the idea that people come to live rich and meaningful lives despite experiencing mental illness. She created a web-based application that helps people prepare to meet with psychiatrists or treatment teams and arrive at the best decisions for treatment and recovery, called CommonGround.

Slide 95: OTs Walk with NAMI

- One last resource that we want to mention is NAMI.
- NAMI stands for the National Alliance on Mental Illness. It is a community resource that can help you connect with professionals, social supports, and other people and families experiencing mental illness.
- There are a variety of services available, for example: Case management, peer services and supports, veterans resource center, and family member and care giver services.
- How many of you have heard of NAMI? *(Pause for participation)*

- If yes, has anyone utilized any of the services? If you would like to share, how was your experience? *(Pause for participation)*
- You can learn more about these services by googling NAMI.

Slide 96: Congratulations!

- Congratulations! You've completed the health and wellbeing module! And now you have more resources to take care of your body and mind in the best way possible!

Appendix

Wellness Activity

Directions: Fill out the Physical, Spiritual, Emotional, and Social sections of the packet to gain a better sense of your level of wellness in each of these areas. Choose the dimension of wellness in which you scored the lowest and create 1 long-term goal and 2 short-term goals to improve this area of wellness in your life. Develop a tentative time line by which you should achieve each goal. Long-term goals take about 3-5 years to achieve and short-term goals should be achievable within a few months. Some examples of long-term goals are to obtain your GED, quit smoking and/or drinking alcohol, and visit a place you have never been. Some examples of short-term goals are to lose weight, get a job, and obtain housing.

- Everyone shares their goals with the group. Each member has the opportunity to share their past experiences, advice, and thoughts with the other members of the group.

*8 Dimensions of Wellness packet that can be downloaded for free here:
<http://welltacc.org/attachments/article/368/Wellness%208%20Dimensions%202014-02.pdf>

Physical Wellness: taking care of my body, having good health habits, good nutrition and exercise, and going to the doctor when I need to.

Strengths: These are things I do well in my daily routines, habits, and life activities that support my physical wellbeing.

- _____
- _____
- _____
- _____
- _____

Physical Wellness Self-Assessment:

- I usually do this = 2 points
 - I sometimes do this = 1 point
 - I rarely do this - 0 points
-
1. ___ I exercise 20 – 30 minutes, 3 times per week.
 2. ___ I eat fresh vegetables, fruits, and whole grains every day.
 3. ___ I avoid smoking.
 4. ___ I avoid alcohol and drugs.
 5. ___ I avoid or have reduced coffee and caffeinated beverages.
 6. ___ I avoid or have reduced foods and drinks with sugar.
 7. ___ I try to get 7-8 hours of sleep each night.
 8. ___ I try to maintain my weight or am in the process of losing extra weight.
 9. ___ I brush my teeth at least twice each day.
 10. ___ I go to my doctor appointments and regularly take my medications.

Score: _____

Spiritual Wellness: feeling that my life has meaning and purpose; believing in a higher spiritual being that is loving and has my best interest.

Strengths: These are things I do well in my daily routines, habits, and life activities that support my spiritual wellbeing.

- _____
- _____
- _____
- _____
- _____

Spiritual Wellness Self-Assessment:

- I usually do this = 2 points
 - I sometimes do this = 1 point
 - I rarely do this - 0 points
-
1. ___ I have strong spiritual awareness.
 2. ___ My spiritual awareness impacts the way I perceive my daily life.
 3. ___ When I feel down, I can call on my spiritual beliefs to help me feel better.
 4. ___ I use prayer, meditation, and quiet reflection in my daily life.
 5. ___ I feel that my spiritual beliefs bring meaning and purpose to my life.
 6. ___ I try to learn about and respect others' spiritual beliefs.
 7. ___ My spiritual beliefs give me optimism in the future.
 8. ___ I like to be in nature to connect with my spiritual self.
 9. ___ I recognize that we are all spiritually related.
 10. ___ I feel gratitude for the blessings that have been placed in my life.

Score: _____

Emotional Wellness: having the ability to understand my feelings, express my feelings to others in a peaceful manner, and maintain emotional equilibrium.

Strengths: These are things I do well in my daily routines, habits, and life activities that support my emotional wellbeing.

- _____
- _____
- _____
- _____
- _____

Emotional Wellness Self-Assessment:

- I usually do this = 2 points
 - I sometimes do this = 1 point
 - I rarely do this - 0 points
-
1. ___ I am aware of my feelings and how my feelings affect my behaviors.
 2. ___ I am able to assess others' feelings through their body language, facial expressions, and words.
 3. ___ I am able to communicate my feelings when desired in a peaceful way.
 4. ___ I use compassion and humor to defuse conflict with others.
 5. ___ When I feel down, I am able to uplift myself with healthy activities, time spent with others, and quiet reflection.
 6. ___ I try to maintain emotional equilibrium by dealing with myself and others in a peaceful and compassionate way.
 7. ___ I use connection with nature to uplift my mood.
 8. ___ I understand that my mood is negatively influenced by alcohol and drugs and I avoid these.
 9. ___ When others are angry or negative, I try to understand why they may feel hurt, disrespected, or violated.
 10. ___ I avoid situations, places, and people who are negative and bring my mood down.

Score: _____

Social Wellness: having positive relationships and interactions with people who are important to me, such as friends, family, and people I see regularly in the community.

Strengths: These are things I do well in my daily routines, habits, and life activities that support my social wellbeing.

- _____
- _____
- _____
- _____
- _____

Social Wellness Self-Assessment:

- I usually do this = 2 points
 - I sometimes do this = 1 point
 - I rarely do this - 0 points
-
1. ___ I have people in my life with whom I am close.
 2. ___ I have a good balance between spending reflective time alone and time with others.
 3. ___ I know the people in my community and feel a sense of belonging to my neighborhood, church/temple/mosque, or support group.
 4. ___ I try to help others when I am able.
 5. ___ I try to be friendly and polite when I interact with others.
 6. ___ I am able to easily tolerate differences between myself and others, and can live with others of a wide diversity.
 7. ___ When I disagree with others, I respectfully allow them to have differences of opinion.
 8. ___ I feel comfortable meeting and introducing myself to others.
 9. ___ When I pass my neighbors, I smile and say hello.
 10. ___ I try to spend time with people who support my wellbeing, and avoid those who engage in destructive and negative behaviors and activities.

Score: _____

Physical Activity Field Trip

Option #1:

Directions: The goal of this exercise is to find ways to exercise using what is available to you in the environment. After walking to the park, the facilitator will lead a 15-minute exercise session that will consist of commonly known exercises that can be done in any environment (i.e., push-ups, sit-ups, jumping jacks, squats, lunges, and stretching). The participants will then split up into pairs: "Using whatever resources are available at the park, think of additional exercises that you could do in this environment." After the activity, each pair will share their ideas with other groups.

- Discussion Questions:
 - o What are some barriers to completing these exercises? What can you do to get past these barriers?
 - o Are these exercises that you would consider doing? Why or why not?
 - o How can exercise help you?
 - o Are there any exercises not discussed previously that you can think of?
 - o What are some other environments where you could exercise for free?
 - o Do you think you may use this in the future?

Option #2:

Directions: Each person should receive a pedometer to keep track of steps taken. Following the group facilitator, walk around the neighborhood. Afterwards, write on the wall chart the number of steps your pedometer recorded during this walk. Each week of the walking group, you will add more steps to the chart on the wall.

- Discussion Questions:
 - o How did participating in the walking group make you feel?
 - o Do you think that a walking group would be beneficial?
 - o What are some positive effects of a walking group?
 - o What are some barriers to participating in a walking group? How can you overcome these barriers?
 - o What are some alternatives to participating in a walking group?

Physical Activity Alternate Activity

Directions: Identify one physical activity goal that you want to accomplish in the near future. Write down the steps that you need to take in order to accomplish this goal. After identifying your fitness plan, share your ideas with the rest of the group.

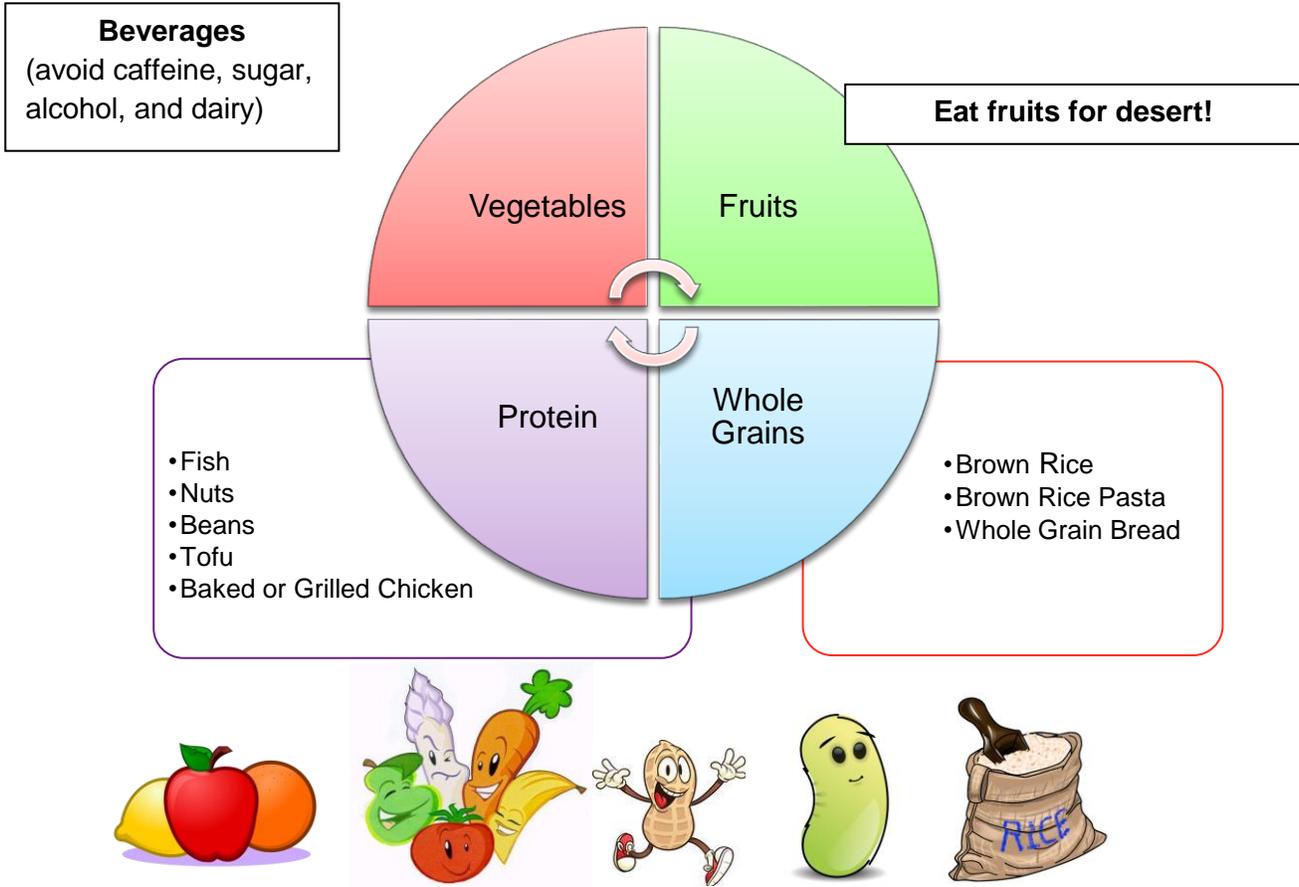
- Discussion Questions:
 - o What are some barriers to accomplishing your goal? How will you get past these barriers?
 - o Is there anyone who can help you accomplish this goal?
 - o Why is accomplishing this goal important to you?

Diet and Nutrition Activities

Healthy Eating Plate

The facilitator will give clients a plate and images of or real foods. Clients will be asked to fill their plates with healthy foods in appropriate portions.

Directions for Clients:



1. Fill one-fourth of your plate with vegetables
2. Fill one-fourth of your plate with fruits. Eat fruit for desert.
3. Fill one-fourth of your plate with whole grains (such as brown rice or brown rice pasta)
4. Fill one-fourth of your plate with a health protein (such as fish, baked or grilled chicken, beans, nuts, tofu)
5. Choose a healthy beverage that does not contain alcohol, caffeine, sugar, or dairy

Option #2: Cooking Activity

Directions: The facilitator will complete a simple cooking activity with the group involving making trail mix. Prior to the activity, the facilitator will explain to the group: "Today we will be making trail mix. Trail mix can vary greatly based on which ingredients are included in the mix. These ingredients can make it either a healthy, energy filled snack or a snack with too much fat and sugar. The recipe we will create today will include a mix of nuts that are high in protein and fat, which when eaten in moderation are a healthy source of fat and protein. This recipe will also include whole grain cereal, which is a good carbohydrate that contains fiber. This recipe will include raisins or a dried fruit of your choice that contains essential vitamins, minerals and fiber. Finally, you can add a small handful of dark chocolate chips which contain antioxidants and less sugar than milk chocolate."

- Trail Mix Recipe (alter portions based on size of group):
 - 1 cup cereal such as: Cheerios, Chex, Wheaties, Total, Quaker Oatmeal Squares. All of these are low in sugar and high in fiber. As a rule of thumb, try to choose cereals that have more grams of fiber than sugar or at least have only a few grams more of sugar than fiber
 - 1 cup unsalted raw nuts or seeds such as: almonds, peanuts, walnuts, pecans, cashews, pumpkin seeds, sunflower seeds, or a combination of your favorites of these
 - ½ cup raisins or other dried fruit
 - ¼ cup dark chocolate chips

Option #3A: Reading a Food Label

Directions: The facilitator will bring food labels to the group and point out important things to look at on labels such as portion size, calories, calories from fat, grams of fat, cholesterol, grams of carbohydrates, and grams of protein. Five food labels are provided in this appendix. The facilitator should encourage participants to examine the calories and grams of fat, salt, protein, cholesterol, and sugar (carbohydrate) on all labels.

Clients should answer the following questions:

1. How big is a serving size? _____
2. How much salt (sodium) is in a serving size? _____
3. How many grams of fat are there per serving? _____
4. How many grams of cholesterol are there per serving? _____
5. How many grams of protein are there per serving? _____
6. How many total calories are in a serving size? _____
7. How many calories in a serving size come from fat? _____
8. Circle the ingredients that sound artificial.
9. Is this a healthy food?

Product: Pop Tarts

Ingredient List:

Enriched flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin, Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed, Hydrogenated Cottonseed), Sugar, Cracker Meal, Modified Corn Starch, Xanthan Gum, Soy Lecithin

Nutrition Facts

Serving Size 1 pastry (52g)

Serving per Container 8

	% Daily Values
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	4%

Vitamin A 10%

Iron 10%

*Percent Daily Values are based on a 2000 caloric diet.

Your Daily Values may be higher or lower depending on your caloric needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Product: Ranch Salad Dressing

Ingredient List:

Vegetable Oil (Soybean and/or Canola), Water, Egg Yolk, Sugar, Salt, Cultured Nonfat Buttermilk, Natural Flavors (Milk, Soy), Less Than 1% of: Spices, Dried Garlic, Dried Onion, Vinegar, Phosphoric Acid, Xanthan Gum, Modified Food Starch, Monosodium Glutamate, Artificial Flavors, Disodium Phosphate, Sorbic Acid and Calcium Disodium EDTA As Preservatives, Disodium Inosinate, Disodium Guanylate, Contains: Egg, Milk, Soy. Gluten Free.

Nutrition Facts

Serving Size 2 Tbsp. (30mL)

Servings about 20

Calories 140

Calories from fat 130

	% Daily Values
Total Fat 14g	22%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

Vitamin A 0%

Iron 10%

Vitamin C 2%

Calcium 0%

*Percent Daily Values are based on a 2000 caloric diet.

Your Daily Values may be higher or lower depending on your caloric needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Product: Cola Soda

Ingredient List:

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine

Nutrition Facts

Serving Size 1 can (12 fluid oz)

Serving Per Container 1

	% Daily Values
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 0g	0%

*Percent Daily Values are based on a 2000 caloric diet.

Your Daily Values may be higher or lower depending on your caloric needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Product: Corn Chex

Ingredient List:

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Nutrition Facts

Serving Size 1 cup (31g)

Serving Per Container 16

	% Daily Values
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 60 mg	2%
Total Carbohydrate 26g	7%
Dietary Fiber 2g	7%
Sugars 3g	
Other Carbohydrate 21g	
Protein 2g	

Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	45%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B ₆	25%
Folic Acid	50%
Vitamin B ₁₂	25%
Phosphorus	4%
Magnesium	2%
Zinc	25%

Product: Soy Milk

Ingredient List:

Organic Soymilk (Filtered Water, Whole Organic Soybeans), Organic Cane Sugar, Calcium Carbonate, Organic Locust Bean Gum, Sea Salt, Organic Natural Flavors, Natural Flavors, Organic Vanilla Extract

Nutrition Facts

Serving Size 1 cup (240mL)

Serving per Container 4

	% Daily Values
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 7g	

Vitamin D 6mcg	30%
Calcium 300mg	25%
Iron 1mg	6%
Potassium 300mg	7%
Vitamin A 90 mcg	10%
Riboflavin 0.4mg	30%
Vitamin B ₁₂ 1.2 mcg	50%

*Percent Daily Values are based on a 2000 caloric diet.

Your Daily Values may be higher or lower depending on your caloric needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Option #3B: Preparing a Salad

Directions: After participants have learned how to read a food label, the facilitator may elect to lead the group in preparing a simple salad and measuring out a serving (2 tbsp) of dressing for their salad. This activity will provide the group with the skills to chop and prepare vegetables for a salad, which is a simple and healthy meal that the participants can prepare for themselves when they move out of the shelter. This cooking activity involves preparing a salad as a group. The facilitator should divide chopping tasks among group members so that each participant has a role. Please note that this activity is not appropriate for individuals who cannot safely use a knife secondary to mental health, anger, or physical disorders. Prior to beginning chopping, the facilitator should review the following knife safety tips with the group:

- Concentrate on what you are doing when using a knife.
- Do not talk to other people while using a knife.
- Always use a cutting board.
- Always use a sharp knife, dull blades cause more accidents because they make cutting more difficult.
- Choose the correct knife size for what you are cutting.
- Do not hold food in your hand or in the air while you are cutting. Always lay down the item you are cutting onto the cutting board.
- Use your free hand to firmly hold the food item on the cutting board while you chop.
- Make sure your fingers are out of the way when cutting.
- Never try to catch a falling knife.
- Carry a knife by the handle with the tip down.

Once the knife safety tips have been reviewed with the group, the cutting tasks should be divided among group members. The ingredients for the salad can include any combination of the following items:

- Lettuce
- Carrots
- Cucumber
- Tomatoes
- Peppers
- Any other fruit or vegetable in season

After participants have chopped all vegetables, they should combine vegetables in one large bowl and toss the salad. Participants may serve themselves a portion of salad and should use a tablespoon measure when pouring the dressing onto their salad so they understand the quantity of dressing in a portion size.

Sleep and Rest Activity

Directions: The facilitator will distribute the time use chart and will instruct clients on how to complete it. Each box accounts for one hour. Clients should complete the time use chart to represent their past week. When clients have completed this activity, they should take note of how many hours of sleep they are getting per night. If clients feel that they are not getting enough hours or that they have difficulty falling asleep, they should look at their routine in the hours before they go to sleep.

- Pause video on list of tips for good sleep hygiene so the group can look at it as they discuss how they can incorporate sleep hygiene tips into their daily routine to improve the quality and quantity of sleep. Encourage group members to write a list on the back of their time use charts of sleep hygiene tips that they can try. Group members can place this list next to their bed to remind them of their new sleep hygiene goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							

Medical Care and Screening Activity

Directions: Knowing your health information is important for medical care. It is often helpful to carry that information with you to ensure that you remember all important information. For this activity, everyone should receive a wallet-sized index card. On that index card, write down your health information. This should include:

- your doctor's name, address, and phone number
- your pharmacy's name and phone number
- your health insurance plan
- a list of your medications and dosages
- and any important health information (i.e., allergies to any medications)

- Discussion Questions:
 - o Why is having this information in your wallet important?
 - o How can knowing this information help you?
 - o Is there anything else that should be on your card?
 - o When do you think this card will be useful in the future?

Managing Health Conditions Activity

Directions: Write down one health condition that you are dealing with on a daily basis. Identify behaviors that you know are/are not allowed for someone with that condition. You can use facts that you already know or complete an Internet search to find new information. For example, if you are unsure of what foods someone with heart disease should avoid, an internet search can tell you that you should eat lots of vegetables and avoid foods that are fried and/or high in cholesterol. After finding this information, write two short-term goals relating to managing your health condition.

Examples of Goals Include:

I will eat one type of vegetable with dinner, four days a week, for the next two weeks.

I will drink soda only on weekends for the next two weeks.

I will participate in 30-minutes of physical activity for three days in one week.

Discussion Questions:

- Was finding this information hard?
- Do you need to make any behavioral changes that you think will be hard for you? How do you plan to deal with these changes?
- What other sources can you use to find information about health conditions?
- Why do you have to be careful with the information found on the Internet? How can you determine if a website is credible?
- How do you feel about the fact that managing health conditions is a lifelong process? Do you think you will be able to take care of yourself properly?
- What can you do if you need help managing your health? Can you identify a friend or family member who can keep you on top of your health?
- What are the consequences of not managing your health conditions?

Medication Management Activities

Option #1: Internet activity

Directions: Look up a medication on the Internet. Fill out the medication table worksheet, which can be found here:

http://nihseniorhealth.gov/takingmedicines/managingyourmedicines/medstable_popup.html

For Your Use

Name of Drug	What It's For	Color/ Shape	Date Started	Doctor	Dosage	Instructions

- Also, design a detailed plan about how you are going to refill this medication:
 - o Will you need a new script? If so, how will you get it?
 - o When will you need to refill it and how often?
 - o Where will you refill it?
 - o What is the cost?
 - o What identifying information might you need to pick up your refill? For example, name and date of birth, or address.

Option #2: Role play

Directions: You are at your doctor's office and they just prescribed a new medication for you. One person acts as the doctor and the other the patient; then switch so you both have a chance to practice being the patient. Please practice asking these 6 very important questions:

1. What is the name of the medicine?
2. What is the medicine supposed to do?
3. How and when do I take it and for how long?
4. What foods, drinks, other medicines or activities should I avoid while taking this medicine?
5. Should I take this medication with food or on an empty stomach?
6. What are the possible side effects and what do I do if they occur?

Option #3: Jelly bean activity

Directions: Make up a medication list for a case study patient and make a key (i.e., yellow jelly bean = pain medication, blue = blood pressure, red = heart, green = multivitamin). Have participants fill a pillbox for the week based on the directions for each medication (one pain med and two blood pressure pills in the morning, multivitamin pill after a meal, heart medication before bed, etc.)

- To better prepare for this activity: Color code jelly beans in containers similar to medication bottles, type or write the names and directions for each "medication" on each container.
- Create a case study for the participants to follow (i.e., Mary just got released from the hospital after having a heart attack. She has been prescribed several new medications and needs to organize her pillbox for the next upcoming week. Let's help Mary get organized!)

Resources for Medication Activities:

<http://nihseniorhealth.gov/takingmedicines/takingmedicinessafely/01.html>

http://campusmindworks.org/students/treatment/medication/medication_management.asp

<http://www.forgettingthepill.com/content/about>

<http://www.public-health.uiowa.edu/cert/education/ManagingYourMeds.pdf>

Smoking Cessation Activities

**Provide a brochure of smoking cessation resources from: <http://smokefree.gov/free-resources>

Option #1: Plan to Stop Smoking

Directions: Ask clients to write:

- Your top 3 reasons why you want to quit smoking:
- Your Plan of Action: What do you want to achieve within a week from now, a month, and a year from now?
- If you were giving advice to a friend who wants to quit smoking, what would you say? And if you were that friend, would you take that advice?

Option #2: How does smoking effect occupational functioning?

Directions: Let's brainstorm how smoking may affect your occupational functioning? Use a blank sheet of paper and markers/colored pencils to draw areas of your life that have been affected by smoking. For example, John may draw how smoking interferes with his dating life or his ability to engage in sports at the park without being winded. Ask group members to discuss their drawings and ask follow-up questions such as: Can anyone else relate to this situation and if yes, how so?

Stress Management Activity

Directions: Participants will learn deep breathing and progressive muscle relaxation and be able to replicate these activities on their own.

- **Progressive Muscle Relaxation**
 - Ask group members to sit in a chair with their feet flat on the ground, sitting up straight but comfortable with hands in their lap. Tell group members that they are welcome to close their eyes if they feel comfortable.
 - Explain to group members that this exercise will involve tensing and relaxing their muscles one by one: By tensing the muscles, it will make you aware of muscles that you are already tensing throughout the day and give you an opportunity to relax these muscles.
- **Script for Progressive Muscle Relaxation:**
 - Bring your awareness to your right foot. Tense the foot. Flex all the muscles of the leg and lift it up just an inch off the floor. Squeeze it – hold it tighter – and release. You can roll it gently from side to side and forget about it.
 - Bring your awareness to your left foot. Tense the foot. Flex all the muscles of the leg and lift it up just an inch off the floor. Squeeze it, hold it tighter, tighter – and release. You can roll it gently from side to side and forget about it.
 - Bring your awareness to your right hand. Splay the fingers wide. Tighten the hand into a fist. Squeeze the entire arm and lift it up just an inch. Tighten. Tighten harder – and release.
 - Bring your awareness to your left hand. Splay the fingers wide. Tighten the hand into a fist. Squeeze the entire arm, squeeze it harder. Lift it up just an inch. Tighten. Tighten harder and release. Just forget about it.
 - Bring your awareness to the buttocks. Squeeze tightly. Squeeze harder – and release.
 - Bring your awareness to your shoulders, squeeze them towards your ears. And release. Squeeze your shoulder blades together behind your back. And release.
 - Squeeze all the muscles of the face towards the tip of the nose. Squeeze. And release.
 - Now take a big breath into the belly. Puff up the belly. Breathe in a little more air – open the mouth and release.
 - Now take a big breath into the chest. Puff up the chest – make a big superman chest. Breathe in a little more air – open the mouth and release.
 - You can gently roll the head from side to side and find the perfect center.

After completion of Progressive Muscle Relaxation activity, ask group members questions for discussion:

- How did that make you feel?
- When do you think you could use this to make you feel more relaxed?

Health Literacy Role Play

Directions: Participants will break up into pairs. One person in each pair will play the role of the doctor and one person will play the role of the patient. The patient will practice asking the doctor questions about their health concerns including symptoms, new diagnoses, medications, and lifestyle (diet, exercise, sleep). Participants playing the patient role should especially focus on asking questions that force the doctor to stop, slow down, and clarify. This includes using phrases such as:

- “I don’t think I understand what you’re saying; can you explain that in a different way?”
- “Do you mind speaking a little slower?”
- Rephrasing back to the doctor what they said, “So what I’m hearing is _____, is that correct?”
- “Can you please write that down for me?”
- “Can you tell me where I can find more information about _____?”
- Will I have to take this medication for the rest of my life? Are there alternatives to taking medication for this problem? How can I find more information about these alternatives?

WRAP Activity

My Wellness Recovery Action Plan Toolkit

- Use this chart to create your WRAP toolkit. For each stage of mental wellness, write the symptoms or signs indicating that you feel stressed in the “how I feel” column. This will help you better understand what level of stress you are experiencing. You can use the items you wrote in the third column to make you feel better and prevent escalation to a higher level of stress or crisis. Although the third column has spaces for three items, don’t feel limited by the spaces. If there are more things that make you feel calm, write them down as well!

Stage	How I Feel	Things I Can Do to Make Myself Feel Better
Early Warning Signs		1. 2. 3.
Things are Breaking Down or Getting Worse		1. 2. 3.
Crisis		1. 2. 3.
Post Crisis		1. 2. 3.

People Who can Help Me When I’m Not Feeling Well	1. 2. 3.
Activities/Places/People I should Avoid to Stay Healthy and Reach My Goals	1. 2. 3.