

D. Core Session with Nurse: Maintaining/Improving My Physical Health

1. Introduction to Meeting and Rationale

The purpose of this meeting is to talk about the importance of physical health and how it is connected to a person's mental health and recovery. The material in this session can be reviewed on a regular basis.

2. What is a Healthy Lifestyle and Why is it Important?

Nurse asks consumer her/his thoughts about what healthy lifestyle means and why it would be important.

Nurse notes that a healthy lifestyle refers to making choices and taking actions that keep you physically and mentally fit. A healthy lifestyle can prevent or improve serious health problems. It includes:

- Getting regular medical check ups
- Managing current physical health problems
- Finding ways to relax and have fun
- Maintaining good personal hygiene
- Exercising regularly
- Eating healthy foods
- Getting a good night's sleep
- Avoiding unhealthy activities such as drinking, smoking, using street drugs, and unsafe sex

Nurse notes that there are benefits to a healthy lifestyle. They include:

- People can improve their physical health in ways that support their mental health recovery
- Poor physical health takes energy away from activities that support recovery
- Good physical health helps you to better manage stress and other life problems

Nurse asks consumer about his/her lifestyle and how healthy he/she feels that it is. Nurse asks consumer whether he/she would be interested in making changes to make it healthier.

3. The Issue of Tobacco Smoking

Nurse asks the consumer if he/she smokes tobacco or uses tobacco in another way. If yes, Nurse asks consumer whether he/she is aware of the medical consequences. Nurse provides brief overview of these consequences and asks consumer about desire to cut back or stop tobacco use as a possible goal.

4. The Importance of Exercise

Nurse asks the consumer if he/she exercises on a regular basis and if so, how. Nurse asks consumer if he/she is aware of the medical and mental health benefits of exercise. Nurse provides brief overview of these consequences and asks consumer about desire to increase physical exercise as a possible goal.

5. Summary of Today's Meeting

Nurse asks the consumer to identify some important points from today's meeting. Nurse adds his/her perspective to this summary.