

E. Resources for Health Education

The following 2 resources on exercise and healthy eating are taken from the Wellness Self-Management Workbook. The full workbook can be found on the LMS.

1. Exercise and Mental Health Recovery

EXERCISE AND MENTAL HEALTH RECOVERY	
<p>Exercise and mental health</p> <p>Exercise is good for your physical health. Exercise may help prevent or improve a number of physical health problems, such as diabetes, high blood pressure, and heart disease. Recently it has been found that exercise is also good for improving mental health. Physical activity can ease symptoms or anxiety and depression along with improving mood.</p> <p>How can exercise make you feel better?</p> <ul style="list-style-type: none">• After exercising, mood is elevated• Exercising is a healthy distraction from life stressors• Exercising gives you more energy <p>Benefits of exercising</p> <ul style="list-style-type: none">• Anxiety symptoms decreased• Stress decreased• Depression symptoms decreased• Elevated mood• Self-esteem improved• Increased feelings of physical and psychological well-being• Restful sleep <p>Inexpensive ways to exercise</p> <p>Gyms can sometimes be costly and time consuming. There are other methods of exercising that do not involve going to a gym:</p> <ul style="list-style-type: none">• Lifting heavy household products, such as bottles or cans• Doing housework	<ul style="list-style-type: none">• Taking a walk in your neighborhood• Taking stairs instead of elevators• Getting off the bus or subway one stop early and walking the rest of the way• Dancing• Swimming• Playing sports• Yoga• Aerobics• Running• Riding a bike• Participating in an exercise program on TV• A job that involves physical labor <p>Getting Started</p> <p>Before you start exercising, it is important to get your doctor's ok. Sometimes getting started is the hardest step. It is important not to think of exercise as a chore. Here are a couple tips if you are having trouble getting started:</p> <ul style="list-style-type: none">• Start slowly• Do something that is enjoyable for you; make exercising fun• Join a team• Exercise with a friend• Exercise by doing various activities - don't always do the same activity• Give yourself credit for every step in the right direction no matter how small• Don't give up if you get off hand

Discussion Points:

Honestly how do you feel about exercising?

What makes it hard for people to make exercise part of their day-to-day routine?

Personalized Worksheet Thinking more about ways to exercise		
Simple and practical ways to exercise. <i>Please read the following worksheet and check those that apply to you:</i>		
Ways to exercise	I already do this	I would like to do more of this
Lift household products, such as bottles and cans		
Do housework		
Take a walk in your neighborhood		
Take stairs instead of elevators		
Get off the bus or subway one stop early and walk the rest of the way		
Dance		
Swim		
Play sports		
Do yoga		
Aerobics		
Run		
Ride a bike		
Participate in an exercise program on TV		
Do a job that involves physical labor		

Other:		
Other:		

Action Step
<i>Choose one exercise you would like to try:</i>
Exercise:
When will you do it?
Where will you do it?
How will you remind yourself to do it?
Who could help you complete your action step?
What might get in the way of completing your action step?

1. Summary of main points of this lesson
2. Leader provides specific positive feedback
3. Invite participants to share feedback

2. Learning Healthier Eating Habits and Mental Health

Learning Healthier Eating Habits and Mental Health	
Important Information	
<p>What are healthy eating habits?</p> <p>Eating habits refer to what you eat and drink; how much, how often, and how the food is prepared. Healthy eating habits include eating a balance of foods that are nutritious and satisfying. Healthy eating habits also include avoiding foods that are low in nutrition and high in calories. A person's eating habits are affected by family culture, religion, income and community:</p> <p>Here are some tips for healthy eating:</p> <ul style="list-style-type: none"> • Eat vegetables in a rainbow of colors • Don't skip meals • Eat balanced meals • Avoid fried foods • Eat baked, broiled, or steamed foods • Cut down on fast food • Snack on fruits and vegetables instead of sweets and salty foods • Read food labels • Become familiar with recommended portion sizes • Learn about good nutrition (some insurance companies will pay for a nutritionist, so talk to your doctor) 	<p>Why is it important to eat healthy?</p> <ul style="list-style-type: none"> • What you eat and how much you eat can affect how you feel, both emotionally and physically • Poor nutrition can lead to weight gain. Being overweight increases a person's chance of developing diabetes and heart disease • Some medications for mental health problems increase weight gain. Good eating habits are one way to manage this side effect • For some people, eating or drinking a lot of sugar or caffeine can affect mood • Good eating habits are associated with reducing or preventing disease • Overeating or undereating can be a sign of a mental health problem • Good eating habits include staying away from foods that you are allergic to • Good eating habits include knowing whether there are foods that may not work well with your medication
<p>Discussion Point:</p> <p>What gets in the way of healthy eating?</p>	

Personalized Worksheet
Thinking more about healthy eating

Please read the following worksheet and check those that apply to you:

Healthy eating habits	I already do this	I would like to do more of this
Eat vegetables every day		
Eat fruits every day		
Don't skip meals		
Eat balanced meals		
Avoid fried foods		
Eat baked, broiled, or steamed foods		
Cut down on fast food		
Snack on fruits and vegetables instead of sweets and salty foods		
Read food labels		
Become familiar with recommended portion sizes		
Learn about good nutrition		
Other:		

Action Step

Choose a healthy eating habit and try it out

Write down one healthy eating habit you would like to do more of:

Healthy Habit:

What will be your first step to try it?

When will you do it?

Where will you do it?

How will you remind yourself to do it?

Who could help you complete your Action Step?

What might get in the way of completing your Action Step?

1. Summary of main points of this lesson
2. Leader provides specific positive feedback
3. Invite participants to share feedback