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Choosing Healthy Eating and Wellness Facilitator Notes

Main Learning Points and Review of Personal Practice Options from Last Session:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using Solutions for Wellness materials as a reminder of important facilitator tips.

Tips for this Session

1. This is the first session of the *Solutions for Wellness, Choosing Wellness: Healthy Eating*. Make the environment attractive and inviting, and have all of the materials ready for the participants to use during the session. You may want to have a folder for each participant to keep their handouts. Keep the folders so the participants have them for every session. (Note: some handouts, like the Daily Food and Beverage Tracker, will go home with them.)
2. In this session there is an interactive session when group participants read Matthew’s Story out loud. Ask participants to take turns reading to the group. Have each participant read a couple of sentences or a brief paragraph and spend time processing when appropriate. Let participants know that it is okay to pass if they do not want to read out loud (after the session try and find out why someone passed). At the end of Matthew’s story, you may want to ask one of the participants to write the group answers on the board or flip chart. Remember to use many types of learning modalities (writing, reading, speaking, and doing), as participants all have their own ways of learning.

3. Before the session begins you may want to write on the board or flip chart the three items for the topic introduction:

- a. Name
- b. One reason you are attending this group/session
- c. What is the healthiest food or beverage decision you have made over the past day?

General Tips

Ask for participants’ personal goals and values. When assisting and inspiring others to move toward optimal health and make healthier lifestyle changes, it is important to be aware of each individual’s personal goals and values. Ask yourself, “How does working on the issue in the session fit in with assisting each individual to reach their goals?” We all have our own personal reasons for change, and our goals may change over time. Linking a person’s goal to a new behavior can help motivate a person to change. For instance, if a person has a goal to live independently, but has difficulty affording a place to live, money spent on cigarettes can interfere with the person reaching his or her goal.

You will see references for the handouts, *MyPyramid*, *Nutrition Facts label*, and the *Daily Food and Beverage Tracker* throughout the workbook. Because they will be copied repeatedly, you will find all these handouts in the back pages of the workbook.

Suggestion for Topic Introduction and Relevance to Participants

“Welcome to our first session! We’re going to go around the room, and when I get to each person, please introduce yourself and share one reason you came to this session. If you like, please answer this question: What is the healthiest food and beverage choice you have made over the past day?”

(It may be helpful if the facilitator starts by sharing a healthy food or beverage decision that he or she made. Listen and respond to participants’ comments. You may want to list their answers on the board or flipchart as they introduce themselves.)

“Is there anything you would do differently in your food and beverage choices made over the past day?”

(You may want to share your answer before participants share their ideas.)

“Today we’re starting our new group, and we are using the Choosing Wellness: Healthy Eating workbook. During this session, you will learn information and get a handout to enhance your awareness about some of the health-related choices you make.

Topic Assessment Answer Key

1. D 2. A 3. A 4. C

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Living a healthy lifestyle can:

- A. Keep everyone from ever having any health problems.
- B. Make sure everyone reaches and keeps a perfect body weight in just 2 weeks.
- C. Help people feel better, but will not help prevent any health problems.
- D. Help a person's general well-being.

2. Increasing our awareness of what and how we eat can help us make healthier food and drink choices.

- A. True
- B. False

3. By joining this session, I have already made a choice to consider making better health and wellness choices.

- A. True
- B. False

4. To be successful in making healthy changes in my eating and drinking habits, I need to:

- A. Make all the changes at once.
- B. Choose the 4 biggest changes and do them first.
- C. Take small steps that can add up to big changes.
- D. Put off making any changes until the time is perfect.

Topic Assessment



5. I am confident that I understand how to eat healthy and manage my wellness.

| | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree | Unsure |

6. This information is important for me to know.

| | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

| | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Choosing Healthy Eating and Wellness

Objectives for this Session

1. Identify at least 1 health benefit of making healthier food and beverage choices and living a healthy lifestyle.
2. Understand that taking small steps can add up to big changes.

What and how we choose to eat affects our health. People struggle with making healthy food and drink choices for many reasons. People with mental illness may struggle even more due to symptoms, lifestyle issues, and medication side effects. However, it is possible to get past these challenges. This workbook was designed to help and encourage people with mental illnesses to make healthier food and drink choices. Also, we will look at other issues that affect health, such as stress and physical activity. By opening this workbook, you are taking an important step to making healthier choices.



Please answer the following statement:

I am confident that I understand how to eat healthy and manage my wellness.

- | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

A healthy lifestyle helps you to prevent health problems, reach and keep a healthier weight and feel better overall. As you go through the sessions in this workbook, you will learn about the many choices you make each day about health and wellness.

Main Learning Point #1

A healthy lifestyle can help your general well-being.

Choosing Healthy Eating and Wellness

(continued)

The goals of the Choosing Healthy Eating and Wellness workbook are:

1. To teach and encourage people with mental illnesses to make healthier food, drink, and lifestyle choices;
2. To learn about risk factors such as excessive weight gain and physical inactivity, which add to the health problems in people with mental illness;
3. To encourage the use of a “small, healthy steps” approach to reach personal health and wellness goals;
4. To encourage the use of the Dietary Guidelines for Americans, the MyPyramid Food Guidance System, and other tools that can help people make better food, drink, and activity choices;
5. To encourage a shared decision making process between program participants and members of their health team to help participant achieve health and wellness goals; and
6. Increase the use of community resources and supports, including family members and friends, to reach and maintain good health.



Can you identify any goals you have to improve your health and wellness?

This workbook will give you the chance to learn more about the food and beverage choices you make and will give you tools to help with these choices.

Today we’re going read “Matthew’s Story.” Matthew does not always think carefully about his food and drink choices. While we’re reading this story together, write down or circle on your page when you think Matthew is not making the best food and drink choices. Everyone can share some of their answers at the end of the story.

Choosing Healthy Eating and Wellness

(continued)

Matthew's Story: One morning, Matthew wanted to put on his favorite pair of jeans. He remembered they felt too tight the day before and reached for his stretchy sweat pants instead. He poured a cup of coffee, put two spoonfuls of sugar in it, took a sip and added another spoonful of sugar. He noticed that his mother had been to the bakery and picked out two of his favorite doughnuts for breakfast. Doughnuts always taste good with milk, so he poured himself a glass of whole milk.

On the way out the door to catch a bus for work, Matthew decided to grab another doughnut for the road. He sat at his desk most of the day answering phones. During his break, he bought his favorite soda from the vending machine and picked up 3 chocolates from Sally's candy jar on the way back to his desk.

At lunch he went across the street to his favorite fast food restaurant. The woman behind the counter asked "Would you like to Super-size your meal for a quarter?" He said, "yes," and thought to himself, "what a bargain!" After work, he realized he was just in time to catch his favorite show on television. He saw a commercial for potato chips, which reminded him of the bag of chips in the pantry. So, he chose to get the chips and eat some of them. His mom came in after the show ended to let him know dinner was ready and that she had made his favorite pie for dessert. Matthew wasn't really hungry, but his mouth started to water as he thought about his mom's homemade apple pie. He wondered if there was any vanilla ice cream left to scoop on top of it.

Take a few moments and share what you think are Matthew's unhealthy food and drink choices.



Choosing Healthy Eating and Wellness

(continued)



Look at the list of Matthew's snacks and respond to this statement.

I believe Matthew keeps track of what he eats during the day.

Strongly
Disagree

Disagree

Neither Agree
Nor Disagree

Agree

Strongly
Agree

Choosing healthy eating and wellness does not have to be difficult, especially if you start with small steps. Throughout this program you will learn about small healthy steps that you can use every day.

Main Learning Point #2

Small steps can add up to big changes.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about it.
- 3. PRACTICE.** I will think about all the different food and drink choices I make during one meal. I will identify one healthy choice I made and one choice I could change.
- 4. OTHER** (Choose Your Own Healthy Step):

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?