

1

Mental Illness, Mental Health, and Physical Activity 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.

Tips for this Session

Prepare for the Session:

Preparation for each session sets a tone of structure for the participants as well as a sense of importance of the topic. There are times when participants will want to invite guests or have materials for a session, so be sure to read the facilitator notes ahead of time. We recommend looking at them about a week in advance. Give yourself time to make enough copies for each session's materials and handouts..

Make the room attractive and inviting. Arrange the seats in a comfortable fashion conducive to interaction and learning.

Suggestion for Topic Introduction and Relevance to Participants

(As this is the first session of a new workbook, start this session by having introductions. A nice way to make introductions is have everyone introduce themselves and tell an interesting fact about themselves, e.g. what is their favorite game, favorite TV program, favorite color, etc. Be creative. If it is close to a holiday or seasonal celebration, ask them to identify something that relates to the holiday, e.g. their favorite holiday meal or activity. Start the introductions by introducing yourself to break the ice.)

“Today is the first day of the Solutions for Wellness physical activity workbook. What types of things do you think we will be discussing over the next few weeks?”

(Engage participants in a discussion about this. Encourage everyone to offer an idea. If participants are hesitant to speak up, let them know there are no wrong answers.)

“Today we’re going to discuss the impact that having mental illness can have on being physically active.”

“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. C 2. B 3. B 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. Regular physical activity may improve which of the following:

- A. Only physical health
- B. Only mental health
- C. Both physical and mental health
- D. Only emotional well being.

2. People with mental illness are _____ physically active than people who do not have mental illnesses.

- A. a little more
- B. less
- C. just as
- D. a lot more

3. Healthy Lifestyles programs have no effect on people with mental illness.

- A. True
- B. False

4. The recommended amount of physical activity is at least _____ minutes a day.

- A. 10
- B. 20
- C. 30
- D. 60

Topic Assessment



5. I am confident that I understand how mental illness can affect physical activity.

<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: _____

Mental Illness, Mental Health, and Physical Activity

Objectives for this Session

1. Identify 2 challenges to being more physically active.
2. Identify 2 ways physical activity can improve mental health.

Daily physical activity has many benefits. However, exercising at least 30 minutes each day can be challenging. For many reasons, people with mental illness are less likely to be physically active.

Main Learning Point #1

People with mental illness are less likely to be physically active.

Think about your own physical activity as you answer the following questions:



Have you ever started an exercise program? Yes No

Have you continued your exercise program? Yes No

Why/Why not? _____

What kind of physical activity have you done in the past? _____

What type of physical activity do you enjoy? _____

Do you like to exercise alone or as part of a group? _____

Mental Illness, Mental Health, and Physical Activity

(continued)

People with mental illness may have challenges in getting enough physical activity. A few of these challenges may be:

1. Symptoms:
 - Anxiety
 - Being withdrawn
 - Depression
 - Psychosis
2. Lifestyle:
 - Low income
 - Less access to gyms and activities
3. Medication Side Effects:
 - Drowsiness or sleepiness

Despite the challenges you may face, it still is important to get at least 30 minutes of physical activity each day.

Main Learning Point #2

It is more challenging for people with mental illness to get at least 30 minutes of physical activity each day.

You can overcome these challenges. Research suggests that people with mental illness who participate in healthy lifestyle programs like this one often increase their physical activity.

Main Learning Point #3

Programs that address healthy lifestyles may help people with mental illness increase their daily physical activity.

Mental Illness, Mental Health, and Physical Activity (continued)

Physical activity also can help ease symptoms of major depression, anxiety, some phobias, and may even improve brain function. However, exercise does not take the place of medicine. People with mental illness should talk to their healthcare provider about how physical activity may improve their current treatment.

Many people with mental illness also have health problems such as diabetes, hypertension, and high cholesterol. Physical activity can improve many of these physical health problems.

Main Learning Point #4

Physical activity improves mental and physical health.



What is the number 1 reason for you to become more physically active?

Walking is one of the easiest ways to add more physical activity. What is the easiest way you could add more physical activity to your day?

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward – 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 option 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 what challenges I may face in being more physically active.
- 3. DISCUSS.** I will talk to my healthcare provider about how being more active could improve my physical and mental health.
- 4. OTHER** (Choose Your Own Healthy Step):
