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Step Into Better Health Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Mental Illness, Mental Health, and Physical Activity*

1. People with mental illness are less physically active.
2. It is more challenging for people with mental illness to get at least 30 minutes of physical activity each day.
3. Programs that address healthy lifestyles may help people with mental illness increase their daily physical activity.
4. Physical activity improves mental and physical health.

Review Healthy Steps from 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

When reviewing the six goals of the physical activity workbook, you may want to do one or more of the following:

- Write the goals of the workbook on a flip-chart or chalkboard. (You will probably want to do this before the session begins.)
- Ask participants to read each goal aloud.
- Discuss each goal.
- Ask each participant to select one or two goals that they are most interested in and to come up to the flip-chart or chalkboard and write their name next to those goals.

Suggestion for Topic Introduction and Relevance to Participants

“Who remembers playing ‘tag’ or ‘hide and go seek?’ When you were a child, did you have any favorite games you played with siblings or friends?”

“How about swimming? Did your families ever go to a lake or the beach? Maybe you liked to hike in the woods, or played on sports teams in school. Who would like to share a favorite memory of activities, games or sports?”

(Listen and respond to their memories.)

“As we grow out of our teenage years, many of us become less physically active. It is possible that we forget how fun it is to be physically active. The information in this workbook will empower us to make healthier choices and increase our activity levels.”

“Hopefully, we also will begin to remember how much fun it is to play. Physical activity doesn’t have to be a chore – so let’s explore some things we can do.”

“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. A 2. A 3. B 4. C

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

Review of Session 1: Mental Illness, Mental Health, and Physical Activity



Main Learning Points of Session 1

What were the main learning points of Session 1? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. People with mental illness are less p_____y active.
2. It is more challenging for people with mental illness to get the recommended _____ minutes of physical activity each day.
3. Programs that address h_____y lifestyles help people with mental illness increase their daily physical activity.
4. Physical activity improves m_____l and physical health.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your personal practice yet?

1. **Yes.** How did it go? _____

2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. **I didn't choose a personal practice option.**

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. Physical activity:

- A. Benefits everyone
- B. Gets us out of the house more and makes it more likely we will get sick.
- C. Completely stops the risk of developing diseases and health problems.
- D. Is not an important part of wellness or recovery.

2. Physical activity has both mental and physical health benefits.

- A. True
- B. False

3. When you are watching TV, you cannot exercise.

- A. True
- B. False

4. Physical activity can help lower the risk of all EXCEPT:

- A. Back problems, but nothing else.
- B. Heart disease, back problems, and high blood pressure.
- C. Toothaches and heart disease.
- D. High blood pressure but not heart disease.

Topic Assessment



5. I am confident that I am ready to “Step into Better Health.”

<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: _____

Step into Better Health

Objectives for this Session

1. Identify at least 1 goal from the physical activity workbook that interests you.
2. Identify at least 1 mental or physical health benefit of being physically active.

Congratulations for taking this first step toward improving your physical health! Just by opening this workbook, you've taken an important step toward becoming more physically active. These sessions will explain:

1. How physical activity benefits your mind and body. You will learn to use information and support, including family, friends and your treatment team, to reach your goals.
2. What affects your activity level and choices (including mental health, medication, TV and computers, tobacco, weather, and your living situation).
3. How you can make better choices about your physical activity and your lifestyle.
4. How the foods you eat affect your physical activity.
5. How to add more physical activity to your day.
6. How your sleep habits, stress, food choices and tobacco use affects your health.



Step into Better Health

(continued)

Regular physical activity is one of the most important steps to better health. Physical activity also may lower your chance of developing certain diseases. Physical activity can:

1. Make life more fun!
2. Improve self-esteem and self-confidence.
3. Help you relax, deal with stress, and sleep better.
4. Decrease anxious or depressed feelings.
5. Prevent weight gain or help you maintain a healthy weight.
6. Strengthen muscles and joints.
7. Reduce health problems such as, back pain, heart disease, cancer, diabetes, high blood pressure, high cholesterol and stroke.
8. Improve overall well-being.
9. Increase brain chemicals that make you feel good.



Please list one or two benefits from the list above that interest you:

Main Learning Point #1

Physical activity improves your physical health.

How Can People with Mental Illness Benefit from Physical Activity?

Regular physical activity benefits everyone. People working toward recovery have described the benefits of physical activity in the following ways:

- *“When I work out I feel better about myself. It increases my self-esteem.”*
—Tom
- *“Exercise helps me stay grounded. It helps control my stress, and my symptoms seem to get better if I exercise.”*
—Jack
- *“I can’t afford a gym, so I walk in my neighborhood. I walk three or four times a week. I feel better since I have started to lose weight.”*
—Debbie

Main Learning Point #2

Physical activity improves your mental health.



Please describe how physical activity improves your mental health:

You may be surprised to learn how fun and easy it can be to add “small healthy steps” to your everyday life. **Here’s the first small tip!**

Small Tip for Success:

Walk in place during TV commercials. You can add many steps to your day this way.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

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 or two healthy steps 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. WRITE.** I will write down the benefit of physical activity that interests me the most and put it in a place that I see all the time (such as my dresser or bedside stand).
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step” to Ensure Your Success!

- 5. REVIEW.** I will talk to someone in my family or support system about some of the physical activities I enjoyed when I was younger. I will talk with them about fun ways I can add more physical activity to my life now.

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