I feel so much better all around since I started to eat healthier foods and get some exercise every day. I have more energy and can deal with stress better. I also see a difference in my diabetes. It’s under much better control, and I don’t have to worry so much about it. Things are definitely looking up for me.

— TIM F., truck delivery driver, guitar player
The Stress-Vulnerability Model
of Mental Illnesses and Substance Use Disorders

Recovery Skills
• Pursuit of goals
• Knowledge of mental illness and substance use
• Healthy lifestyle
• A plan for staying well and preventing relapses

Coping Skills for stress and symptoms
Social Support

Stress

Biological Vulnerability

Mental Illness and relapse of symptoms
Substance Use Disorder and relapse of using alcohol or drugs

Medication
Skills for not using substances
Questions to get us started:

What do you do to eat healthy?
What kinds of physical activity do you enjoy?
How much sleep do you typically get each night?
What’s it like when you feel and look your best?

We will cover 6 topics in this Module:

**Topic 1:**
Strategies to Increase Your Exercise

**Topic 2:**
Healthy Eating: Paying Attention to What You Eat

**Topic 3:**
Healthy Eating: Achieving or Maintaining a Healthy Weight

**Topic 4:**
Getting a Good Night’s Sleep

**Topic 5:**
Being Your Best: Focusing on Personal Hygiene

**Topic 6:**
Making a Plan for Health and Wellness

Reminder, set an Agenda:

Here is the format of each Enhanced IMR session:
1. Review the last session
2. Check in on
   - home practice
   - goals
   - substance use
   - symptoms
3. Learn information about a new topic
4. Summarize session and decide on home practice
Topic 1
Strategies to Increase Your Exercise

In this module about Healthy Lifestyles, you will learn about the benefits of focusing on healthy strategies in your day-to-day life. Each topic in this module will cover a different area of a healthy lifestyle, including exercise, healthy eating habits, sleep, and hygiene. Finally, you’ll put this knowledge into a plan to help you make changes toward a healthy lifestyle. In this topic, we focus on exercise.

This session will introduce 6 subjects for increasing the amount of exercise in your daily routine:

- The benefits of exercise
- What is your activity level?
- Keeping an Exercise Diary
- Taking an experimental approach
- Starting off with small changes
- Making a plan to improve your exercise

Each of these subjects will be described in more detail in the session.

The benefits of exercise

There are many benefits to being more active or exercising on a regular basis, including:

- Having more energy, strength, and stamina
- Relieving stress
- Losing weight, or maintaining a healthy weight
- Helping to manage medical problems, such as diabetes, high blood pressure, or cardiovascular disease
- Reducing the risk of developing new medical problems
- Sleeping better
- Improving your mood

Let’s Talk About It

What benefits of physical activity and exercise are most important to you?

Have you ever known someone who improved his or her health by getting more exercise?
The benefits of physical activity and exercise may also help reduce barriers to achieving personal goals. Consider these examples:

- Sam has a goal of having a girlfriend. He often feels that his physical appearance and his experiences with depression make it harder to reach this goal. Exercising could help him look more fit and trim, which could increase his self-confidence. It could also reduce his depression, and give him more activities to do with other people.

- Anna has a goal of being a better parent for her two small children. She often worries about her health, and she can’t play games that involve running. Exercising could help Anna improve her fitness and reduce the risk of medical problems. It could also help her increase her strength and stamina, allowing her to be more active and play more with her children.

- Joshua has a goal of improving his relationships with family members. He feels it’s hard to find activities to do with his brothers. He is also sleeping poorly at night, so he ends up sleeping most of the day, which causes conflict with his family. Exercising could help improve his sleep. It could also help him find activities to enjoy with his brothers, such as hiking, which he used to do.

**KEY POINT**
Exercising can have a positive effect on your physical health and can help you achieve personal goals.

**Let’s Talk About It**
Which benefits of physical activity and exercise are most important to you?
What is your personal goal? How could being more physically active or exercising help you overcome barriers to achieving it?
What is your activity level?

Most people could benefit from increasing their activity level and decreasing the amount of time they spend in sedentary activities like watching TV, sitting, using the Internet, resting or napping. Individuals who take medications, such as antipsychotics, are at risk for weight gain as a side effect of these medications. In combination with healthy eating and nutrition, an increased activity level is important for minimizing weight gain or losing weight.

Getting involved in regular activities based on exercise, such as taking an exercise class, cycling, walking briskly, jogging, or running on most days can be an important part of becoming more active. It can make exercise a part of your daily routine that you enjoy and actually look forward to. You can also look for other ways to increase your daily activity, such as walking up the stairs rather than taking the elevator or escalator, or walking to close places for errands rather than taking public transportation.

Remember, you are always burning calories, but you burn more calories with more intensive activity. For example, you burn more calories standing than you do sitting; walking than you do standing; jogging than you do walking, etc.
**Make It Your Own**

**Evaluating Your Exercise Habits**

Use the following list of exercise-based activities to help you evaluate the scheduled exercise you currently do. Place an X next to activities you already do, as well as activities you might like to try out, or improve your performance in.

<table>
<thead>
<tr>
<th>Scheduled Activity or Exercise</th>
<th>I already do this exercise</th>
<th>I would like to do this activity or exercise or improve the way I do it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging or running</td>
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<td></td>
</tr>
<tr>
<td>Working out at a gym</td>
<td></td>
<td></td>
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<tr>
<td>Calisthenics</td>
<td></td>
<td></td>
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<tr>
<td>Lifting weights</td>
<td></td>
<td></td>
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<tr>
<td>Swimming</td>
<td></td>
<td></td>
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<tr>
<td>Hiking</td>
<td></td>
<td></td>
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<tr>
<td>Aerobics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bike riding or using an exercise bike</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rollerblading/skating</td>
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<td></td>
</tr>
<tr>
<td>Martial arts (such as karate, judo, tai kwon do, tai chi)</td>
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<tr>
<td>Team sports</td>
<td></td>
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<tr>
<td>Dancing</td>
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<tr>
<td>Exercising to a DVD, TV, or Internet exercise program</td>
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<tr>
<td>Ice skating</td>
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<tr>
<td>Yoga</td>
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<tr>
<td>Skiing</td>
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<td></td>
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<tr>
<td>Snowshoeing</td>
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<tr>
<td>Other:</td>
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</tr>
</tbody>
</table>

**Let’s Talk About It**

What kinds of exercise would you like to explore? What kinds of exercise sound interesting to you? Are you interested in making exercise part of your daily routine?
Try it Out
Four Exercises

Practicing makes people feel more confident and it can help you be more effective in your life.

To help you see how exercise can make people feel better, your E-IMR practitioner will guide you through the steps of a short exercise routine. Some of the exercises require resting your hands on the back of a chair for stability, and having some space around you. If you don’t have access to a chair, or if your room is too small to allow enough space to move, you can simply do exercises 1 and 4 (sideways bend, and marching or running in place).

1. Sideways bend

- Stand upright with your feet hip-width apart and arms by your sides.
- Slide your left arm down your side as far as is comfortable.
- As you lower your arm, you should feel a stretch on the opposite hip.
- Repeat with your right arm down your right side.
- Hold each stretch for two seconds. Repeat three bends on each side.

2. Calf raises

- Rest your hands on the back of a chair for stability.
- Lift both heels off the floor as far as you comfortably can. Use slow and controlled movement.
- Repeat five times.

3. Sideways leg lifts

- Rest your hands on the back of a chair for stability.
- Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
- Return to the starting position.
- Raise your right leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the left.
- Repeat to raise and lower each leg five times.

4. March or jog in place

- Make sure you have enough space, and then march or jog in place for 30 to 60 seconds.

Let’s Talk About It

How did you feel after the exercise routine? Which part of the routine did you enjoy the most?
Keeping an exercise diary

Increasing your activity level is one of the best ways to improve the amount of time that you exercise. However, it is sometimes difficult to know where to begin. You may not know what changes you need or want to make in your exercise habits. You can start by using the Exercise Diary below to record the exercise you have done in the past week. This will help you see how active you already are. You can use the Diary again later to evaluate any changes you make in your exercise routine.

On the Exercise Diary, notice the good choices and the not-so-good choices you made during the week regarding exercise. For example, you may notice that on Saturday you had quite a bit of exercise by going for a thirty-minute walk, washing the car, and playing a game of tag with your children. You may notice that on Monday you did not get any exercise.

Based on the Exercise Diary, identify some improvements you might like to make in your exercise in the coming week.

<table>
<thead>
<tr>
<th>Day of week</th>
<th>Exercise (include approximate minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<td>Tuesday</td>
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<td>Sunday</td>
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</table>

KEY POINT
Scheduling regular exercise can help you look and feel better.
TOPIC 1 Strategies to Increase Your Exercise

Taking an experimental approach

You can explore what changing your exercise habits might feel like by trying a behavioral experiment. This way, you can experiment with new habits before committing to long-term, or permanent change.

Think of yourself as a scientist doing an experiment in order to learn more about something. Maybe you want to see what it would be like to make changes in your exercise routine. Or, maybe you simply want to know if you are capable of making changes. You can do this experiment by trying small changes in your exercise habits every day. Or, you could try to make changes on some days, but not others, and then compare the two results.

To be a scientist, try keeping an open mind. Collect information about what happens before coming to any conclusions. Doing experiments like this can help you make decisions about whether or not you want to make certain changes in your exercise habits.
The example below shows how Louis took an experimental approach:

Louis wanted to answer the following question: “How do I feel biking once a day?” His current exercise routine consisted of occasionally taking his dog for a walk. He wanted to experiment to see how riding his bike each day would make him feel. For his experiment, he decided to bike for 20 minutes every day for one week, and to use the Exercise Experiment Record (see below) to write down the results.

At the end of the week Louis noted that he was able to ride his bike five out of the seven days. His observations included feeling less stressed and more energetic after riding his bike.

**Exercise Experiment Record**

<table>
<thead>
<tr>
<th>Day of week</th>
<th>Exercise done (include minutes)</th>
<th>Observations: such as how the exercise affected your stress level or your energy or mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<td>Tuesday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>
Starting off with small changes

Gradual, but consistent changes are often the most effective. For example, if you’re not in the habit of getting any exercise, a good starting goal might be walking ten minutes every other day. If that goes well, you might increase the frequency by walking every day. If that goes well, you might increase to walking fifteen minutes a day instead of ten. Then, you might consider adding another kind of exercise, such as exercising in the gym. You could start the new activity with the same short periods of time and gradually increase.

Making a plan to improve your exercise

Once you have evaluated your exercise habits and thought about which exercises could help you reach your goal, you can create a plan.

Your plan does not have to be perfect. You can modify it as you go. But, without a plan, it is unlikely that any change will happen. You can use the Planning Sheet for Physical Activity and Exercise below to guide your plan.
MAKE IT YOUR OWN
Planning Sheet for Physical Activity and Exercise

What change do you want to make?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Which strategy would you like to try or experiment with?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

What will you do? (When and where?)
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

How will you get support from individuals or a group?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

How will you keep a record of your efforts?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

When will you review the results? How can you use this information to decide to continue this strategy?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
TOPIC 1 Strategies to Increase Your Exercise

Home Practice

Strategies to Increase Your Exercise

Choose one of the following options to practice or make one up.

**OPTION 1:** Try doing more exercise this week. Use the Exercise Experiment Record on page 373.

**OPTION 2:** Follow through on the plan you made on the Planning Sheet for Physical Activity and Exercise in the “Make It Your Own” section. Try asking a friend or family member to join you.

Make a plan for home practice this week:

- **What I will do**
- **When**
- **Where**
- **With whom**

Goal Tracking

Looking at your goal tracking sheet, which step will you work on this week?

To complete this step, I will use the following plan:

- **When**
- **Where**
- **With whom**
Key Points • Topic 1
Strategies to Increase Your Exercise

Exercising can have a positive effect on your physical health and can help you achieve personal goals.

Scheduling regular exercise can help you look and feel better.

Making changes in exercise takes effort, but has rewarding results.
In this session, we will continue to learn about healthy lifestyles by exploring nutrition. It is important to pay attention to what you eat in order to feel your best, and reach your goals.

Today’s session will present 3 important subjects to help you practice healthy eating:

- The benefits of healthy eating
- A healthy diet
- Keeping a Food Diary
- Tips for making healthy eating more affordable

Each of these ideas will be described in more detail throughout this topic.

The benefits of healthy eating

There are many benefits to eating a healthy diet, including:

- Having more energy
- Losing weight or maintaining a healthy weight
- Helping to manage medical problems, such as diabetes, high blood pressure, high cholesterol, and stomach problems
- Reducing the risk of developing medical problems in the future

KEY POINT

A healthy diet can have a positive effect on your physical health, and it can help you achieve your personal goals.
The benefits of healthy eating may also help reduce barriers to achieving personal goals. Consider these examples below:

- Sam has a goal of having a close relationship, or having a girlfriend. He often feels his physical appearance (being overweight) is a challenge for him. Having a healthy diet could help him lose weight, and feel more confident about his looks.

- Anna’s goal is to be a better and more active parent for her two small children. She often worries about keeping her diabetes under control, and her low energy makes it difficult to complete tasks at work. Having a healthy diet could help her manage her blood sugar levels better and improve her energy level.

- Joshua has the goal of finding his own apartment. He feels he has to use a lot of effort to look for apartments, and he cannot walk up stairs. Having a healthy diet could help him lose weight so he could walk up stairs with less pain, and be able to visit more apartments.

**A healthy diet**

A healthy diet includes a variety of foods from each of the five main food groups: meats and beans (protein), grains, fruits, vegetables, and milk (dairy) products.

The U.S. Department of Agriculture has posted guidelines and tips to help you balance your diet at its website: ChooseMyPlate.gov. The following diagram shows an example of a plate of food that has a healthy balance of servings from each food group.

---

**Let’s Talk About It**

What is your personal goal? How could healthy eating habits help you overcome barriers to achieving your goal?
Dietary guidelines are helpful, but they are based on averages for a large group of people. To learn more about how much you personally should eat, you can go to “supertracker.usda.gov.” Here, you can create your own account, which allows you to enter personal information, track the foods you eat, or plan a menu.

The table below provides a list of healthy food suggestions from each food group category.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Healthy Food Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Whole grain bread, Oatmeal, Whole wheat pasta, Brown or wild rice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Raw or Steamed: Broccoli, Green Beans, Carrots, Baked sweet potatoes</td>
</tr>
<tr>
<td>Fruits</td>
<td>Apples, Blueberries, strawberries, raspberries, blackberries, Oranges, tangerines, Bananas, Pears, Grapes, Watermelon, cantaloupe, Peaches, nectarines</td>
</tr>
<tr>
<td>Milk or Dairy</td>
<td>Low-fat milk or non-dairy milk such as almond or soy, Low-fat or Greek yogurt, Low-fat cheese, Sorbet, sherbet, or frozen yogurt</td>
</tr>
<tr>
<td>Proteins</td>
<td>Lean pork such as tenderloin or turkey bacon, Lean ground beef, Turkey, chicken, ham, or lean lunch meats, Fresh, frozen, or canned fish, Tofu, Lentils or other beans, Nuts</td>
</tr>
</tbody>
</table>

**KEY POINT**
Eating a balanced diet helps to maintain good health.

**Let’s Talk About It**  What do you think of the food group recommendations? How are they similar to (or different from) what you eat daily? What are some healthy food options you would like to try from a particular food group?
Make It Your Own
Keeping a Food Diary

Eating a diet that includes the five food groups is a good way to start eating in a balanced way. However, it can be difficult to know where to begin. You may not know what changes you need to make in your diet. You can start by recording all the food you ate yesterday. This will give you a starting point to see how balanced your diet already is. Use the chart on the following page to record what you ate yesterday.
### My Food Diary

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
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</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Dairy products</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proteins, such as meat, fish, beans and tofu</td>
<td></td>
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</tr>
<tr>
<td>Food that doesn't fit into the 5 food groups, such as soda, chips, cookies, and candy</td>
<td></td>
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</tr>
</tbody>
</table>

**Let’s Talk About It**  Looking at Your Food Diary, which food groups did you eat the least of? Which food groups do you think you ate too much of? What did you eat or drink that did not fit into the 5 food groups?
Tips for making healthy eating more affordable

The following tips may help you eat a healthy diet without spending a lot of money:

- Plan meals in advance.
- Make a list of items you need before going to the grocery store.
- Avoid shopping on an empty stomach to reduce impulse buying.
- Shop in grocery stores or local farmers’ markets instead of convenience stores.
- Look for sale items in grocery store fliers, newspaper ads, and online.
- Use coupons to save money on specific items.
- Get a discount card from your grocery store if they offer one.
- If fresh fruits and vegetables are too expensive, buy frozen ones. If fresh juice is too expensive, buy frozen juice.
- Buy fruits and vegetables in season when they are usually fresher and less expensive.
- If you live with other people or share food expenses, try buying food items in bulk.
Home Practice

Healthy Eating: Paying Attention to What You Eat

Choose one of the following options to practice or make one up.

**OPTION 1:** Pick a food group. Try to eat 1 or 2 healthy foods from it everyday next week. For example, if you pick fruits, have an apple for breakfast and blueberries for dessert at lunch.

**OPTION 2:** Use the Healthy Food Tracking form on the next page to record the healthy foods you eat next week.

Make a plan for home practice this week:

<table>
<thead>
<tr>
<th>What I will do</th>
</tr>
</thead>
<tbody>
<tr>
<td>What</td>
</tr>
<tr>
<td>Where</td>
</tr>
<tr>
<td>With whom</td>
</tr>
</tbody>
</table>

“**You have to practice something to make it your own!**”

Goal Tracking

Looking at your goal tracking sheet, which step will you work on this week?

To complete this step, I will use the following plan:

<table>
<thead>
<tr>
<th>The step I will work on</th>
</tr>
</thead>
<tbody>
<tr>
<td>When</td>
</tr>
<tr>
<td>Where</td>
</tr>
<tr>
<td>With whom</td>
</tr>
</tbody>
</table>
## Healthy Food Tracking

Place a check next to each day that you tried a new healthy food.

<table>
<thead>
<tr>
<th>Day</th>
<th>Vegetables such as kale or carrots</th>
<th>Grains such as bread or rice</th>
<th>Fruit such as apples or oranges</th>
<th>Dairy such as milk or yogurt</th>
<th>Protein such as meat, fish, beans or other alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
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<td>Sunday</td>
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</tbody>
</table>
Key Points • Topic 2

Healthy Eating: Paying Attention to What You Eat

A healthy diet can have a positive effect on your physical health, and can help you achieve your personal goals.

Eating a balanced diet helps to maintain good health.

A food diary can help you keep track of what you eat.
Topic 3
Healthy Eating: Achieving or Maintaining a Healthy Weight

In this session, we will continue to learn about healthy lifestyles by exploring ways to maintain a healthy weight. It is important to maintain a healthy weight in order to feel your best, be physically healthy, and reach your goals.

Today’s session will present 4 important subjects to help you practice healthy eating:

- Preventing weight gain
- Losing weight
- Deciding to make a change
- Taking an experimental approach

Each of these subjects will be described in more detail throughout this topic.

Preventing weight gain

Weight gain and metabolic problems are common side effects of antipsychotic medications. This weight gain is often the result of the medication increasing a person’s appetite, which leads them to eat more food. However, weight gain can also occur when people take other medications as well. The strategies below may be useful in reducing how much you eat, and helping you keep from gaining weight.

Strategies to “trick” your body into feeling full without eating high calorie foods:

- Drink water instead of high calorie beverages, such as juice or soda. (Tip: If you don’t like the taste of water, try flavoring it with fresh lemon, orange, mint, or cucumber. Or, try flavored seltzer water with no sugar or sugar substitutes.)

- Don’t keep any high fat or high calorie snacks or desserts around the house.

- Prepare healthy snacks ahead of time and make sure they are easily available. Examples include:
  - Cut up vegetables (carrots, celery)
  - Rice cakes
  - Healthy cereals (raisin bran, oatmeal)
  - Low fat yogurt
  - Fruits (such as apples, oranges, bananas, pears)
  - Nuts, dried fruit
Losing weight

Some people are interested in improving their diet in order to lose weight. If you develop healthy eating habits and eat a balance of different foods, weight loss often follows naturally. However, here are some additional tips that may be helpful:

- Have realistic goals, such as losing one to two pounds per week.
- Keep a food diary of what you eat.
- Eat more vegetables, fruits, and whole grains.
- Eat fewer high-fat and high-sugar foods.
- Avoid snacks (or unhealthy snacks) between meals.
- Weigh yourself regularly (such as once per week) and keep a weight record.
- Join a weight loss group, or get support from someone for your plan to lose weight.
- Exercise regularly.

Let’s Talk About It

Are you interested in preventing weight gain? If yes, which of the tips on the prior page would be helpful for you?

KEY POINT

If you decide to lose weight, it’s best to do so gradually and consistently over time.

Let’s Talk About It

Are you interested in losing weight? If yes, which of the tips above would be helpful for you?
### Make It Your Own

**Healthy Eating Strategies**

Whether you are trying to avoid weight gain or trying to lose weight, it’s helpful to start by eating a healthy diet and developing healthy eating habits. Read the list of healthy eating habits below. Place an X next to the habits you are already using, and ones you would like to try.

<table>
<thead>
<tr>
<th>Healthy Eating Strategy</th>
<th>I already do this</th>
<th>I want to try this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning healthy meals in advance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating at regular times every day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sitting down while eating</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drinking water regularly throughout the day</td>
<td></td>
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<tr>
<td>Eating fruit every day</td>
<td></td>
<td></td>
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<tr>
<td>Eating vegetables every day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating whole grain foods every day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating a single helping at mealtimes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating and chewing your food more slowly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stopping eating when you feel full</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having healthy snacks available to eat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drinking water or other healthy beverages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoiding beverages with sugar, such as soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Including fish and vegetarian meals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not eating after a set time in the evening</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY POINT**

Even small changes in your eating habits can make a positive difference.

---

**Let’s Talk About It**

What is one healthy eating strategy that you already do? What is one small healthy eating strategy you would like to try?
Try it Out

Eating more Fruits and Vegetables

Practicing makes people feel more confident, and it can help you be more effective in your life.

One strategy for eating healthier is to include more fruits and vegetables in your daily diet. The goal of this “Try it Out” is to identify a fruit or vegetable that you could include in your regular meals or snack for one day in the following week.

STEP 1

Begin by identifying a fruit or vegetable that you would like to try. Examples of fruits include strawberries, apples, blueberries, kiwi, or watermelon. Examples of vegetables include kale, sweet potatoes, green beans, broccoli, or carrots. Try to select a fruit or vegetable that you don’t already eat regularly.

I would like to try: __________________________

STEP 2

Next, identify some different ways you could either eat the fruit or vegetable plain, or include it with a dish or snack. Here are some easy suggestions for eating fruits and vegetables in a different way:

- Dip fruits or vegetables into hummus, yogurt, or low-calorie salad dressing.
- Drizzle vegetables with olive oil and roast them in the oven.
- Add fresh or unsweetened dried fruit to your cereal or oatmeal.

Visit these websites for additional suggestions:

- Fruits & Veggies, More Matters: www.fruitsandveggiesmorematters.org/easy-ways-to-add-fruits-veggies-to-your-day
- Centers for Disease Control and Prevention, Healthy Weight: www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html
Deciding to make a change

In the past two sessions, we’ve reviewed strategies for developing healthy eating habits, eating a balance of foods, and losing weight. You also identified some changes you might be interested in making. This is a good time to evaluate what you think so far.

Let’s Talk About It

Do you want to make a change in your diet? If so, what change would you like to make?

Are you interested in making a change, but feel unsure about it? If so, what makes you unsure?

Taking an experimental approach

In Topic 1, you had an opportunity to take an experimental approach to trying out a change in exercise. You can apply the same principles to your diet. Try thinking of yourself as a scientist doing an experiment. Keep an open mind and try things out before you come to a conclusion.

Louis ate almost no vegetables and wanted to experiment with eating one vegetable per day. He wanted to answer two questions: “Do vegetables taste good?” and “Do I feel better when I eat more vegetables?” He set up an experiment to eat one vegetable every day for a week, and to use the Diet Experiment Record (see below) to write down the results.

At the end of the week Louis noted that he had eaten a vegetable on four out of seven days. He observed that he thought corn and broccoli tasted good and that he felt more satisfied after eating a meal that included a vegetable.
### Diet Experiment Record

<table>
<thead>
<tr>
<th>Day of week</th>
<th>Food you tried or diet strategy you tried</th>
<th>Observations (such as how much you liked the taste of the food you tried or how effective you thought the diet strategy was)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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</tbody>
</table>

**Here is an example of how Tamika took an experimental approach:**

Tamika wanted to lose weight by eating smaller amounts. She wanted to answer the question “Can I cut down my helpings at dinner?” She decided to experiment by waiting 15 minutes before having a second helping. She recorded how many times she was able to do this for a week. She also recorded how full she felt after 5 minutes of waiting.

---

**KEY POINT**

Many people find it helpful to take an experimental approach to changing their diet.

You can use the **Planning Sheet for Healthy Eating** in the Making It Your Own section below to plan an experiment with a healthy eating strategy.
Make It Your Own
Making a Plan for Healthy Eating

Identify a healthy eating strategy you’d like to try from the Healthy Eating Strategies Worksheet at the beginning of this topic. Use the Planning Sheet below to put that strategy into practice, or to take an experimental approach.

What healthy eating strategy would you like to try, or experiment with?
___________________________________________________________________
___________________________________________________________________

What change would you like to make, or experiment with?
___________________________________________________________________
___________________________________________________________________

What specifically will you do? (When? Where? How often?)
___________________________________________________________________
___________________________________________________________________

How will you get support from individuals or a group?
___________________________________________________________________
___________________________________________________________________

How will you keep a record of your efforts?
___________________________________________________________________
___________________________________________________________________

When will you review the results and decide whether to try it again, or try a different strategy?
___________________________________________________________________
___________________________________________________________________
Home Practice

Achieving or Maintaining a Healthy Weight

Choose one of the following options to practice or make one up.

OPTION 1: Share the Planning Sheet for Healthy Eating that you completed in today’s session with someone. Ask them to help you carry out your plan.

OPTION 2: Choose a food or diet strategy to experiment with. Record your results using the Diet Experiment Record form on the next page.

Make a plan for home practice this week:

What I will do

When

Where

With whom

Goal Tracking

Looking at your goal tracking sheet, which step will you work on this week?

The step I will work on

To complete this step, I will use the following plan:

When

Where

With whom
Diet Experiment Record

Diet experiment:

________________________________________________________________________

________________________________________________________________________

How good did I feel after using the strategy or eating the new food?

1 | 2 | 3 | 4 | 5

How good did I feel when I did not use the strategy or eat the new food?

1 | 2 | 3 | 4 | 5

Diet experiment:

________________________________________________________________________

________________________________________________________________________

How good did I feel after using the strategy or eating the new food?

1 | 2 | 3 | 4 | 5

How good did I feel when I did not use the strategy or eat the new food?

1 | 2 | 3 | 4 | 5

Diet experiment:

________________________________________________________________________

________________________________________________________________________

How good did I feel after using the strategy or eating the new food?

1 | 2 | 3 | 4 | 5

How good did I feel when I did not use the strategy or eat the new food?

1 | 2 | 3 | 4 | 5
Key Points • Topic 3

Achieving or Maintaining a Healthy Weight

If you decide to lose weight, it’s best to do so gradually and consistently over time.

Even small changes in your eating habits can make a positive difference.

Many people find it helpful to take an experimental approach to changing their diet.
Topic 4
Getting a Good Night’s Sleep

In this module, we have explored ways to create a healthy lifestyle. We have examined exercise, healthy eating, and achieving and maintaining a healthy weight. This topic will help you learn about the important role sleep plays in a healthy lifestyle, and in managing symptoms of mental illness and substance use problems.

Today’s session will present 4 important subjects about getting a good night’s sleep:

- The benefits of getting a good night’s sleep
- Evaluating your sleep
- Sleep and manic or hypomanic symptoms
- Making a plan to improve your sleep

Each of these ideas will be described in more detail throughout this topic.

The benefits of getting a good night’s sleep

Getting a good night’s sleep can improve your physical and emotional wellbeing and have a positive impact on your health. Good sleep habits can help:

- Increase your energy
- Increase your attention, concentration, and memory
- Keep your immune system strong to fight off illness
- Improve your mood (so you feel less irritable, anxious, or depressed)
- Increase your resiliency in dealing with stress
Evaluating your sleep

The first step in improving your sleep habits is to evaluate how you are sleeping now. Consider the list below to help you identify any problems with your sleep:

- Difficulty falling asleep, staying asleep, or waking too early in the morning and not being able to get back to sleep
- Sleeping too much
- Feeling tired despite sleeping
- Other problems you may have experienced with your sleep

Let's Talk About It

Do you experience any problems with your sleep? If yes, which ones?

What kinds of things have you tried to improve your sleep problems?

How helpful have these things been?

Sleep and manic or hypomanic symptoms

Sleep problems can be warning signs that mental illness symptoms are changing. Experiencing a reduced need for sleep is an example of this. It may be a warning sign of a possible manic or hypomanic episode.

If you, or your family members or supportive people, notice this as a problem it is very important to talk to your prescriber about what is happening. Your prescriber can help you come up with a plan to respond to this warning sign and help you avoid a relapse of your symptoms.

Being in the habit of getting a good night’s sleep helps you feel your best. It also helps you be aware of changes in your sleep patterns. Being able to identify your reduced need for sleep as an early warning sign of relapse means you can contact your treatment team to tell them what is happening sooner—before a relapse of symptoms gets worse.
Getting good, restful sleep may also help reduce barriers to achieving personal goals. Consider these examples:

- Sam has a goal of having a girlfriend. He often feels that he is tired all the time and irritable from not sleeping. Improving his sleep could help him have more energy to meet people or go on dates, and improve his mood so he’ll be more pleasant to spend time with.

- Anna has a goal to be a better and more active parent for her two small children. She is often tired during the day and feels stressed out around her children. Improving her sleep could help her have more energy to play with her children, and increase her ability to cope with stress.

- Joshua has a goal of improving relationships with his family members. He is often impatient with his younger brother because he doesn’t get enough sleep. He also sleeps poorly at night, which leads to him sleeping all day, and creates conflicts with his family. Improving his sleep could help Joshua “go with the flow” better with his brother, and help him stay awake during the day.

**KEY POINT**
A good night’s sleep is important for your physical and emotional health. It can help your thinking and help you manage symptoms of mental illness and substance use problems.

**Let’s Talk About It**
What is your personal goal?
How could improving your sleep help you overcome barriers to achieving it?
Make It Your Own

Evaluating Your Sleep

A sleep diary can help you evaluate your sleep habits. Use the table below to track your sleeping habits over the past two days.

<table>
<thead>
<tr>
<th>Sleep Diary</th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time I went to bed the previous night</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time I got up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many hours of sleep I got</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time spent taking naps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble going to sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble waking up too early</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did I exercise during the day?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did I do something relaxing before bed?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did I avoid caffeine after 5 pm?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Let's Talk About It  Do you think you get enough sleep? Too little? Too much? What do you think is working well with your sleep habits? What isn't working well?

KEY POINT
Keeping a sleep diary helps you see how your sleep could affect other areas of your life, such as your mood or energy levels.
# Make It Your Own

## Making a Plan to improve your sleep

If you’ve decided you want to improve your sleep or you are thinking about trying to improve it, it helps to make a plan.

To get started, review the following list of sleep strategies. Place an X next to the strategies you are already using and the ones you would like to try.

<table>
<thead>
<tr>
<th>Sleep strategy</th>
<th>I already do this</th>
<th>I want to try this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going to bed at the same time every night</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting up at the same time every morning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doing something relaxing for at least 30 minutes before bed, such as listening to music, reading, doing relaxed breathing, stretching, or taking a bath or shower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoiding naps during the day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoiding caffeine in the late afternoon and evening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you can’t fall asleep within 30 minutes of going to bed, getting out of bed and doing something relaxing for at least 30 minutes before returning to bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting some physical exercise every day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Make It Your Own
Planning Sheet for Improving My Sleep

From the list above, select one or two strategies that you would like to try. You can use the worksheet on the previous page to record your plan for putting the strategy or strategies into practice.

What change do I want to make?
__________________________________________________________________
__________________________________________________________________

What sleep strategy or strategies would I like to try?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

What will I do? (When? Where?)
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

How can I get support from someone to make this change?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

How will I keep a sleep record of my efforts?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

When will I review my sleep record and make changes if needed?
__________________________________________________________________
__________________________________________________________________
Home Practice
Getting a Good Night’s Sleep

Choose one of the following options to practice or make one up.

**OPTION 1:** Share the Planning Sheet for Improving My Sleep you created in today’s session with someone you trust. Ask for their support.

**OPTION 2:** Try one or two strategies to improve your sleep each day over the next week. Use the Sleep Diary on the next page to track your progress.

“**You have to practice something to make it your own!”**

Goal Tracking

Looking at your goal tracking sheet, which step will you work on this week?

To complete this step, I will use the following plan:

<table>
<thead>
<tr>
<th>What I will do</th>
<th>When</th>
<th>Where</th>
<th>With whom</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Make a plan for home practice this week:

<table>
<thead>
<tr>
<th>What I will do</th>
<th>When</th>
<th>Where</th>
<th>With whom</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>
## Sleep Diary

<table>
<thead>
<tr>
<th>Day</th>
<th>Time I went to bed the night before</th>
<th>Time I got up</th>
<th>Time spent taking naps</th>
<th>Did I exercise during the day?</th>
<th>Did I do something relaxing before bed?</th>
<th>Did I avoid caffeine after 5 pm?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
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<td>Sunday</td>
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</tbody>
</table>
Key Points • Topic 4
Getting a Good Night’s Sleep

A good night’s sleep is important for your physical and emotional health. It can help your thinking and help you manage your symptoms of mental illness and substance use problems.

Keeping a sleep diary helps you see how your sleep could affect other areas of your life, such as your mood or energy levels.
Topic 5
Being Your Best: Focusing on Personal Hygiene

In this module, we have explored ways to create a healthy lifestyle. We have examined exercise, healthy eating, achieving and maintaining a healthy weight, and getting a good night’s sleep. This topic will help you learn about the role good personal hygiene plays in a healthy lifestyle—and in helping you be your best.

Today’s session will present 3 important subjects about personal hygiene:

💡 The benefits of good hygiene

💡 Evaluating your personal hygiene habits

💡 Making a plan to improve your hygiene

Each of these subjects will be described in more detail throughout this topic.

The benefits of good hygiene

Good hygiene can improve the way you feel about yourself and the way others see and react to you. Here are some examples of good personal hygiene, along with their benefits:

**Showering or bathing regularly**
- Improves health
- Improves self-esteem
- Improves relationships with others

**Using personal hygiene products, such as deodorant, soap, and shampoo**
- Reduces perspiration
- Reduces body odor
- Makes a good impression on others
**TOPIC 5** Being Your Best: Focusing on Personal Hygiene

**KEY POINT**
Personal hygiene can improve your appearance and health—and it can help you achieve your personal goals.

---

**Combing or brushing your hair, shaving, or trimming your beard**
- Makes a good impression on others
- Gives you a neat appearance

**Wearing neat and clean clothes every day**
- Smells nice
- Makes a good impression on others

**Washing hands regularly, especially before eating and after using the bathroom**
- Helps you avoid catching illnesses and infections
- Helps you prevent spreading germs to others

---

**Brushing teeth twice daily and flossing daily**
- Makes your breath smell fresh
- Decreases cavities, gum disease, and teeth loss
- Makes a bright, attractive smile
- Reduces the risk of other health problems

---

**Let’s Talk About It**
What benefits of personal hygiene are most important to you?

Have you ever known anyone who improved their health or social life by improving their personal hygiene?
Having good personal hygiene may also help you make progress towards your goals. Consider these examples:

- Sam has a goal of having a girlfriend. He often feels that his physical appearance and low self-esteem present challenges for him. Improving his personal hygiene could help him look clean and well-groomed, which can make him more attractive to other people. These improvements also could help him boost his confidence when he is interacting with new people.

- Anna has a goal to be a better and more active parent for her two small children. She often worries about being a good role model. She also gets sick a lot, which interferes with seeing her kids. Improving her personal hygiene could help her stay healthy by washing her hands, which decreases her chances of catching certain illnesses, such as colds or the flu. Wearing clean clothes and being well-groomed also helps Anna be a good role model for her kids.

- Joshua has a goal of improving relationships with his family members. He gets into conflicts with them over wearing the same clothes for days, and not showering. He also argues with his family over expenses from his dental bills. Improving his personal hygiene by having clean clothes and regular showers could cut down on arguments with his family. Brushing and flossing his teeth regularly could lead to fewer dental bills.

Let's Talk About It

What is your personal goal?

How could personal hygiene, or looking your best, help you overcome your barriers to achieving your goal?
Evaluating your personal hygiene habits

There are many things you can do to take care of your personal hygiene. You are probably already doing some, or all of them. If you want to improve your personal hygiene, it’s helpful to start doing more hygiene activities, or do them more often. However, it can be difficult to know where to begin. You may not know what changes you need or want to make in your hygiene habits. You can start by using the diary below to record the personal hygiene activities you have done in the past week. This will help you see what you are already doing to take care of your hygiene.

Make It Your Own

Keeping a Personal Hygiene Diary

Place a check next to each day that you performed the personal hygiene activity. If you did something more than once (such as brushing your teeth), include more than one check.

<table>
<thead>
<tr>
<th>Day</th>
<th>Shower or Bathe</th>
<th>Use deodorant, soap, and shampoo</th>
<th>Comb hair and shave</th>
<th>Wear neat and clean clothes</th>
<th>Wash hands regularly</th>
<th>Brush teeth</th>
<th>Floss teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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</tbody>
</table>

Let’s Talk About It  What parts of your grooming and hygiene routine do you especially enjoy? How do you feel after taking a shower or brushing your teeth? Are there any changes you want to make to your grooming or hygiene routine?

Now go back to the Personal Hygiene Diary and circle any improvements you might like to make in the coming week.
Try It Out
Looking Your Best for a Fun Activity

Practicing makes people feel more confident, and it can help you be more effective in your life.

To help you practice better personal hygiene, your E-IMR practitioner will help you plan to look your best for a special activity with family members or friends. This might include going to a friend’s house, going out to dinner, going to a music concert, going to a sporting event, or meeting a friend for coffee. Looking your best includes paying close attention to your physical appearance and what you are wearing. When you look good and take care of yourself, you feel more confident to try new things and talk to people.

KEY POINT
Looking your best helps you in many areas of your life, such as improving your relationships, making a good impression at work, and avoiding illnesses.

1. **What kind of activity would you like to make a plan for?** How formal or casual is this activity?

2. **What kind of clothes do people usually wear to this activity?** What do you own that you would like to wear? How would you make sure that it is clean for the activity?

3. **What parts of your appearance would you pay special attention to for this activity?** Some personal hygiene areas to consider include bathing, shaving, and brushing or styling your hair. What would you do differently to prepare your appearance for this fun event? Some examples might include:
   - doing something special with your hair, or wearing a new perfume or aftershave lotion for a dinner at a nice restaurant.
   - wearing deodorant to stay fresh when you plan an outdoor activity such as an outdoor concert, or watching a sports event outside.

After making your plan, you can share it with your E-IMR practitioner and other group members.
Making a plan to improve your hygiene

Once you’ve learned about strategies for personal hygiene and made some decisions about what you would like to change, you can create a plan. Your plan does not have to be perfect. You can always modify it as you go. But, without a plan, it is unlikely that any change will happen.

To get started, review the following list of hygiene strategies you might like to try:

- Showering and bathing regularly
- Using deodorant, soap, and shampoo
- Combing your hair
- Shaving regularly
- Wearing neat and clean clothes every day
- Washing hands regularly
- Brushing teeth twice daily
- Flossing teeth daily
- Clipping or filing your fingernails and toenails

From the list of hygiene strategies, select one or two strategies that you would like to start with. You can use the planning sheet that follows.
What change do you want to make?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Which strategy, or strategies, would you like to try?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

What will you do specifically? (When? Where?)

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

How will you get support from individuals or a group?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

How will you keep a record of your efforts?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

When will you review the results?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Planning Sheet for Improving My Hygiene
HOME PRACTICE

Being Your Best: Focusing on Personal Hygiene

Choose one of the following options to practice or make one up.

OPTION 1: Share the Planning Sheet for Improving My Hygiene you completed in today's session with someone you trust. Ask for their support as you carry out your plan.

OPTION 2: Experiment by picking one or two personal hygiene changes to try each day next week. Track results in the Personal Hygiene Diary on the following page, and report back what it was like.

MAKE A PLAN FOR HOME PRACTICE THIS WEEK:

What I will do
When
Where
With whom

GOAL TRACKING

Looking at your goal tracking sheet, which step will you work on this week?

To complete this step, I will use the following plan:

When
Where
With whom

“You have to practice something to make it your own!”
### Personal Hygiene Diary

Place a check next to each day that you tried a new personal hygiene activity.

<table>
<thead>
<tr>
<th>Day</th>
<th>Shower or Bathe</th>
<th>Use deodorant, soap, and shampoo</th>
<th>Comb hair and shave</th>
<th>Wear neat and clean clothes</th>
<th>Wash hands regularly</th>
<th>Brush teeth</th>
<th>Floss teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<tr>
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<td>Thursday</td>
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<td>Friday</td>
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<td>Sunday</td>
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</tbody>
</table>
Key Points • Topic 5

Being Your Best: Focusing on Personal Hygiene

Personal hygiene can improve your appearance and health—and it can help you achieve your personal goals.

Looking your best helps you in many areas of your life, such as improving your relationships, making a good impression at work, and avoiding illnesses.
Topic 6
Making a Plan for Health and Wellness

In this module, we have explored ways to create a healthy lifestyle. We have examined exercise, healthy eating, achieving and maintaining a healthy weight, getting a good night’s sleep, and personal hygiene. This topic will help you put what you have learned into a plan for creating a healthy lifestyle.

Today’s session will present 3 important subjects for creating a healthy lifestyle plan:

💡 Identifying helpful healthy lifestyle strategies
💡 Finding what works for you
💡 Your Healthy Lifestyle Plan

Each of these ideas will be described in more detail throughout Topic 6.

Identifying helpful healthy lifestyle strategies

It can be useful to identify the healthy lifestyle strategies that you found most helpful, and the ones you want to use on a regular basis. In this topic, you will pick some strategies that you would like to use regularly. The strategies we will review fall into four categories:

- Healthy eating
- Physical activity and exercise
- Personal hygiene
- Sleep habits

Let’s Talk About It

Which healthy lifestyle category would you like to work on?
Which healthy lifestyle category is most important to you?

KEY POINT
You can change your healthy lifestyle plan, or add new healthy strategies, at any time. Your plan can be updated as you learn more about what helps you stay healthy.
Finding what works for you

Begin by selecting one or two healthy lifestyle categories you would like to work on. Next, review what has been helpful for you and whether or not there is anything else you would like to try.

Healthy eating

In the healthy eating topics, we talked about the benefits of eating healthy, keeping a food diary, and strategies to eat healthier. Eating healthy is a powerful tool to help you prevent weight gain and lose weight. Examples of healthy eating strategies include:

- Eating meals at the same time each day
- Drinking more water and less soda
- Eating a single helping, and not taking second helpings
- Eating vegetables/fruits/whole grains every day

Physical activity and exercise

In the physical activity and exercise topic, we talked about the benefits of physical activity, ways to evaluate your current activity level, and suggestions to start by making small, incremental changes in your physical activity. Physical activity and exercise are helpful tools to improve your mood, prevent weight gain, and help you lose weight. Examples of physical activity and exercise that we discussed include:

- Taking the stairs instead of the elevator
- Swimming several times per week
- Briskly walking, jogging, or running for 30 minutes or more, 4-6 times per week
- Bike riding for at least 30 minutes several times per week
- Taking the dog for a 15-minute walk at least twice a day

Let’s Talk About It

Think back to the Home Practice activity when you tried healthy eating strategies. Which healthy eating strategy did you try that was helpful? Is there another healthy eating strategy you would like to try? If yes, which one?

Let’s Talk About It

Think back to the Home Practice activity when you tried some physical activity or exercise strategies. Which physical activity or exercise strategy did you try that were helpful? Is there another physical activity or exercise you would like to try? If yes, which one?
Personal hygiene

In the personal hygiene topic, we talked about the benefits of personal hygiene, including making a good impression on others and avoiding illnesses. You also evaluated your current personal hygiene activities including brushing your teeth, changing your clothes, and bathing. Some examples of personal hygiene strategies that we discussed include:

- Showering at least 3 to 4 times a week
- Combing your hair once a day
- Shaving at least 2 to 3 times a week
- Using deodorant every day

Sleep habits

In the sleep habits handout, we talked about the benefits of developing and keeping good sleep habits, how you feel when you get less sleep, and strategies to sleep better. Good sleep habits can help you in many different areas of your life including staying more focused at work or school, getting along better with other people, and improving your mood. Examples of good sleep habits we discussed include:

- Going to bed and getting up at the same time every day
- Doing something relaxing for at least 30 minutes before going to bed
- Avoiding naps during the day
- Avoiding caffeine late in the afternoon or evening
- Getting exercise every day

Let's Talk About It

Think back to the Home Practice activity when you tried some personal hygiene strategies.

Which personal hygiene strategy did you try that was helpful?

Is there another personal hygiene strategy you would like to try? If yes, which one?

Let's Talk About It

Think back to the Home Practice activity when you tried good sleep habits.

Which sleep habit that you tried was helpful?

Is there another sleep habit you would like to try? If yes, which one?
Your Healthy Lifestyle Plan

Now that you’ve identified one or two healthy lifestyle strategies you would like to work on, or are willing to try, you can use the Healthy Lifestyle Plan below to help you map out how to use these strategies on a daily basis.

As you complete your Plan, think about what would help you use your strategies on a regular basis. The following questions may help you think about how to make your plan successful.

- **When?** What time of day is best to do this strategy? What other activities could you pair this strategy with (such as, taking the dog for a walk in the morning right after morning tea or coffee, or just before bedtime)? If not every day, what days are best to start doing this strategy on a regular basis?

- **Where?** Where could you use this strategy (for example, do you need to be at a gym to lift weights)? Will you encounter any interruptions in that place when you use your strategy? If yes, is there somewhere else you can go?

- **What?** What materials do you need to use your strategy (such as specific kitchen utensils, or a new recipe to cook vegetables)? Where can you store those materials so you can easily find them on a regular basis?

- **Who?** Who is available to support you using this strategy on a regular basis? What would you like this person to do to be helpful (such as, remind you to go to bed at the same time, or join you on your daily walk)? How could you approach this person to invite him or her to help you?

On the following page you will see an example of a completed Plan, followed by a blank Plan that you can complete:

**For example:** Shaun was interested in working on healthy eating and his personal hygiene.
**EXAMPLE:**
Shaun's Healthy Lifestyle Plan

Date Created: 10/16/2017

Which healthy lifestyle categories are you going to work on?

**HEALTHY LIFESTYLE CATEGORY #1: HEALTHY EATING**

*Healthy Strategy: Replacing drinking soda with water, tea, or coffee*

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<tbody>
<tr>
<td>At lunch and dinner meal times</td>
<td>Meal times at home and sometimes when I eat out</td>
<td>Having iced tea in a pitcher in the kitchen, filtered water on the counter, and coffee available to make a fresh cup</td>
<td>Talk to my friend Mario about trying it with me so we can remind each other</td>
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**HEALTHY LIFESTYLE CATEGORY #2: PERSONAL HYGIENE**

*Healthy Strategy: Flossing daily*

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<tbody>
<tr>
<td>At night after I brush my teeth before bed</td>
<td>In the mirror in my bathroom and leaving the floss next to my cup</td>
<td>Dental floss</td>
<td>Putting a post-it note as a reminder on my mirror</td>
</tr>
</tbody>
</table>
# My Healthy Lifestyle Plan

`_________________________’s Healthy Lifestyle Plan    Date Created:_________________`

Which healthy lifestyle categories are you going to work on?

## MY HEALTHY LIFESTYLE CATEGORY #1:

Healthy Strategy: ____________________________________________________________

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## MY HEALTHY LIFESTYLE CATEGORY #2:

Healthy Strategy: ____________________________________________________________

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</table>
I HAVE HAD TROUBLE with depression and anxiety since I was a teenager. I used alcohol to cope with these feelings, but eventually I figured out that it wasn’t making things any better. In fact, it ended up making me feel even more depressed and anxious. I stopped drinking, and that helped some. However, I kept smoking cigarettes like a chimney.

I heard that exercise was effective for treating depression and anxiety, so I started running to see if it would work for me. It was really hard at first because I was so out of shape, but then I began to get into it. My dream was to run a marathon, but when I started to push myself to run further I would start coughing and couldn’t stop. A friend suggested that it might be my smoking. He told me if I really wanted to run long distances I should probably quit. I started cutting back on the number of cigarettes I smoked each day, but kept smoking. I then told my doctor about my running and my goal, and she told me there was an effective medication to help people quit smoking. She prescribed the medication, and after taking it for a few weeks I had stopped smoking. As I was cutting down and after I stopped smoking, I noticed that I wasn’t coughing as much when I ran. That was a year-and-a-half ago, and last month I ran my first marathon.

— Matt
Home Practice
Making a Plan for Health and Wellness

Choose one of the following options to practice or make one up.

**OPTION 1:** Try a strategy from your Healthy Lifestyle Plan this week. Track any problems you encounter. Consider sharing your plan with someone and asking for their support.

**OPTION 2:** Try a healthy living strategy each day next week. Keep a record to identify which strategies were easy to do and which were challenging.

---

**Make a plan for home practice this week:**

- What I will do
- When
- Where
- With whom

---

Goal Tracking

Looking at your goal tracking sheet, which step will you work on this week?

To complete this step, I will use the following plan:

- When
- Where
- With whom
Key Points • Topic 6
Making a Plan for Health and Wellness

You can change your healthy lifestyle plan, or add new healthy strategies, at any time. Your plan can be updated as you learn more about what helps you stay healthy.

Including other people in your healthy lifestyle plan, or sharing your plan with supportive people are good ways to support your healthy lifestyle.