

## Improving Health & Wellness





# What to Expect in this Session

## Session Roadmap

1. We will set an agenda for the session.
2. How are you doing? We will complete a quick mood “check-in.”
3. We will review the previous session’s assignment and any other ongoing homework or skills you are using.

## Developing New Skills – Improving Health and Wellness

4. We will briefly review the skills included in this session. Areas Include: Healthy Eating, Physical Activities/Exercise, Improving Sleep, and Overcoming Pain.
5. We will take a look at how Dave/Danielle used the Improving Health and Wellness session to address pain and eating goals.
6. We will identify the areas of health and wellness that you want to improve.
7. We will work together to identify specific skills you can put into your toolbox to improve your health and wellness.
8. We will develop an action plan to help you meet your goals.



# Rate your Mood

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several Days	More than half the days	Nearly every-day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not Difficult at All	Somewhat Difficult	Very Difficult	Extremely Difficult
0	1	2	3

# Physical Health

## Healthy Eating

Improve your health through diet/eating changes.

- Lose weight.
- Eat healthier foods like fruits and vegetables.
- Improve your eating habits by creating an eating plan and avoiding unhealthy fast food options.



## Physical Activity/ Exercise



Increase your activity level to improve your health.

- Find activities that you enjoy.
- Start an exercise plan that works for you.
- Increasing activity can be difficult—this skill topic will help you find solutions to barriers and support you in your exercise plan.

## Improving Sleep

Get a better night's sleep and feel more rested.

- Introduce sleep habits to improve sleep quality.
- Start a sleep schedule and routine.
- Reduce stress to help you more quickly fall and stay asleep.



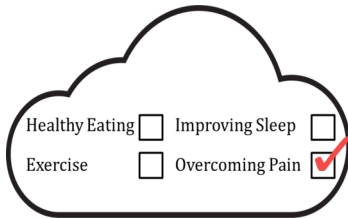
## Overcoming Pain



Take action to reduce the impact of pain on your life.

- Explore skills to help you shift your focus away from your pain.
- Learn relaxation strategies to reduce muscle tension, which often makes pain worse.
- Start a pain management plan that fits your needs.

# Dave & Pain



Dave has been in constant pain because of his back injury and has not been able to work because of this disability.



- *Frustrated*
- *Down*
- *Unmotivated*
- *Unproductive*
- *Tired*
- *Stressed out about finances*



- *I usually oversleep or just stay in bed after I wake up.*
- *I spend a lot of the day watching TV.*
- *I haven't cleaned up my house in ages; it really needs it.*



- *My pain controls everything in my life.*
- *There is nothing more I can do to control my pain.*
- *Pain is the reason my life is the way it is.*
- *I can't go back and change anything.*

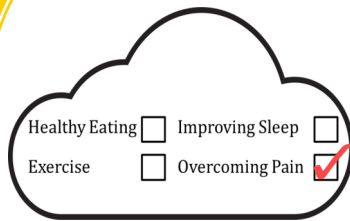
Dave used the *Pain Tip Sheet* to create a three-pronged approach:



1. Set a plan to become more physically active.  
*I'll walk at least three times a day for at least 20 min. each.*
2. Shift the way he thinks about his pain.  
*I can make positive changes to control some of my pain and get my life back on track.*
3. Use deep breathing.  
*It will be great if I can stop and relax when I notice that I am tensing up.*



# Danielle & Pain



Danielle has been in constant pain because of her back injury, and she has been having more headaches lately because of her financial stress.



- *Frustrated*
- *Sad*
- *Tired*
- *Irritable*
- *Anxious about her health*



- *I spend a lot of the day watching TV*
- *I snack on junk food*
- *I put off paying the bills*
- *I avoid or fight with my friends and family*
- *My pain controls everything in my life.*
- *My pain means my health is deteriorating*
- *My pain will keep me isolated and lonely*
- *It's all downhill from here*



Danielle used the *Pain Tip Sheet* to create a three-pronged approach:

1. Set a plan to become more physically active.  
*I'll walk at least 30 minutes per day to release tension and keep my muscles strong. I'll schedule a regular time to walk with my daughter or a friend.*
2. Shift the way she thinks about her pain.  
*There are things I can do to limit my pain and improve my overall health.*
3. Use deep breathing.  
*I will stop and relax when I notice that a headache is coming on or if my worries are upsetting me too much.*



# Dave & Healthy Eating



Dave has gained 25 pounds over the past year.



- *Embarrassed*
- *Ashamed*
- *Overwhelmed and unsure about how to lose weight.*



- *I never have anything good at home, so I just eat fast food.*
- *I just don't do much physically; my back bothers me, and I get out of breath easily.*
- *I don't get out much, either to see friends or to just go shopping and things like that.*



- *I have let myself go and now I look terrible.*
- *I have no idea how to fix my eating behaviors—I just feel like giving up.*

Dave decided to use the *Healthy Eating Tip Sheet*:

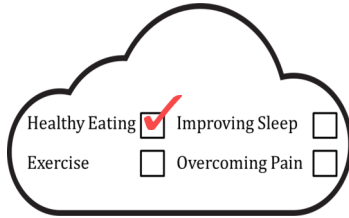


1. Improve nutrition  
*I'll go shopping this week and buy what I need to have two healthy meals at home this week.*
2. Plan for success  
*I'll start keeping track of what I eat; if I get on a regular routine, I probably won't snack as much.*

Dave knows these are only the first steps, but he wants to start small so he can start seeing improvement without feeling overwhelmed. He can add to his plan over time.



# Danielle & Healthy Eating



Danielle has gained 20 pounds over the past two years.



- *Ashamed*
- *Overwhelmed*
- *Embarrassed*
- *Exhausted*



- *I don't have the energy to cook, so I make frozen meals or eat out.*
- *I crave sweets when I'm sad, so I keep snacks and desserts around my house.*
- *I rarely shop for new clothes or wear clothing that would show my figure.*



- *No one will want to be with someone who looks like me.*
- *Food is one of the only good things in my life, I can't give up what I like to eat.*

Danielle decided to use the *Healthy Eating Tip Sheet*:



1. Improve nutrition






*I'll go grocery shopping and buy what I need to make two healthy dishes that I can eat or freeze for the week.*

2. Plan for success

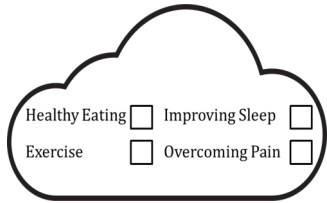
*I'll remove all sweet snacks from my house and replace them with fruits and vegetables to snack on instead.*

Danielle knows these are only the first steps, but she wants to start small so she can start seeing improvement without feeling overwhelmed. She can add to her plan over time.

# Improving Your Physical Health

 <p>Healthy Eating <input type="checkbox"/> Improving Sleep <input type="checkbox"/> Exercise <input type="checkbox"/> Overcoming Pain <input type="checkbox"/></p>	<hr/> <hr/> <hr/> <hr/>
 <p>How You Feel</p>	<hr/> <hr/> <hr/> <hr/>
 <p>What You Are Doing</p>	<hr/> <hr/> <hr/> <hr/>
 <p>What You Think</p>	<hr/> <hr/> <hr/> <hr/>
 <p>Using skills (tools) to cope</p>	<hr/> <hr/> <hr/> <hr/>

# Improving Your Physical Health



## Healthy Eating Tips:

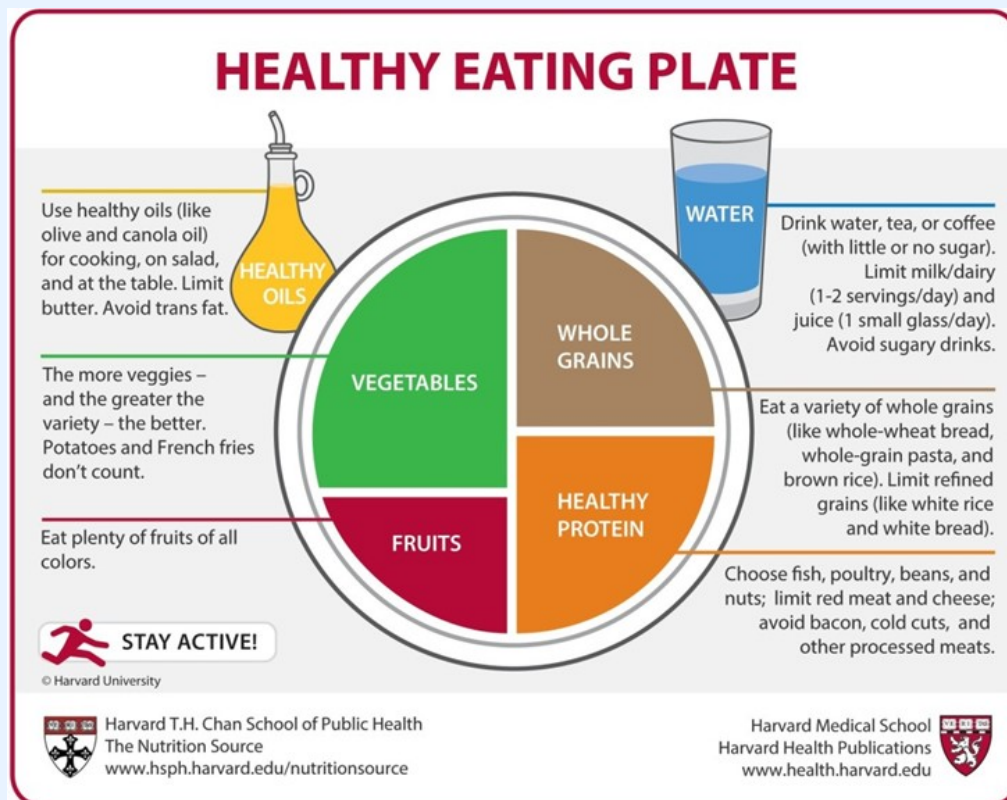
When you eat healthy foods, you are much more likely to feel better—both physically and emotionally. Remember that YOU have the ability to improve the way you feel by taking action. Below are some simple healthy eating tips to help guide your next steps.

### Ways to Improve Nutrition:

- Work to set healthy eating goals and action plans to reach your goals.
- Start an eating routine and eat every day at those times. Avoid unnecessary snacking.
- Pay attention to what you are eating and read food labels.
- Eat when you are hungry, not when you are bored, sad or worried.
- Control portion size (next page).
- Eat the rainbow! More fruits and vegetables help to control sugars and reduce unhealthy fats.
- Use the Healthy Eating Plate to guide your eating plan. (See below)

### Planning for Success:

- Find healthy recipes you like.
- Identify an eating plan that works for you—one you are excited about
- Get a healthy eating buddy
- Plan ahead (for example, make a grocery list before shopping). Keep healthy snacks on hand.
- Every little bit counts. Avoid feeling frustrated by “setbacks.”
- Track your progress— give yourself credit for even small changes. Celebrate when you reach your goals!
- Consult your primary care provider for more in-depth nutrition guidance.

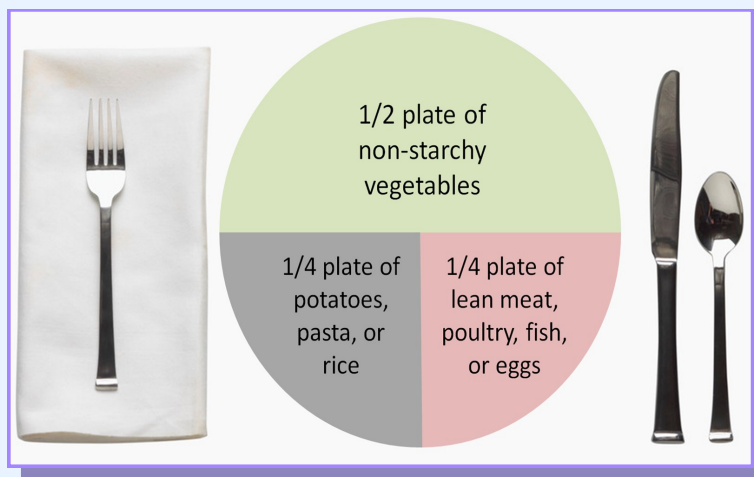


## Portion Control

This method is an easy way to think of how many portions to eat without having to measure servings.

### **Steps:**

1. Place the food on your plate in the correct section.
2. Eat your food clockwise, starting with the vegetables
3. Eat one full plateful before refilling.



4. If you have finished and are still hungry, wait five minutes, and then refill and eat the vegetable portion first.
5. Wait five more minutes. If you are still hungry, eat potatoes, rice, or pasta.
6. Wait five more minutes. If you are still hungry, eat meat.

### **Tips:**

- Drink water before, during, and after meals. This helps you control your appetite and digest your food better.
- Slow down while eating. Try to make one plate last about 20 minutes.
- Restaurants use larger plates and serve larger portions than needed. Ask for a to-go box and put half of your meal away at the start. This gives you a healthier portion size and saves you money because you now have meal for later.

*Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, [www.thenutritionsource.org](http://www.thenutritionsource.org), and Harvard Health Publications, [www.health.harvard.edu](http://www.health.harvard.edu).*

## Exercise Tips:

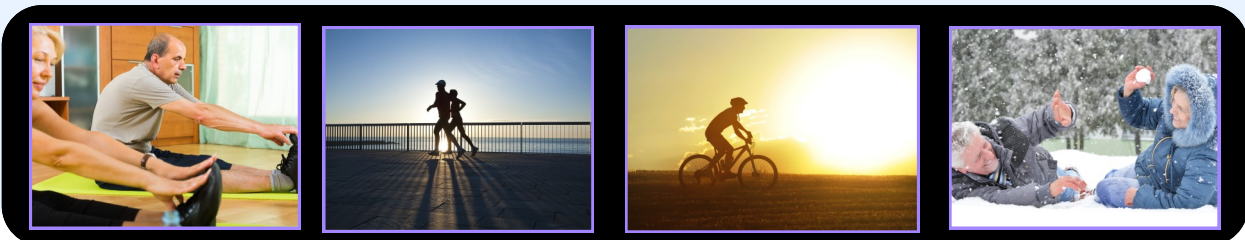
Your activity level is closely related to how you feel physically and emotionally. Below are some simple tips to help you be more physically active and to enjoy the activities you do. Enjoying exercise is a key to being able to stick with it.

### Ways to increase activity:

- Set goals and track your progress. When you reach a goal, reward yourself!
- It's okay to have small chunks of exercise throughout the day. Three 10-minute walks are just as good as one 30-minute walk.
- Every little bit counts. Try taking the stairs or parking further away on purpose to build exercise into your daily routine.
- Don't overdo it. Create reasonable but important goals.
- Exercise in the morning if possible. Morning exercise will likely increase your alertness and energy levels later in the day. Avoid exercise two to three hours before bed.
- Consult with your primary care provider to develop an exercise plan that fits your needs.

### Making exercise fun—Ways to increase enjoyment of activities:

- Find an activity you enjoy.
- Find an exercise buddy (person or pet), listen to music or audio book, relax with your thoughts and reflect on the things that are important to you.
- Let loose—being active is about having fun.





## Sleep Tips:

Sleep is critically important to your health and how you feel. Positive changes to your sleep habits can dramatically improve how you feel. The following tips are designed to improve your sleep habits and behaviors.

### Ways to improve your sleep cycle:

- **Set a sleep management goal and action plan.** Track your progress to see what works best for you.
- **Track your sleep.** Use the sleep monitoring worksheet to learn about your sleep patterns.
- **Set a sleep schedule.** Help your body get into a regular sleep cycle by going to bed and getting up at the same time each day.
- **Develop a relaxing bedtime routine.** Doing the same bedtime routine each night cues your body that it's time to sleep. Take a hot bath, stretch your muscles, or use a relaxation skill like deep breathing or imagery to help your body relax before bed.
- **Bed is for sleep.** Limiting the use of the bed to sleep and sex helps train your body to think about your bed as a place to sleep. Activities such as reading, eating, using the computer, and watching TV should be done in another room.
- **Get up after 20 minutes.** If you can't fall asleep after 20 minutes, get out of bed and do a calming activity until you feel sleepy. Then go back to bed and try again.
- **Limit naps.** Sleeping during the day can make it harder to sleep at night. Avoid taking naps, or limit your naps to one hour or less. Especially avoid naps later in the day.
- **Limit screen time one hour before bed.** The light from electronic devices stimulates brain activity, making it harder to fall asleep.
- **Exercise in the morning or early afternoon.** Exercising during these times helps you stay alert during the day and can improve the quality of your sleep at night.
- **Get comfortable.** Make your bed and bedroom as quiet, dark, and comfortable as possible. Keep the temperature cool, and use curtains or a sleep mask to block out lights.
- **Avoid caffeine and nicotine in the afternoon.** Stimulants make it harder to fall asleep.
- **Avoid alcohol.** Alcohol disrupts the quality of sleep, causing you to feel less rested.
- **Consult your primary care provider.** Talk with your medical provider if you have breathing or other medical concerns that interfere with your sleep.



## Pain Tips:

Pain is influenced by many factors, including physical health conditions and the environment, as well as the things we think, feel, and do. Without a doubt—pain can be a huge interference. Finding ways to reduce the impact of pain on your life is very important. Remember, there are likely things you can do to help. Below are a few simple tips to guide your efforts.

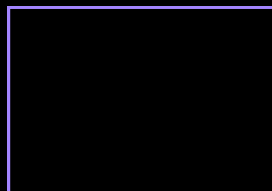
### Actions you can take to decrease your pain...

- **Set a pain-management goal.** Track your progress to see what works best for you.
- **Talk with others who have experienced pain.** Sharing your experiences gives you a chance to connect with others as well as to learn new ways to cope with your pain.
- **Increase exercise.** Exercise stimulates the release of natural endorphins and often reduces stress, increases muscle strength, and improves mobility.
- **Shift your focus.** When you focus on pain, it makes it worse. Instead, find something you enjoy doing, such as watching a movie, reading a book, going for a walk, talking to a friend.
- **Practice relaxation skills.** Deep breathing or mental imagery can help decrease stress and tension.
- **Talk to your primary care provider.** Communicate concerns and listen for options.



### Other ways to improve pain management:

- Monitor your pain – keeping track of your pain will help you identify factors that make it better or worse.
- Be aware of body positions that exacerbate your pain – standing too long, or not moving around enough might play a role.
- Develop skills to cope with negative feelings that can exacerbate pain (like sadness, stress, and anger)
- Focus your thoughts away from your pain and get engaged with the people and activities that you value.



# Action Plan

The specific goal or activity I plan to work on:

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Timeline for completing goal:

Steps to help me accomplish my goal:

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Possible barriers and ways to overcome them:

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How important is this goal to you?

Not Very Important 1 2 3 4 5 6 7 8 9 10 Very Important

How likely are you to complete these steps?

Not Very Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

Tracking your progress:

What progress did you make towards your goal this week?

Exceeded  Met  Partially Met  Did Not Attempt

What went well?

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What challenges came up?

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# Action Plan

## Next Steps

- Option 1: **Continue** with your plan as is—keep doing what you
- Option 2: **Modify** your plan to better meet your needs.
- Option 3: **Use a different skill** that better meets your needs.

### Next Steps—Notes

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## Other Skills

### Questions to think about:

- What other skills are you using?
- Are these skills working for you?
- Do you see any changes needed for these skills?

### Next Steps— Plans to use these skills

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# Additional Resources

## Physical Activity / Exercise

**The President's Council on Fitness, Sports, & Nutrition:**

<http://www.fitness.gov/>

**Free website for tracking exercise and diet:**

<https://www.myfitnesspal.com/>

## Improving Sleep

**More information on healthy sleep habits:**

<http://sleep.org>

[http://www.cdc.gov/sleep/about\\_sleep/index.html](http://www.cdc.gov/sleep/about_sleep/index.html)

**Helpful Mobil App:**

CBT-i Coach for iPhone and Android

## Reducing Pain

**List of organizations that provide free information on chronic pain:**

<http://www.nlm.nih.gov/medlineplus/ency/article/002164.htm>

