

Summary of Sessions

Session 1: Introduction



The goal of Session 1 is for the participants to become oriented to the workshop, learn the different parts of an independent and healthy lifestyle, and how different aspects of health are interconnected.

Session 1 Objectives

By the end of Session 1, participants will be able to

- Discuss the different parts of a healthy lifestyle and how the parts are interconnected using the Independent & Healthy Lifestyles Wheel and apply the concepts to their own lives;
- Identify their own health activities, behaviors, and habits in relation to the different parts of the Independent & Healthy Lifestyles Wheel.

Session 1 Activities:

- **Introductions:** Participants introduce themselves and share why they are attending Healthy Lifestyles.
- **Icebreaker Activity:** Participants get to know each other through an interactive activity.
- **Storytelling:** Each leader tells a story about their experiences with the Healthy Lifestyles workshop and how it has helped them achieve their goals.
- **Workshop Schedule & Group Agreements:** Leaders describe the workshop and talk about what will happen during the workshop and review the group agreements.

- **Independent & Healthy Lifestyle Wheel:** Participants learn about different parts of a healthy lifestyle and identify and share with the group their own health behaviors and habits.
- **Visualization:** participants think about what they need to lead an independent and healthy lifestyle.

Session 2: Knowing Who You Are



The goal of Session 2 is for the participants to get to know each other, share about themselves, and work together in a group activity.

Session 2 Objectives

By the end of Session 2, participants will be able to:

- Discuss who they are, their family, and things that are important to them;
- Work together in small groups;
- Identify ways that they are similar to the group and ways they are different.

Session 2 Activities

- **Coat of Arms:** Participants make a personal Coat of Arms with pictures, words, and/or symbols that represents their identity and things that are important to them.
- **“Who Am I” Survey:** Participants complete a survey to break into small groups and learn more about each other.
- **Group Activity:** Participants discuss ways they are similar and different from each other.

Session 3: Living Your True Self



The goal of Session 3 is for participants to better understand personal values, gratitude, and mindfulness and how these can help people live with intention. Participants also look at their individual needs and learn about self-care techniques

Session 3 Objectives:

By the end of Session 3, participants will be able to:

- Identify personal values.
- Define gratitude and identify people and things in their life they are grateful for.
- Define and practice mindfulness.
- Define self-care and discuss ways they take care of themselves.

Session 3 Activities:

- **Values:** Participants identify 3-5 personal values.
- **Gratitude:** Participants write a “Thank You” card to someone in their life they are grateful for.
- **Mindfulness:** Participants participate in a mindfulness activity.
- **Taking Care of Yourself:** Participants discuss what self-care means and brainstorm ways they take care of themselves.

Session 4: Health Through Meaningful Activities



The goal of this session is for the participants to understand what meaningful activity is and how meaningful activities can have a positive effect on their health, and explain what activities are meaningful to them.

Session 4 objectives:

By the end of Session 4, participants will be able to:

- Identify something in their lives that is meaningful to them.
- Define what a meaningful activity is and why meaningful activity can positively impact health.
- Discuss meaningful activities they participate in.

Session 4 activities:

- **Health Through Meaningful Activity:** Participants read and discuss the characteristics of meaningful activity and brainstorm meaningful activities they participate in and why they are meaningful.
- **Show and Share:** Participants bring an item or show a picture on a phone or tablet of something that is meaningful to them and share it with the group.

Session 5: Emotional Health



The goal of Session 5 is for participants to understand the importance of positive emotional health and learn ways to improve emotional health and address unhealthy behaviors through managing stress, self-talk, self-esteem, and comfort with feelings.

Session 5 objectives:

By the end of Session 5, participants will be able to:

- Identify physical signs of stress and ways to reduce stress.
- Define negative and positive self-talk and give examples of their experiences with self-talk.
- Identify things they like about themselves and their body.
- Discuss different types of feelings.

Session 5 activities:

- **Managing Stress:** Participate brainstorm physical responses to stress and share ways to reduce stress using a picture card activity and practice deep breathing and yoga (optional).

- **The Power of Self-Talk:** Participants discuss ways they engage in positive and negative self-talk.
- **Self-Acceptance:** Participants share 15 things they like about themselves and share with the group and talk about things they like about how they look.
- **Comfort with Feelings:** Participants discuss different causes of different emotions and feelings with scenarios.

Session 6: Social Health



The goal of Session 6 is for participants to learn about how relationships affect health, the characteristics of a healthy relationship, and effective communication techniques

Session 6 objectives:

By the end of Session 6, participants will be able to:

- Discuss why relationships are important to a healthy lifestyle.
- Discuss the qualities of “good” and “poor” communication
- Identify the differences between “You messages” and “I messages”
- Identify the characteristics of a healthy relationship.

Session 6 activities:

- **Social Health:** Participants discuss why relationships are important for a healthy lifestyle.
- **The Importance of Good Communication:** Participants review different types of communication and categorize them into “poor” and “good”.
- **You and I Messages:** Participants watch a role play about “You messages” and “I messages”.

- **Healthy Relationships:** Participants discuss the characteristics of healthy relationships and decide whether certain behaviors are healthy or unhealthy in relationships.

Session 7: Physical Health



The goal of Session 7 is for participants to learn the different components of physical health including physical activity, nutrition, and preventing illness and learn ways to positively impact their physical health.

Session 7 objectives:

By the end of Session 7, participants will be able to:

- Practice different types of physical activity.
- Identify how much physical activity they should get every day.
- Discuss healthy portion sizes using the “My Plate” diagram.
- Create a balanced meal using food cut-outs.
- Identify signs of illness and ways to communicate with their doctor.
- Discuss unhealthy habits and strategies to change unhealthy habits.

Session 7 activities:

- **Staying Active:** Participants learn about physical activity and different types of physical activity through movement.
- **Healthy Eating:** Participants learn about healthy eating, practice reading food labels, and food groups and portion sizes using “MyPlate”.
- **Preventing Illness:** Participants discuss ways to prevent illness and explore some of their own unhealthy habits and how they can change their habits.

Session 8: Independence



The goal of Session 8 for participants to learn about the components of an independent lifestyle and discuss.

Session 8 objectives:

By the end of Session 8, participants will be able to:

- Identify components of an independent lifestyle
- Discuss facilitators and barriers to independence and their feelings about independence.

Session 8 activities:

- **The Importance of Independence:** Participants discuss components of a healthy, independent lifestyle. Using a Venn Diagram, they will share what aspects of living independently make them feel excited, and what makes them feel nervous.
- **Row, Row, Row Your Boat:** Participants discuss barriers and facilitators to independence and identify goals related to independence.

Session 9: Making it Happen



The goals of session 9 is for participants to apply the knowledge gained in previous sessions and apply it to their lives and develop personal goals.

Session 9 objectives:

By the end of Session 9, participants will be able to:

- Identify a specific goal or goals for achieving a healthy lifestyle using the structured goal setting process.
- Design and follow an independent and healthy lifestyle plan with specific activities and resources.

- Identify ways to stay motivated as they work toward their goal(s).
- Discuss barriers and supports to reaching goals.

Session 9 activities:

- **Identifying Your Dreams:** Participants will visualize their future and dream about what they need to live an independent and healthy lifestyle.
- **Choosing Your Goals:** Participants will create a plan for each of their goals based on sequential and specific step-by-step activities.
- **Developing Supports:** Participants will brainstorm supports and resources needed to complete the activities that will help them reach their goals.

Creating and Sharing a Collage: Participants will create collages using magazine pictures and other visual or tactile supplies. The collages represent the participants' independent and healthy lifestyles dreams and goals.