

MODULE 11 HANDOUT



Healthy Lifestyles

“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, delivery truck driver, guitar player

process. Family members, friends, group members, and staff members may be able to help and encourage you with changes you want to make. There are also many effective groups for weight loss and exercise in the community and at mental health centers. Change takes time, but when you practice new habits on a regular basis, they can become part of your regular routine.

There are five topics in this handout:

- 1 Diet, Part I

- 2 Diet, Part II

- 3 Exercise

- 4 Personal Hygiene

- 5 Sleep

Your IMR practitioner can help you locate resources for focusing on other specific health issues or find more intensive programs to address any of the topics covered in this handout.

In general, we recommend one IMR session per topic. However, based on your preferences and comfort level, you may want to spend either more or fewer sessions covering these five topics. The topics in this handout include a section called “Check It Out.” These sections suggest things for you to think about or try out in IMR sessions, so when the opportunity arises you will be better prepared to put into action what you have learned.

At the end of each topic, you will find a Home Practice Sheet. Part A is about applying something you learned in the IMR session. It has a list of options, including the opportunity to create your own option. Part B is about taking a step toward your goal. It helps you identify the next step you will take toward the personal recovery goal you identified in handout 1 (Recovery Strategies) and recorded on your IMR Goal-Tracking Sheet. At the end of each IMR session, we encourage you to design your own home practice assignment by selecting an activity for part A and part B.

Each IMR session begins with reviewing your last home practice assignment, including what went well and what was challenging. Putting knowledge and skills into practice will help you make faster progress toward achieving your recovery goals.

Benefits of a Healthy Diet

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

- having more energy
- losing weight or maintaining a healthy weight
- helping to manage medical problems you might already have, such as diabetes, high blood pressure, high cholesterol, and stomach problems
- reducing the risk of developing medical problems you don't have

? QUESTIONS

What benefits of a healthy diet are most important to you?

Have you ever known someone who improved his or her health by eating better?

If so, what did he or she do?

The benefits of eating a healthy diet may also help reduce barriers to personal goals. Some people have similar goals but experience different barriers. Here are some examples of how some people might use a healthy diet to help overcome their barriers.

Similar goal	Different barriers	How a healthy diet might help overcome different barriers
Getting a girlfriend/boyfriend	Physical appearance	Losing weight
	Low energy for going on dates	Improving energy level
Getting a promotion at my job	Difficulty keeping diabetes under control	Better management of blood sugar levels
	Low energy for work tasks	Improving energy level
Renting my own apartment	Takes a lot of effort to look for apartments	Improving energy level
	Can't walk up stairs, which is required in many apartments	Losing weight

continued on next page

Similar goal	Different barriers	How a healthy diet might help overcome different barriers
Being a better parent for my toddlers	My weight keeps me from playing games with children	Losing weight
	Children are frightened when I have a diabetic episode	Reducing diabetic episodes
Improving my relationship with family members	Conflicts over my health problems	Taking initiative in my health problems
	Lack energy to share household chores	Increasing energy level

? QUESTIONS

What is your personal goal?

How could a healthy diet help you overcome barriers to achieving it?

A HEALTHY DIET CAN HAVE A POSITIVE EFFECT ON YOUR PHYSICAL HEALTH AND CAN HELP YOU ACHIEVE PERSONAL GOALS.

Healthy Eating Habits

There are many strategies for eating a healthy diet. You are probably already using some of them. Take a look at the following list of healthy eating habits and check the ones that you are already using.

Healthy eating strategy	I already do this
Planning healthy meals in advance	
Eating at regular times every day	
Sitting down while eating	
Drinking water regularly throughout the day	
Eating fruit every day	
Eating vegetables every day	
Eating a single helping at mealtimes	
Eating slowly and stopping when I feel full	
Eating healthy snacks	
Drinking healthy beverages	
Including fish and vegetarian meals	

? QUESTIONS

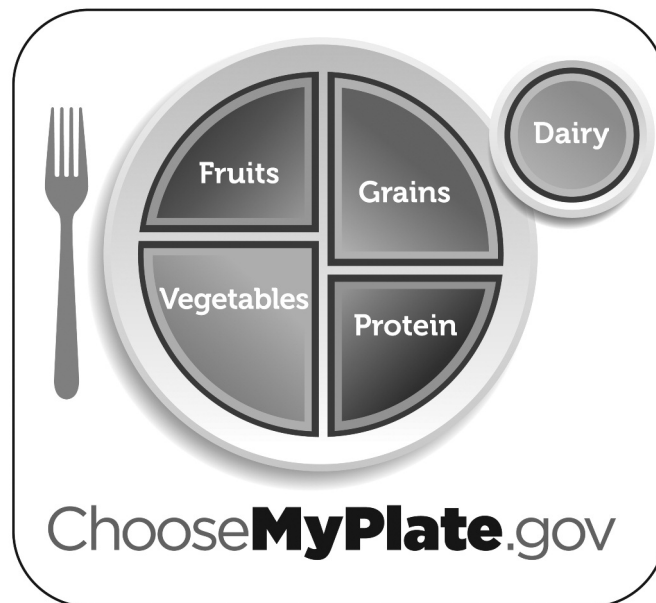
What is an example of a healthy eating habit you have already developed?

What is an example of an eating habit you might want to improve? What is one small change you could make?

EVEN SMALL CHANGES IN YOUR EATING HABITS
CAN MAKE A POSITIVE DIFFERENCE.

Making Choices about What You Eat

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.



For information about how much you should personally eat, you can go to the website and click on the “Get a Personalized Plan” in the column on the top right under the heading called “I Want to . . .” On this page, type in your age, gender, height, weight, and activity level and the website will provide you with specific diet recommendations. Here’s an example of what Elena, a thirty-eight-year-old woman of average height and weight who exercises more than thirty minutes a day, found for her daily food recommendations when she went to the website:

Grains	6 oz. (for example, one slice of bread = 1 oz., ½ cup of rice = 1 oz., ½ large bagel = 2 oz., 1 cup cooked pasta = 2 oz.)
Vegetables	2.5 cups
Fruits	2 cups
Milk	3 cups
Meat & Beans	5.5 oz. (for example, ¼ pound hamburger patty = 4 oz., ½ cup cooked beans like pinto beans = 2 oz.)

Elena was curious about how to follow the recommendations, and she found practical menu ideas on the ChooseMyPlate.gov website by clicking on “Plan a Healthy Menu.”

EATING A BALANCED DIET HELPS TO MAINTAIN GOOD HEALTH.

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 is sometimes 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 eat in a day. This will give you a starting point to see how balanced your diet already is. You can use the food diary on the following page or the one provided at ChooseMyPlate.gov.

Check It Out



Record what you ate yesterday using the following food diary.

Food Diary

Name: _____ Date: _____

Record all your food and beverages for the day.

Breakfast

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lunch

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Dinner

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Snacks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Check It Out



- On the food diary, notice if you left out any of the five food groups or ate too few servings of them. Which ones?
- Would you like to add more servings from certain food groups? Which ones?
- On the food diary, notice if you ate too many servings from some food groups. Which ones?
- Would you like to reduce the number of servings from certain food groups? Which ones?

KEEPING A FOOD DIARY HELPS YOU KEEP TRACK OF WHAT YOU EAT.

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 and fruits.
- Eat as few high-fat, high-sugar foods as possible.
- Weigh yourself regularly (such as weekly) and keep a weight record.
- Get support from individuals or from a weight loss group.
- Exercise regularly.

? QUESTIONS

Are you interested in losing weight?

If so, what strategies do you think would be most helpful to you?

IF YOU DECIDE TO LOSE WEIGHT, IT'S BEST
TO DO SO GRADUALLY AND CONSISTENTLY OVER TIME.

Home Practice



Between sessions, most people find it helpful to put some of the knowledge or skills they learned in the session into practice. It's also important to keep making progress toward your recovery goals. You can use the following Home Practice Sheet to develop your own home practice assignment and record how it goes. At the beginning of the next IMR session, you can review how your home practice went.

Home Practice Sheet for “Diet, Part I”

Name: _____ Date: _____

PART A. How will I apply something I learned in today’s IMR session? (You can choose from the following options or create your own.)

- Option 1.** Weigh yourself in the coming week. On ChooseMyPlate.gov, look up the recommendations for weight for someone of your height and age.
- Option 2.** Look up the nutrition recommendations for your height, weight, and activity level on ChooseMyPlate.gov. Try to follow the recommendations for one day.
- Option 3.** Keep a food diary for a week. What patterns do you notice?
- Option 4.** Choose one small change that you would like to make in your eating habits this week, such as eating fruit daily or drinking water instead of soda, and make a plan for doing so. Consider telling a family member or friend about your plan and ask for his or her support.
- Option 5.** Create your own option: _____

Follow-up: What did I do? How did it go?

PART B. What step will I take toward my personal recovery goal before the next session?

Follow-up: What did I do? How did it go?

Deciding to Make Specific Changes

In topic 1, you 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.

? QUESTIONS

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 are unsure about it? If so, what makes you unsure?

If you are sure that you want to change your diet, that's fine. You can skip to the section "Making a Plan for Improving My Diet." If you are unsure, that's fine too. We encourage you to read the following section about taking an "experimental approach" to help you come to a decision.

Taking an "Experimental Approach"

You may be unsure whether you want to make a commitment to changing what you eat or how you eat. For example, you may not be sure what it would be like to change your diet or your eating habits, or whether it is worth the effort. It is also possible that you would *like* to change your diet or eating habits, but you're not confident that you will be able to do this successfully. These are normal concerns people have about making lifestyle changes.

You can explore whether you can change and experience some of the benefits of changing by experimenting with some modifications to your diet or eating habits. You can do these experiments without making a commitment to long-term, permanent change.

Think of yourself as a scientist doing an experiment in order to learn more about something. In your case, you may want to learn more about what it would be like to make some changes in your diet or how you eat. Or you may simply want to know if you are capable of making some changes. As an experiment, you could try making some small changes in your diet or eating habits to see what happens. Or you could try to make changes on some days, but not others, and then compare the two.

As a scientist, you need to keep an open mind when doing an experiment and collect information about what happened before coming to any conclusions. Doing experiments

like this can give you important information that can help you make decisions about whether you want to make changes in your life.

Examples of People Taking an Experimental Approach



Peter ate almost no fruit and wanted to experiment with eating one piece of fruit per day. He wanted to answer two questions: “Does fruit fill me up?” and “Do I like the flavor of fruit?” He set up an experiment to try eating one piece of fruit each day for a week, and he kept a daily record using scales of 1 to 5 about how much the fruit filled him up and how much he liked the flavor.



Melissa ate very few whole grains in her diet and wanted to experiment with substituting whole grain bread for white bread. She wanted to know the answer to the question “Does whole grain bread taste as good or almost as good as white bread?” She set up the experiment with using white bread for her lunch sandwich every other day and whole grain every other day. She kept a daily record of how much she enjoyed her sandwich and compared the results at the end of the week.



Jordan drank very little water. He wanted to fit in drinking more glasses of water during the day but was worried about his ability to change his habits. He wanted to answer the question “Can I get in the habit of drinking water at meal times?” He decided to experiment by routinely putting a glass of water next to his plate at dinner and recorded how many times his glass was empty at the end of dinner.



Yvonne 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 five minutes before reaching for a second helping and recorded how many times she was able to do this for a week. She also recorded how full she felt after five minutes of waiting.

Check It Out



Are you interested in making a change in your diet but are not completely sure? What kind of experiment could you do to find out more about the change? You can use the following worksheet to help answer these questions.

Diet Experiment Worksheet

What am I trying to learn by doing an experiment?	
What actions will I take in my experiment (who, what, when, and where)?	
What information will I collect and how will I record it?	
How will I use the information I collect to help me make decisions?	

You may want to experiment for a few weeks to find out the information you need.

MANY PEOPLE FIND IT HELPFUL TO TAKE AN EXPERIMENTAL APPROACH TO CHANGING THEIR DIET.

Making a Plan for Improving My Diet

Once you have learned about strategies for healthy eating and have decided how you would like to change your diet, you can create a plan.

Your plan does not have to be perfect. You can always modify it as you go along. But without a plan, it is unlikely that any change will happen. The following Healthy Eating Change Checklist can help you select strategies to use in your plan.

Healthy Eating Change Checklist

Healthy eating strategy	I would like to do this or improve the way I do this
Eating at regular times and sitting down while eating	
Drinking water regularly throughout the day	
Eating fruit every day	
Eating vegetables every day	
Eating whole grains every day	
Eating single helpings at meal time	
Eating slowly and stopping when I feel full	
Eating healthy snacks	
Drinking healthy beverages	
Keeping a food diary	
Setting goals for losing weight gradually	

Check It Out



After completing the checklist, put a star next to the strategies that you are most interested in. Then select one you can put into practice in the next week, using the planning sheet on the next page.

Planning Sheet for Improving My Diet

What strategy would I like to try?	
What change do I want to make?	
What will I do specifically (including when and where)?	
How will I get support (from individuals and/or a group)?	
How will I keep a record of my efforts?	
When will I review the results?	

Tips for Making Healthy Eating More Affordable

If money is a critical factor in making changes to your diet, you may find the following tips helpful:

- Plan healthy 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 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 the grocery store.
- 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 to save money.

? QUESTIONS

Do you find it expensive to shop for healthier foods?

If so, which of the strategies listed above do you think would help you shop more economically?

Home Practice



Between sessions, most people find it helpful to put some of the knowledge or skills they learned in the session into practice. It's also important to keep making progress toward your recovery goals. You can use the following Home Practice Sheet to develop your own home practice assignment and record how it goes. At the beginning of the next IMR session, you can review how your home practice went.

Home Practice Sheet for “Diet, Part II”

Name: _____ Date: _____

PART A. How will I apply something I learned in today’s IMR session? (You can choose from the following options or create your own.)

- Option 1.** Follow up on the plan you made in today’s session for using specific strategies to make a change in your diet. Consider sharing your plan with someone you know well. Ask the person for his or her support.
- Option 2.** Take the experimental approach and design an experiment for making a small change in your diet.
- Option 3.** Select one or two tips for making healthy eating more affordable. Try them out when you shop for groceries this week.
- Option 4.** Create your own option: _____

Follow-up: What did I do? How did it go?

PART B. What step will I take toward my personal recovery goal before the next session?

Follow-up: What did I do? How did it go?

▼
Exercise

There are many benefits to exercising on a regular basis, including the following:

- having more energy, strength, and stamina
- relieving stress
- losing weight or maintaining a healthy weight
- helping to manage medical problems you might already have, such as diabetes, high blood pressure, or cardiovascular disease
- reducing the risk of developing medical problems you don't have
- sleeping better
- improving your mood

? QUESTIONS

What benefits of exercising are most important to you?

Have you ever known someone who improved his or her health by exercising?

The benefits of exercising may also help reduce barriers to achieving personal goals. Some people have similar goals, but experience different barriers. Here are some examples of how people might use exercise to help overcome their barriers to achieving personal goals.

Similar goal	Different barriers	How exercising might help overcome different barriers
Getting a girlfriend/boyfriend	Physical appearance	Looking more fit and trim
	Depression	Improving mood
Getting a promotion at my job	Stress is interfering with job performance	Relieving stress
	Low stamina for physical tasks on the jobs	Improving energy and stamina

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Similar goal	Different barriers	How exercising might help overcome different barriers
Being a better parent with my toddlers	I worry about my health	Improve fitness and reduce risk of medical problems
	Can't play games that involve running	Increase strength and stamina
Improving my relationship with family members	Hard to find something to do with my brothers	Hiking is something we used to both enjoy
	My sleeping poorly at night leads to my sleeping all day, which leads to family conflict	Improved sleep

? QUESTIONS

What is your personal goal?

How could exercising help you overcome barriers to achieving it?

EXERCISING CAN HAVE A POSITIVE EFFECT ON YOUR PHYSICAL HEALTH AND CAN HELP YOU ACHIEVE PERSONAL GOALS.

Evaluating Your Exercise Habits

There are two main types of exercise:

- scheduled activities planned specifically to get exercise
- “informal” ways of incorporating activity into your daily life

Both ways of getting exercise are extremely worthwhile.

Use this checklist to help you evaluate the kind of scheduled exercise that you currently do and to identify some exercise you might like to do or improve on.

Scheduled Activities Checklist

Scheduled activities	I already do this exercise	I would like to do this exercise or improve the way I do it
Walking for the purpose of exercise		
Jogging or running		
Working out at a gym		
Calisthenics		
Lifting weights		
Swimming		
Hiking		
Aerobics		
Bike riding or using an exercise bike		
Rollerblading		
Martial arts (such as karate, judo, tai kwon do, tai chi)		
Team sports		
Dancing		
Exercising to a DVD		
TV exercise program		
Ice skating		
Dancing		
Yoga		
Skiing		
Snowshoeing		
Dancing		
Other:		

? QUESTIONS

What kinds of scheduled activities would you like to add to your routine?

What kinds of exercises sound like fun?

Use this checklist to help you evaluate the kind of informal exercise that you currently do and to identify some activities you might like to do or improve on.

Informal or Daily Life Exercise Checklist

Informal exercise	I already do this	I would like to do this or improve the way I do it
Walking up stairs		
Carrying groceries		
Regular household chores (such as vacuuming, scrubbing the floor, taking out the trash, laundry, mowing the lawn)		
Work tasks (such as lifting boxes, stocking shelves, construction work, walking between offices or building)		
Less frequent household chores (such as washing the car, raking leaves, clearing snow, cleaning out the garage)		
Walking to the store, to work, or to school		
Taking the dog for a walk		
Playing vigorous games with children		
Other:		

? QUESTIONS

Which activities would you like to add to your routine to increase your exercise level?

Which ones sound enjoyable?

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 recording the exercise you have done in the past week, using the following exercise diary. This will help you see how active you already are. You can use the diary again later to evaluate any changes you make.

Exercise Diary

Day of the week	Scheduled exercise (include approximate minutes)	Informal exercise (include approximate minutes)
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Check It Out



- On the exercise diary, notice the good choices and the not-so-good choices you made during the week about 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.

BOTH SCHEDULED AND INFORMAL EXERCISE
CAN HELP YOU LOOK AND FEEL BETTER.

Taking an Experimental Approach

Topic 2 discussed taking an experimental approach to making changes in your diet. The same principles apply for exercise. Try thinking of yourself as a scientist doing an experiment by keeping an open mind and trying things out before you come to a conclusion. For example, you can ask yourself questions such as the following:

- What's it like to walk once a day? What do I see as I am walking? How do I feel before and after? What's the best route for me?
- How can I fit exercise into my daily life? Can I take the stairs instead of the elevator? What household chores could I do that involve exercise, like taking out the trash, vacuuming, or taking the dog for a walk?
- How does exercise affect my sleep? If I exercise during the day for thirty minutes, do I sleep more hours at night? Do I feel more alert during the day?

Starting Off with Small Changes

Similar to improving your diet, you can improve your exercise level by starting with small changes and gradually building up. For example, if you are not in the habit of getting any exercise during the day, a good goal might be to start by taking a ten-minute walk every other day. If that goes well, you might increase the frequency, by walking every day. If that goes well, you might like to start walking fifteen minutes a day instead of ten. Then you might want to consider trying another kind of exercise, such as exercising in the gym, starting off with short periods of time. Gradual but consistent changes are often the most effective.

Check It Out



Are you interested in making a change in your exercise but are not completely sure? What kind of experiment could you do to find out more about the change? You can use the following worksheet to help set up an experiment.

Exercise Experiment Worksheet

What am I trying to learn by doing an experiment?	
What actions will I take in my experiment (who, what, when, and where)?	
What information will I collect and how will I record it?	
How will I use the information I collect to help me make decisions?	

MAKING CHANGES IN EXERCISE TAKES EFFORT
BUT HAS REWARDING RESULTS.

Making a Plan to Improve Your Exercise

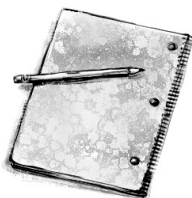
Once you have evaluated your exercise habits and have come to some decisions about whether and how you would like to change them, you can create a plan.

Your plan does not have to be perfect. You can always modify it as you go along. But without a plan, it is unlikely that any change will happen. You can use the following planning sheet to guide your plan.

Planning Sheet for Improving My Exercise

<p>What strategy would I like to try?</p>	
<p>What change do I want to make?</p>	
<p>What will I do specifically (including when and where)?</p>	
<p>How will I get support (from individuals and/or a group)?</p>	
<p>How will I keep a record of my efforts?</p>	
<p>When will I review the results?</p>	

Home Practice



Between sessions, most people find it helpful to put some of the knowledge or skills they learned in the session into practice. It's also important to keep making progress toward your recovery goals. You can use the following Home Practice Sheet to develop your own home practice assignment and record how it goes. At the beginning of the next IMR session, you can review how your home practice went.

Home Practice Sheet for “Exercise”

Name: _____ Date: _____

PART A. How will I apply something I learned in today’s IMR session? (You can choose from the following options or create your own.)

- Option 1.** Follow up on the Planning Sheet for Improving My Exercise that you developed in the session.
- Option 2.** Share your plan with a friend, family member, or staff member. Ask the person to support you in your efforts to improve your exercise. Be specific about what the person can do.
- Option 3.** Consider joining a group that supports exercise or an active leisure activity such as bicycling or running or a sport such as soccer or volleyball.
- Option 4.** Take the experimental approach and design an experiment for making a small change in your exercise. Carry it out this week.
- Option 5.** Create your own option: _____

Follow-up: What did I do? How did it go?

PART B. What step will I take toward my personal recovery goal before the next session?

Follow-up: What did I do? How did it go?

Personal Hygiene

Benefits of Good Hygiene

Good hygiene can improve the way you feel about yourself and the way others see you and react to you. Here are some examples of good personal hygiene and 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
- *Combing or brushing your hair, shaving, or trimming beard*
 - makes a good impression on others
 - gives 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 certain illnesses and infections
 - helps you prevent spreading illness or infection 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

? QUESTIONS

What benefits of good hygiene are most important to you?

Have you ever known people who improved their health or social life by improving their hygiene?

The benefits of personal hygiene may also help reduce barriers to achieving personal goals. Some people have similar goals but experience different barriers. Here are some examples of how people might use their personal hygiene to overcome their barriers to achieving personal goals.

Similar goal	Different barriers	How personal hygiene might help overcome different barriers
Getting a girlfriend/boyfriend	Physical appearance	Looking clean and well groomed will attract other people
	Low self-esteem	Looking clean and well groomed will boost my confidence
Getting a promotion at my job	My supervisor has given me feedback about my clothing	Wearing clean clothes would improve my supervisor's impression of me
	To work with customers, it's important to have a clean appearance	Showering a few times a week and washing my hands several times a day will help me look clean
Being a better parent with my toddlers	I get sick a lot and this interferes with seeing my kids	Washing my hands can decrease my chances of catching certain illnesses, like colds and flus
	Being a good role model	Wearing clean clothes and being well groomed is part of being a good role model
Improving my relationship with family members	Conflict over my wearing the same clothes and not showering	Having clean clothes and body would cut down on arguments
	Conflict over expenses from dental bills	Regular brushing and flossing would lead to fewer dental bills

QUESTIONS

What is your personal goal?

How could personal hygiene help you overcome barriers to achieving it?

PERSONAL HYGIENE CAN IMPROVE YOUR APPEARANCE AND HEALTH AND CAN HELP YOU ACHIEVE PERSONAL GOALS.

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. You can use the following personal hygiene diary to evaluate what you do, what you would like to do, or how you could improve what you do.

Keeping a personal hygiene diary

If you want to improve your personal hygiene, it is helpful to start doing more personal hygiene activities or doing them more often. However, it is sometimes 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 recording the personal hygiene activities you have done in the past week, using the diary below. This will help you see how much you are already doing to take care of your hygiene.

Personal Hygiene Diary

Put 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), put more than one check.

Day	Shower or bathe	Use deodorant, soap, and shampoo	Comb hair and shave	Wear neat and clean clothes	Wash hands regularly	Brush teeth	Floss teeth
Mon							
Tues							
Wed							
Thurs							
Fri							
Sat							
Sun							

? QUESTIONS

What parts of your grooming 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 in your hygiene routine?

Check It Out



On the Personal Hygiene Diary, notice the activities you do regularly and the ones you do not do as regularly. For example, you may notice that you brushed your teeth twice a day but only flossed once a week. Based on the Personal Hygiene Diary, identify some hygiene improvements you might like to make in the coming week.

Starting Off with Small Changes

If you decide you want to improve your personal hygiene, it usually works best to start by making small changes and gradually building up. For example, if you are not in the habit of taking a shower, a good goal might be to start by taking one shower per week for a few weeks and evaluating how that goes. If it's going well, you might choose to increase it to two showers per week for a few weeks. If that's challenging, you might stay with two showers a week for a while and then consider increasing it to three. Then you might want to consider trying another kind of personal hygiene that you have not been doing, such as flossing your teeth, starting with a few times per week, gradually building up to daily. Gradual but consistent changes are often the most effective.





Making a Plan for Improving My Hygiene

Once you have learned about strategies for personal hygiene and come to 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 along. 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 hair and shaving regularly
- wearing neat and clean clothes every day
- washing hands regularly
- brushing teeth twice daily
- flossing teeth daily

Check It Out



From the list above, select one or two strategies that you would like to start with. You can use the following planning sheet.

Planning Sheet for Improving My Hygiene

<p>What strategy would I like to try?</p>	
<p>What change do I want to make?</p>	
<p>What will I do specifically (including when and where)?</p>	
<p>How will I get support (from individuals and/or a group)?</p>	
<p>How will I keep a record of my efforts?</p>	
<p>When will I review the results?</p>	

Home Practice



Between sessions, most people find it helpful to put some of the knowledge or skills they learned in the session into practice. It's also important to keep making progress toward your recovery goals. You can use the following Home Practice Sheet to develop your own home practice assignment and record how it goes. At the beginning of the next IMR session, you can review how your home practice went.

Home Practice Sheet for “Personal Hygiene”

Name: _____ Date: _____

PART A. How will I apply something I learned in today’s IMR session? (You can choose from the following options or create your own.)

- Option 1.** Follow up on the Planning Sheet for Improving My Hygiene that you developed in the session.
- Option 2.** Share your plan with a friend, family member, or staff member. Ask the person to support you in your efforts to improve your hygiene. Be specific about what the person can do.
- Option 3.** Follow up on your plan and complete the personal hygiene diary for a week. At the end of the week, give yourself credit for all you have accomplished. Decide whether you would like to increase either the number or the amount of personal hygiene activities that you do.
- Option 4.** Create your own option: _____

Follow-up: What did I do? How did it go?

PART B. What step will I take toward my personal recovery goal before the next session?

Follow-up: What did I do? How did it go?

▼
Sleep

Note: This topic provides several strategies for getting a good night's sleep. For more information and strategies, see handout 9, topic 5, Coping with Sleep Problems.

Getting a good night's sleep can improve your physical and emotional well-being and have a positive impact on your health.

Good sleep habits can help you in the following ways:

- increasing energy
- increasing your attention and concentration
- keeping your immune system strong to fight off illness
- improving your mood
- increasing your ability to cope with stress

When you get in the habit of getting a good night's sleep, there is an additional benefit. You will be more aware of times when your sleep patterns change, which can be an early warning sign of relapse for some people. Here are some changes you should be aware of:

- a reduced need for sleep
- difficulty falling asleep or staying asleep
- sleeping too much
- feeling tired despite sleeping

If you think you are experiencing an early warning sign, put your relapse prevention plan into place (see handout 7). One of the most important steps of such a plan involves contacting your doctor to let him or her know what's happening.

? QUESTIONS

How do you feel when you get a good night's sleep?

What are the most important benefits for you?

How do you feel when you get a poor night's sleep?

What happens the next day?

If sleep disturbance is an early warning sign of relapse for you, who would you talk to if your sleep pattern changes?

The benefits of sleep may also help reduce barriers to achieving other personal goals. Some people have similar goals but experience different barriers. Here are some examples of how people might find that improving their sleep helps them overcome barriers to their goals.

Similar goal	Different barriers	How improving one's sleep might help overcome different barriers
Getting a girlfriend/boyfriend	Tired all the time from not sleeping	More energy for going on dates
	Irritable from being tired	Better mood, more pleasant to spend time with
Getting a promotion at my job	Getting a poor night's sleep makes me feel stressed out at work	Increases ability to cope with stress at work
	Not sleeping well makes it hard to do physical tasks on the job	Improving energy and stamina for working
Improving my relationship with family members	Being impatient with my younger brother because I don't get enough sleep	Better able to "go with the flow" with my brother
	My sleeping poorly at night leads to my sleeping all day, which leads to family conflict	Sleeping better at night would help me stay awake during the day

? QUESTIONS

What is your personal goal?

How could improving your sleep help you overcome barriers to achieving your goal?

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.

Evaluating Your Sleep

You can use the following sleep diary to evaluate your sleeping habits. Pick a recent day and fill in the columns next to it.

Day of the week	Time I went to bed the night before	Time I got up	Time spent taking naps	Did I exercise during the day?	Did I do something relaxing before bed?	Did I avoid caffeine after 5 p.m.?
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						

Check It Out



- On the sleep diary, figure out how many hours of sleep you got. Do you think that is enough? Too little? Too much?
- Identify what you think is working well for your sleep and what is not working well.

Starting Off with Small Changes

If you decide you want to improve your sleep, it is usually best to start by making small changes and gradually building up. For example, a person might be experiencing energy problems because she goes to bed at 2 a.m. and has to get up for work at 7 a.m. She feels very tired by lunch time. She might start to change her sleep routine by going to bed an hour earlier each week for several weeks. That is, the first week, she might go to bed at 1 a.m. every night. The next week she might go to bed at midnight. And the following week she might go to bed at 11 p.m. Gradual but consistent changes are often the most effective.

Making a Plan to Improve Your Sleep

If you have decided that you would like to improve your sleep, it is usually helpful to make a specific plan to do so. People are usually most successful when they choose one or two strategies at a time and gradually build up.

Once you have learned about strategies for improving your sleep and decided 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 along. But without a plan, it is unlikely that any change will happen.

To get started, review the following list of sleep strategies and circle the ones you might like to try:

- going to bed at the same time and getting up at the same time every morning
- doing something relaxing just before bed, such as listening to music, reading, doing relaxed breathing, stretching, or taking a bath or shower
- avoiding naps over thirty minutes during the day
- avoiding caffeine in the late afternoon and evening
- if you can't fall asleep within thirty minutes, getting out of bed and doing something relaxing until you're sleepy

Check It Out



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

Planning Sheet for Improving My Sleep

<p>What strategy would I like to try?</p>	
<p>What change do I want to make?</p>	
<p>What will I do specifically (including when and where)?</p>	
<p>How will I get support (from individuals and/or a group)?</p>	
<p>How will I keep a record of my efforts?</p>	
<p>When will I review the results?</p>	

Home Practice



Between sessions, most people find it helpful to put some of the knowledge or skills they learned in the session into practice. It's also important to keep making progress toward your recovery goals. You can use the following Home Practice Sheet to develop your own home practice assignment and record how it goes. At the beginning of the next IMR session, you can review how your home practice went.

Home Practice Sheet for “Sleep”

Name: _____ Date: _____

PART A. How will I apply something I learned in today’s IMR session? (You can choose from the following options or create your own.)

- Option 1.** Follow up on the Planning Sheet for Improving My Sleep that you developed in the session.
- Option 2.** Share your plan with a friend, family member, or staff member. Ask the person to support you in your efforts to improve your sleep. Be specific about what the person can do.
- Option 3.** Follow up on your plan and complete the personal sleep diary for a week. At the end of the week, give yourself credit for all you have accomplished. Decide whether you would like to try other sleep strategies.
- Option 4.** Create your own option: _____

Follow-up: What did I do? How did it go?

PART B. What step will I take toward my personal recovery goal before the next session?

Follow-up: What did I do? How did it go?

Summary of Handout 11: Healthy Lifestyles

A healthy lifestyle can feel good and make life more enjoyable. Healthy living can also help you manage your mental illness and make it easier to pursue your recovery goals. This handout focused on teaching you strategies to help you live a healthy life.

The handout began with a discussion of healthy eating habits, including eating a balanced diet, eating at regular times during the day, healthy snacking, and how to afford healthy foods. The idea that you can conduct “experiments” with your eating habits to explore possible changes was introduced. You identified some changes you would like to explore and made plans to try making one or two changes to see what it would be like.

The advantages of regular exercise were covered next, including its health benefits as well as other benefits such as feeling good, weight loss, and reducing stress. You reviewed which types of exercise you currently do and which ones you would like to try.

Personal hygiene behaviors were then discussed, including strategies for maintaining bodily cleanliness, neat grooming, clean clothes, hand washing, and dental care.

The last topic of the handout addressed good sleep habits to help you get restful sleep and also to help you avoid sleeping too much. You evaluated your own sleep habits and decided whether you wanted to make some changes to improve the quality of your sleep.

Sometimes when people are struggling with mental health problems, they neglect their other health needs and don't take care of themselves. However, having a healthy body is also good for your mental health. Making changes in your daily habits—including diet, exercise, hygiene, and sleep—can be hard and time consuming, but in the long run this work produces a big payoff. Not only can healthy living make you feel better and help you live longer; it can make it easier to achieve your recovery goals.