Educational Handout #11:

Healthy Lifestyles

August 26, 2008

Introduction

This handout is about living a healthy lifestyle. We will discuss the areas of diet, exercise, personal hygiene, and sleep.

Working on the activities in this module will help you understand the importance of taking care of yourself and will also give you some strategies you can use. Lifestyle changes can be difficult, and it may be helpful to get support as you begin to make some of these lifestyle changes. Family members, friends, group members, and staff members may be able to help and encourage you with changes you want to make. Change takes time, but when you practice new ways of doing things on a regular basis, they can become part of your regular routine.

Keep in mind that looking and feeling good may make it easier to work on your recovery goals. For example, good personal hygiene may make it easier to get a job, and exercise may reduce stress and depression.

This module focuses on four basic lifestyle areas that are the foundation of leading a healthy life:

- Diet
- Exercise
- Personal Hygiene
- Sleep Habits

Your practitioner can help you locate resources for focusing on additional specific health issues or find more intensive programs to address any of the four areas covered in this module.

Diet

There are many reasons for having a healthy diet, including the following:

- Feel better physically
- Feel better about yourself
- More energy
- Maintain healthy weight
- Reduce risk of some medical problems such as diabetes, high blood pressure, high cholesterol, stomach problems (see appendix for additional information about these medical problems)
- Sleep better

A healthy diet can have a positive effect on how you feel and can help reduce the risk of medical problems.

Healthy Diet Tips

There are many things you can do to improve your diet. For example, it is helpful to plan your meals and snacks daily to avoid impulsive eating. Many people also find it helpful to prepare simple meals, to eat more raw foods such as salads, and to focus on the pleasure of eating healthy foods rather than high calorie ones. If you feel tired in the afternoon, you can reach for fruits, vegetables, or a high protein snack rather than sweets, which actually rob your body of energy. Try to eat moderate portions, which will help you remain alert, relaxed, and feeling your best.

Here are some diet reminders:

- Eat well-balanced meals.
- If you eat snacks, choose healthy ones.
- You should drink 6-8 8 oz. glasses of water per day.
- Eat a variety of fruits and vegetables every day.
- Choose food and beverages that are low in fat.
- Avoid foods that are high in sugar.
- Stop eating when you feel full.

Special Diets (such as Diabetic, Lactose Intolerance, Gluten Free) should be reviewed with a dietician.

Questions:

What do you like to eat?
What are your favorite foods?
Do you like to snack?
When are you most likely to snack?
What are your favorite snacks?
Do you ever eat more than you intended?
Do your feelings ever affect how you eat? For example, do you eat more when you are feeling depressed, anxious, or bored?

Making Wise Choices About Food

Healthy diets need to be balanced. There are guidelines that will help you do that. These guidelines are part of what is called the Food Pyramid. This pyramid suggests the quantities of food you should eat from five basic categories of food (meats & beans, grains, vegetables, fruits, and milk) in order to have a healthy, balanced diet. For information about quantities recommended for your specific height and weight you can go to www.mypyramid.gov. At the website, click on the site that says, "Home." When that page opens up, click on "MyPyramid Plan." Then type in your height and weight, and it will provide you with specific diet recommendations. The following is an example of a balanced 2,000 calorie diet based on the Food Pyramid recommendations:

Food Pyramid
(Daily requirements for a 2,000 calorie diet)

Grains	Vegetables	Fruits	Milk	Meat & Beans
6 oz.	2 cups	2 cups	3 cups	5 oz.

You need to eat a balanced diet to maintain good health. There are guidelines to help you do that.

Questions: What do you like to eat?
What are some of your good eating habits?
Would you like to improve your diet?

Eating a diet including the five food groups is the best 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 using the food diary. This will give you a starting point to see how balanced your diet already is.

You can use the Food Diary contained in the following chart to record what you have eaten for one day.

Food Diary

Make a list of everything you ate and drank yesterday.

Date:_____

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. _____

Making Healthy Diet Choices

Looking at your food diary, did you leave out any of the five food groups?

- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans

Are there one or more food groups that you would like to add *more* foods from? Which one(s)?

Are there one or more food groups that you would like to eat *less* of?

Which one(s)?

You can use the following lists to select one or more items that you would like to add to your diet in the next week.

Grains:

Bread	Rice	Cereal
Cereal	Crackers	Barley
Pasta	Bran	Wheat Germ
Oatmeal		

Vegetables:

Potatoes	Peas	Squash
Carrots	Spinach	Mushrooms
Tomatoes	Broccoli	Beets
Corn	Lettuce	Brussels Sprouts
Green Beans	Onion	Sweet Potatoes
Cauliflower	Celery	Asparagus
Snow Peas	Radishes	Cucumbers
Peppers	Chilies	Eggplant
Turnips	Okra	Herbs & Greens
Olives	Garlic	Cabbage

Milk and other dairy products:

Milk	Yogurt	Frozen Yogurt
Ice Cream	Cheese	Pudding made with milk
Sour Cream		

Fruit:

Apples	Bananas	Fruit Juice
Pears	Oranges	Plums
Berries	Melons	Grapefruit
Peaches	Raisins	Pineapples
Grapes	Apricots	Mangos
Nectarines	Prunes	Papaya
Pomegranate	Lemons	Avocado
Kiwis	Limes	

Meats and other sources of protein:

Veal	Poultry	Beef
Lamb	Veal	Seeds (such as Flax, Sesame)
Ham	Pork	Game
Eggs	Fish	Nuts (such as almonds, walnuts)
Brewers yeast		

Beans:

Black	Lima	Kidney
Lentil	Pinto	Soy
Navy	Tofu	Tempeh
Garbanzo		

Tips for Making Healthy Eating More Affordable

In order to expand your diet, you may need to change your shopping habits and buy foods that will allow you to eat in a healthy, balanced, and affordable way. Here are some tips:

- 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, because convenience stores are more expensive.
- Look for sale items in grocery store fliers and newspaper ads.
- Use coupons to save money on specific items.
- Get a discount card from the grocery store, which sometimes gives additional discounts.
- If fresh fruits and vegetables are too expensive, buy frozen ones.
- If fresh juice is too expensive, buy frozen juice, which is also nutritious and is often more affordable.
- Buy fruits and vegetables in season when they are usually fresher and less expensive.
- Find out if your local grocery store has certain days when meat and vegetables are the most fresh.
- If you live with other people or share food expenses, try buying food items in bulk to save money.

You can use the following checklist to help you choose what healthy eating strategies you might try.

Healthy Eating Strategies Checklist

Healthy Eating Strategy	I do this	I would like to do this or improve the way I do this
Eat small portions		
Eat healthy snacks		
Avoid fried and fatty foods		
Eat fruits		
Eat vegetables		
Eat whole grains (such as whole wheat bread, oatmeal, bran muffins)		
Drink 6-8 8oz glasses of water		
Eat less processed food		
Plan healthy meals in advance		
Avoid shopping on an empty stomach		
Avoid eating a lot of sweets		
Stop eating when I am full		
Other:		

Exercise

Exercise can help improve your physical and emotional health. Doctors often recommend a minimum of 30 minutes a day of physical activity. Prior to starting an exercise program you should check with your primary care physician to determine whether you need to take any precautions.

Reasons to Exercise

- Feel better
- Look better
- Relieve stress
- Feel better about yourself
- More energy
- Reduce weight
- Maintain healthy weight
- Reduce risk of medical problems
- Control existing medical problems, such as diabetes, high blood pressure, high cholesterol
- Sleep better

Activities for Exercise

- Walking
- Jogging or running
- Taking the stairs instead of the elevator
- Working out at gym
- Calisthenics
- Lifting weights
- Swimming
- Hiking
- Aerobics
- Bike riding or using an exercise bike
- Roller blading
- TV exercise program
- Ice skating

- Dancing
- Yoga
- Skiing
- Snowshoeing
- Martial arts (karate, judo, tai kwon do, tai chi)

Exercise can help you look and feel better. There are many activities for exercising.

Questions:

Do you engage in any exercise on a regular basis now?
What do you do?
What did you used to like to do for exercise?
What exercise do you think is fun or might be fun to try?
Are there any activities that you would like to add to your routine?

You can use the following chart to plan how you might increase the activities you do for exercise.

Activities Checklist

Activity	I do this activity.	I would like to do this activity or improve the way I do this activity.
Walking		
Jogging or running		
Taking stairs instead of elevator		
Calisthenics		
Working out at gym		
Lifting weights		
Swimming		
Hiking		
Aerobics		
Bike riding or using an exercise bike		
Roller blading		
TV exercise program		
Ice skating		
Dancing		
Yoga		
Skiing		
Snowshoeing		
Martial arts		
Other:		

Personal Hygiene

Good grooming can affect how other people see you and how you feel about yourself.

Grooming Tips:

- 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
  Other people find you pleasant to be around

- Combing or brushing your hair, shaving or trimming beard:
  Makes a good impression with others
  Gives a neat appearance

- Wearing neat and clean clothes everyday:
  Has a nice smell
  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

- Tooth brushing and flossing:
  Makes breath smell fresh
  Decreases cavities, gum disease, and losing your teeth
  Makes a bright smile that is attractive to other people
  May reduce the risk of other health problems

How to take care of your teeth and gums

Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy.

- Brush after every meal, or at least twice a day (in the morning and before bed).
- Brush a minimum of 2 minutes.
- Brush your tongue.
- Use an electric toothbrush if possible.
- If you can't use an electric toothbrush, use a soft toothbrush and don't brush too hard to avoid hurting the enamel of your teeth or your gums.
- Use toothpaste that contains fluoride.
- Floss your teeth at least once a day, preferably at night.
- If you don't have toothpaste, you can use baking soda.
- Get routine dental check-ups with cleanings and x-rays.
- Dentures should be cleaned regularly. Be sure they fit properly to avoid sore gums.

To take good care of your teeth and gums, brush and floss regularly. A routine dental check-up will help you make sure everything is in order.

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 changes you want to make in your grooming routine?

You can use the following chart to help you plan grooming strategies that you would like to try or improve upon.

Grooming Strategies Checklist

Grooming Strategy	I do this	I would like to do this or improve the way I do this
Shower or bathe regularly		
Use deodorant, soap, shampoo		
Comb hair regularly		
Wear neat and clean clothes every day		
Wash hands regularly		
Brush teeth twice daily		
Floss teeth daily		
Other:		

Sleep Habits

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:

- Increase energy
- Think clearly
- Improve your concentration
- Help manage symptoms of psychiatric illnesses
- Keep thoughts organized
- Increase your ability to cope with stress
- Keep immune system strong to fight off illness
- Maintain a normal routine

> A good night's sleep is important for your physical and emotional health. It can help your thinking and improve symptoms.

Questions: Do you feel better when you get a good night's sleep?
How do you feel when you get a bad night's sleep?

Sleep Problems as an Early Warning Sign of Relapse

Sleep disturbances can be an early warning sign of a relapse of psychiatric symptoms. Therefore it is especially important to be alert to any changes in your sleep, such as sleeping too much or too little. Also, developing good sleep habits can be a way to keep your symptoms in check.

Getting a Good Night's Sleep

Here are some strategies:

- Go to bed and get up at the same time every night.
- Do something relaxing just before bed, such as listening to music, reading, slow breathing, or taking a bath.
- Avoid naps over 30 minutes during the day.

- Don't exercise vigorously in late evening.
- Avoid caffeine including coffee and colas after 5 PM.
- Maintain the same bedtime routine.
- If you can't fall asleep within 30 minutes, get out of bed and do something until you become sleepy.
- If you're having trouble sleeping, talk with your psychiatrist or physician about your medication.

There are several strategies to increase the likelihood of a good night's sleep.

Questions:
Do you usually sleep well?
Do you ever have trouble falling asleep or staying asleep?
What helps you to get a good night's sleep?
What are some strategies you would like to try for getting a good night's sleep or a better night's sleep?
If sleep disturbance is an early warning sign of relapse for you, who would you talk to if your sleep pattern were to change?

You can use the following checklist to plan what sleep strategies you would like to try.

Getting to Sleep Checklist

Strategy to get to sleep	I use strategy effectively	I would like to use this strategy or improve the way I use this strategy
Go to bed at the same time every night and get up at the same time every morning		
Do something relaxing just before bed, such as listening to music, reading, slow breathing, stretching, or taking a bath		
Avoid naps over 30 minutes during the day		
Avoid exercising in the late evening		
Avoid caffeine after 5 PM		
Maintain same bedtime routine		
If you can't fall asleep within 30 minutes, get out of bed and do something relaxing until you're sleepy		
Other:		

Summary

Healthy living means developing positive habits in the following areas:

- Diet
- Exercise
- Personal hygiene
- Sleep

For many people, deciding to make changes in these areas is an important first step to a healthier and happier life. Lifestyle changes take time, so be patient with yourself, and be sure to get support from others. Your efforts will pay off!