



Script for Recruiting *Living Healthy* Participants

Introduction, Symptom Cycle & (optional) Lemon Script

- I am here today to share some information with you about a remarkable program that is being offered in your community – Living Healthy.
- Because this program is very different than most other health promotion/healthy aging/disease management programs you may be familiar with or may have attended in the past, I would like to share some of the main activities with you and answer any questions you might have.
- You will also be given a chance to sign up for Living Healthy today if you would like. It's FREE, and classes are limited to 15 people, so it's a good idea to sign up early.
- Living Healthy is about self-management or self-care. It's about taking control of your health, feeling better, and being able to do the things YOU want to do.

Symptom Cycle

- We've all heard about the connection between the mind and the body. We know that our mind can have an important influence over our body.
- In the Living Healthy workshop, we look more closely at this relationship, as we explore ways to manage health problems, especially the symptoms we may experience.
- Many people assume that the symptoms they are experiencing are due to only one cause: the disease/chronic condition.
- *(Use Chart 5: Symptom Cycle to illustrate)* While the disease can certainly cause pain, shortness of breath, fatigue, etc., it is not the only cause.
- Each of these symptoms can, by themselves, contribute to or worsen the other symptoms.
- *(Use Chart 5: Symptom Cycle to illustrate)* Even worse, these symptoms can feed on each other. For example, depression causes fatigue, stress causes tense muscles, and these can lead to more pain or shortness of breath, and so on.
- The interactions of these symptoms, in turn, make our disease/condition worse. It becomes a **vicious cycle** that only gets worse unless we find a way to break the cycle.
- By understanding the **Symptom Cycle** and how each symptom contributes to and increases others, we can learn techniques that help break the cycle at various points.

- The **Symptom Cycle** is used throughout the Living Healthy workshop to illustrate ways to use the various self-management techniques that are introduced to participants.

****GAUGE YOUR AUDIENCE. IF YOU THINK THEY WILL RESPOND WELL TO THE LEMON ACTIVITY, USE THE SCRIPT BELOW TO LEAD THEM THROUGH THE ACTIVITY.****

Lemon Activity

- Let's go ahead and try out one of the tools you can use to help break the vicious Symptom Cycle – using the power of your mind.
- The mind is a very powerful tool. To demonstrate how your mind can affect your body, we're going to do a short activity using the mind.
- Go ahead and get comfortable and close your eyes.
- *(Speak slowly)* Imagine you are holding a big, bright, yellow lemon. Picture it in your mind. You can feel the texture of the lemon rind in your hand. Now lift the lemon to your nose. You can smell its strong, citrus aroma. [PAUSE to let them imagine this]...Now, bring the lemon to your mouth and take a big bite out of the lemon...it's juicy....the juice squirts all through your mouth and dribbles down your chin... Suck the juice from the lemon! [PAUSE to let them imagine this].
- Now, go ahead and open your eyes
- What happened to your *body* while you were *imagining* the lemon juice in your mouth?
- All of the physical symptoms you felt – puckering, salivation, etc. – were caused by the mind since there really was no lemon.
- This is an example of how the mind can affect the body with very little effort. Just imagine what we could do if we learned ways to use that power to help us with our symptoms!
- Well, in the Living Healthy workshop, you will learn this and so much more, including the importance of setting small, achievable goals. We call these **Action Plans**.

Action Plans

- One of the most important ways to really take control of your life and your health is to flex your ability to set small, manageable goals and achieve them. In the Living Healthy workshop, we call this making an **Action Plan**.
- Think about a time when you took a road trip. It would have been difficult to take that trip if you hadn't had a destination in mind.
- A goal is kind of like that trip destination. It's an intermediate destination on your life's path. But, if you don't know where you are going, it's going to be difficult to get there!
- In general, goals are too big to work on all at once; they can be overwhelming. That's why so many of us have a hard time getting started on a goal.
- Therefore, in order to achieve the "big" goal, it needs to be broken down into smaller, more doable steps or tasks.
- Think about planning a road trip. You probably use a map, and you break your trip into smaller pieces – decide which roads you're going to take to get to your destination, and where you are going to stop for meals and rest.
- It's much the same with any goal. For example, a person whose goal is to lose weight might break that goal into some of these steps first:
 - Limit snacks after dinner
 - Eat more fruits and vegetables
 - Use low-fat alternatives when preparing favorite recipes
 - Take 2 10-minute walks each day
 - Finding a friend to exercise with.
- By a show of hands, has anyone here ever had an action they wanted to take, or a goal they wanted to accomplish, but didn't know where to start?
- (*Modified problem solving activity.*) What is one example of a BIG goal that would be easier to accomplish if it as broken into smaller, mini-goals?
 - (*Write the goal down if you have a flipchart*)
 - What are some ways we might be able to break this BIG goal into smaller, incremental goals?
 - (*Write the ideas down if you have a flipchart.*)
 - Each of these smaller goals helps yet you closer to achieving the big goal and it makes it easier to get started along the path toward a goal.

- This is kind of like that analogy: “How do you eat an elephant?” → “One bite at a time.”
- In the Living Healthy workshops we set small, week-long goals, or **Action Plans**, at the end of each of the workshop sessions.
- Setting Action Plans each week, allows us to practice setting and achieving goals.
- We might not achieve every goal every week, but if we don’t, we can take a look at what some of the barriers were, and how we might be able to overcome them the next time.
- Action Planning helps us become better self-managers – helping us gain more control over our health and our lives.

Overview of Self-Management Toolbox (*Use Chart 6: Self-Management Toolbox*)

- Understanding the Symptom Cycle and learning how to set weekly, achievable Action Plans are two of the tools in the **Self-Management Toolbox**. (*Refer to Chart 6: Self-Management Toolbox*)
- The toolbox includes a variety of tools, such as physical activity, health eating, problem-solving, better breathing, planning, medications, etc. We can use these tools at different times, as needed to break the vicious Symptom Cycle and to become better self-managers.
- The Living Healthy workshop you a chance to learn about each of these tools and how to use them to help you take control of your health and your life, and be able to do the things you want to do.

Overview of the Workshop Structure & Registration Info

- So, now that you have a bit of a feel for what the Living Healthy workshops are like. Here is some basic information about the program.
 - Workshops are 6 sessions long → 1 session/week for 6 weeks.
 - It is important for participants to be able to attend at least 4 of the 6 sessions in order to get the full benefit.
 - Each session is about 2 ½ hours in length, which includes a 20-minute break.

- Because the workshop is so interactive, and the activities are kept short and engaging, the time really flies!
- Each workshop has limited space. We can only have up to 15 participants per workshop!
- If you are interested in registering or getting more information about upcoming Living Healthy workshops, we are passing around a clipboard with a page to collect your name and phone number.

Benefits & Encouragement to Register

- We truly believe that you will enjoy this workshop and benefit from it greatly.
- Research shows that people who participate in this program:
 - Experience less fatigue
 - Have better management of their health symptoms
 - Are more physically active
 - Communicate better with their physicians
 - And feel better about their state of health.
- The program is offered in 27 countries throughout the world and almost everyone state in the US.
- Here in North Carolina, over 2,000 people have taken part in the program. Some of the things they have to say include:
 - *“Living Healthy has empowered me to take more control over my health care.”*
 - *“I’m calmer, more balanced, and more hopeful that I can get better.”*
 - *“This course has reached so many areas of my life. This class has been a blessing to me. I have learned a lot. I don’t know how to really express how grateful I am to be a part of this class.”*
 - *“I know that I cannot rely on my health care provider for every aspect of my well being”.*
 - *“The workshop helped me understand that I am not alone.”*
- (Q&A) We are happy to answer any questions you may have.

THANK YOU!!!

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