

Suggested Approach:

- Allow participants to discuss which steps towards healthier living they can consider. Ask group members about the significance of calling the session title “Starting on the Road to Healthy Living”. This name is symbolic in describing that having a healthy life is a process that will not happen overnight yet can be achieved in many small steps.
- Recognize that it is hard to make any lifestyle changes and that it is helpful to think about it as acquiring a new skill that requires some effort and practice to get it right.
- Additional activities include an assessment of weight and body mass index for participants (See Section 8 Appendix/Forms). Elevated body mass index is associated with poor health and conditions such as diabetes and hypertension. This may best be done on an individual basis. A nurse may be very helpful in performing these assessments and giving feedback to consumers.
- The On the Path to Healthy Living Questionnaire is also included as a resource for consumers to fill out (See Section 8 Appendix/Forms). It is a more comprehensive evaluation of physical health, weight/nutrition, smoking and physical activity, sleep and stress reduction that may take more time than the group allows. It helps the consumer identify areas to work on and allows the facilitator to have a better understanding of the complete health and wellness of the individual.

Chapter 2:**Why is smoking dangerous?****(Consumer’s Handouts Section 5: Chapter 2)****Objectives for this Chapter:**

- Educate the group about the risks of lung and heart disease and that nearly all cases of lung cancer are related to smoking.
- Educate the group that smoking is linked to other consequences, including missing work due to increased illnesses.

After reading this section, individuals will be able to:

- Understand the negative health consequences caused by smoking.
- Identify any illnesses or symptoms that they have which may be caused by their smoking.

Suggested Approach:

- After reading these pages, encourage individuals to talk about their understanding of smoking as a danger to their health.
- Discuss any physical symptoms or medical problems the consumers have related to smoking (i.e., shortness of breath, difficulty walking, coughing up phlegm).
- Make a phlegm and tar jar out of molasses and clear hair gel which shows how much a pack a day smoker collects in their bodies.

Chapter 3:

What's in cigarette smoke?

(Consumer's Handouts Section 5: Chapter 3)

Objectives for this Chapter:

- Educate the group about the chemicals in cigarette smoke.
- Educate the group that nicotine is **not** a carcinogen, or cancer-causing chemical, although it is the addicting part of a cigarette.

After reading this section, individuals will be able to:

- Understand that the chemicals in burning cigarette smoke are dangerous to their health.
- Identify that some of these chemicals are used in other products that they are familiar with and are very toxic.

Suggested Approach:

- After reading these pages, encourage individuals to talk about their understanding of smoking as a danger to themselves and others.
- Encourage participants to discuss how chemicals in burning cigarettes are harmful.

Chapter 4:

Why do so many consumers with mental illness smoke?

(Consumer's Handouts Section 5 : Chapter 4)

Objectives for this Chapter:

- To understand that mental illness and smoking are linked.
- To recognize that smoking is a complex problem made of biological, psychological and social factors.

After reading this section, individuals will be able to: