

- Describe guidelines that will make the group setting a safe place to learn about the “Learning About Healthy Living” program.

**Suggested Approach:**

- It will be important for the Facilitator to be warm and welcoming to group members upon arrival to create a non-threatening environment.
- Allow participants to introduce themselves to the group.
- Discuss rules for expected behavior during group sessions (See also Section 2).
- Although a good portion of this manual’s focus is on helping consumers look at their tobacco usage, this could be very threatening initially to the consumer who smokes. It will be important during the Healthy Living approach to emphasize tobacco but the manual also includes topics on healthy eating, increasing physical activity and dealing with stress. Throughout the group sessions, it may be helpful to discuss “unhealthy” ways that people may deal with other problems including stress and mental illness symptoms. (i.e. yelling, violence, alcohol, tobacco, food, etc.). In this way, this approach accurately discusses the relevant risks from smoking and also presents a hopeful and healthy alternative.

**Chapter 1:  
Starting on the Road to Healthy Living  
(Consumer’s Handouts Section 5: Chapter 1)****Objectives for this Chapter:**

- Help consumers understand that healthy living is an attainable goal that can help them to feel better in many ways.
- Educate the consumers about the importance of looking at their overall wellness and tobacco use as part of their recovery from mental illness.
- Identify ways to begin to take steps towards healthier living.

**After reading this section, individuals will be able to:**

- Identify the importance of attending the group and evaluating various parts of their general emotional and physical health.
- Describe what health issues will be important to them to address during the course of the Learning about Healthy Living group.
- Learn more about their overall health status.

### **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:**