

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

- Identify that smoking has not always been a helpful way to deal with stress.
- Understand how deep natural breathing can help them to reduce stress and feel better.

**Suggested Approach:**

- Practice deep breathing exercise while in the group session.
- Ask group to share other suggestions to deal with stress, or other stress management techniques and practice them with consumers while in the group setting if possible.

**Chapter 13:  
How much physical activity do I need?  
(Consumer's Handouts Section 5: Chapter 13)**

**Objectives for this Chapter:**

- Discuss physical activity options that can be incorporated into all of our lifestyles.
- Learn the benefit of increasing physical activity.

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

- Think of a few ways that they can increase physical activity.
- Understand how increased physical activity could help them emotionally and physically.

**Suggested Approach:**

- Have class go outside and walk briskly for 5 minutes together and afterwards talk about how that felt and how they feel emotionally and physically after they've cooled down.
- Have group members who currently exercise regularly share about how initially it was difficult to begin, but that sticking to their plan made them feel better and it became part of their everyday routine.

**Chapter 14:  
How can I make healthier food choices?  
(Consumer's Handouts Section 5: Chapter 14)**

**Objectives for this Chapter:**

- Teach consumers about healthy food options.