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| PEER LEADER GUIDE  Session 1:  Program Kickoff & Introduction  to Self- Management |

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| 10:30 – 10:50 AM | |  | |
| WELCOME AND INTRODUCTIONS | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Welcome participants; thank them for coming | |
|  | *Let’s start by getting to know each other’s names*   * Icebreaker Exercise   [Name Tag Game]   * Introduce peer leaders * Explain Purpose of Program (why we’re here)   *We started the PeerSupport Wellness Program to help PeerSupport patients manage their chronic conditions – this will help you feel better, have more energy, set and reach health goals, and stay healthy between doctors’ visits.*  *Over the course of the next 3 months, we want to help you:*   * *Set and reach goals to help you feel good and support your health and wellness* * *Solve problems that keep you from living your best life* * *Learn the best way to ask friends and family to support you in adopting healthy habits so you can feel better every day* * *Develop ways to work through hard emotions and tough problems* * *Maintain the healthy habits you’ve developed*   Why Peer Leaders?   * *We are patients also, and we know how tough it can be to manage chronic conditions– we helped design this program, and will be here for you throughout the program.* * *We are here as a resource and guide for you over the next 12 weeks* * *Maybe by the end of the program, you will want to be a peer leader!*   What we’ll do:  *Because today is the first session, it is a little different. But starting next week, the format will be:*   * *Intros/updates* * *Self-management check-in* * *Discussion with an expert* * *Physical Activity* * *Goal setting/action plan activities/snack* * *Every session will focus on a different topic. We’ll cover topics like: diet and exercise, medication adherence, stress, and talking to your doctor, among others.* * *At the end of each session, we’ll ask you to think about a change you want to work on related to that week’s topic. All goals we’ll ask you to set and reach are safe.* * *All sessions will include some physical activity, either a walk outside or a “Sit and Be Fit” Session inside. We invite you to participate in whichever one you feel most comfortable.*   *To get us started, Norma will walk us through our first group exercise*   * Top Secret Exercise | |

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| 10:50 – 11:10 AM | | |  | | | | |
| WHAT TO EXPECT | | |  | | | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | | What you can expect  *We will:*  *Lead informative and engaging sessions that we hope will be helpful*  *Answer all your questions; if we don’t know, we’ll find out for you*  *Take your feedback and suggestions as we go along*  *Treat everyone with respect*  What we expect from you  *Join us! Come on time*  *Participate as you feel comfortable!*  *Treat others with respect, even if you disagree with them*  *Come prepared – focus on your action plans during the week, make efforts to reach your goals, make sure you wear comfortable clothing and good shoes!*  *Bring a healthy recipe every week!*  Setting ground rules  *Now, we’d like to set some ground rules for the group. What are some rules you’d like us to follow?*   * Setting Ground Rules Exercise     If no one says anything 🡪  suggest topics: speaking rules, phone rules, respect, etc.  Add all topics to the board  After everyone is finished:  Add any that have been decided upon before and ask all to agree | | | | | | |
| 11:10 – 11:20 AM | | | | | |
|  | **BREAK** | | |  | |
| 11:20 – 11:55 AM | | | | |  | | | | |
| SELF-MANAGEMENT & VALUES | | | | |  | | | | |
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|  | *What do the words “self-management” mean to you?*   * Self-Management Exercise   🡪 Listen for the following – if nobody says anything, use the examples below to get people to share their ideas:  This is what people do every day, between doctors’ visits, to improve their health and how they feel – what they eat, how much they move, taking medications, talking to doctors – taking steps to make sure they feel their best and keep their chronic conditions under control | | | | | |
|  | *Before we can set and reach our health goals, it’s helpful to know what we value – what is important to us? Let’s go through this exercise to help us figure it out.*   * Values Sort Exercise | | | | | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Think about the values you chose today and how they relate to your health* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Check out the resource guide - ask Norma if you need help contacting a resource!*   *Thank you for coming!* | |



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| Session 2:  Healthy Eating |

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| 10:30 – 10:50 AM | | | |  | |
| WELCOME AND CHECK-IN | | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | | | |
|  | Ask people to discuss their experiences (both successes and difficulties) as a group  *Since we met last week, what’s been hard? What’s going well?*  *Before we talk about today’s session topic, Norma will walk us through a group exercise.*   * Getting off the Ground Exercise | | | |
| 10:50 – 11:00 AM | | |  | | |
| TODAY’S OVERVIEW | | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | | * Introduce the topic   *Today, we’ll be talking about eating healthy. There’s a lot that goes into eating healthy, and we won’t be able to cover everything today. But our goal is to talk through some of the most important parts of a healthy eating pattern, and to spark your imagination to think about what changes you’ve made and can keep making to the way you eat!* | | |
|  | | * Ask the group:   *Why is it important to eat healthy?*  (If no one mentions these things, bring them up)  *- We need the calories (aka energy) and nutrients in food to survive and thrive. The calories in food give us energy to do all the things we do, and for our brains to work and keep our bodies going. Nutrients (water, fiber, vitamins, minerals) keep our bodies working at peak function.*  Ask the group:  *What are the important parts of a healthy diet?*  *Some general guidelines for a healthy diet include:*  *- Eat a variety of fruits and vegetables - Aim for 5-7 /day.*  *- Choose low-fat or nonfat dairy products - aim for 2-3/day*  *- Choose lean protein (like chicken or turkey cooked without the skin, tuna canned in water, or black beans)*  *- Choose whole grains (like whole wheat bread/pasta and brown rice)*  *- Choose small portions*  *- Have variety in your diet and enjoy the foods you choose.*  Ask the group:  *What makes it hard to eat a healthy diet?* | | |

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| 11:00 – 11:30 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, we’ll hear from a health educator, [name]. She will lead a discussion on healthy eating and how to look at what we are eating every day and what changes we can make in what we buy, cook, and eat so that we feel better and can have more energy.* | |

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| 11:30 – 11:50 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Now, we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:30 – 11:55 AM | | |  | |
| GOAL SETTING & ACTION PLAN | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s choose a health goal together!*  *Choose a health goal to reach over the* ***next 6 weeks****. This should be something that will help you feel better day-to-day, that is health-related. We’ll ask you some questions to help you choose the goal that’s right for you.*   * Goal Setting Exercise   *Now we’ll make an action plan for that goal. This is where we choose one thing to change this week to help us reach our goal.*   * Action Planning Exercise | | |
| 11:55 – 12:00 PM | |  | | |
| CLOSE OF SESSION | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Announce plan for next week,  *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your health goal – think about it this week, notice when it’s easy to make the change and when it’s hard.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Check out the resource guide - ask Norma if you need help contacting a resource!* 4. *Next week, we will talk about emotions. Over the next week, try to notice how your emotions affect your self-management and your health.*   *Thank you for coming!* | | |



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| Session 3:  Positive Emotions |

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| 10:30 – 10:55 AM | | | |  | |
| WELCOME AND CHECK-IN | | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back   * Icebreaker Activity | | | |
|  | Ask people to discuss their experiences (both successes and difficulties) as a group  *Since we met last week, what’s been hard? What’s going well?*  *Before we talk about today’s session topic, Norma will walk us through a group exercise.*   * Jigsaw Puzzle Exercise   *Now, let’s do a weekly check-in activity. This will help us figure out how we did over the past week and reflect on our Action Plan from last week.*   * Weekly Check-in | | | |
| 10:55 – 11:00 AM | | |  | | |
| TODAY’S OVERVIEW | | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | | Introduce the topic  *Today, we’ll be talking about our emotions and how they affect our health and our ability to manage our chronic conditions.  Most emotions that people experience are either positive or negative.*  🡪 Go to topic expert section | | |

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| 11:00 – 11:30 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Introduce the topic expert  *For today’s session, Norma will lead us through a discussion about positive emotions – noticing when they’re happening, what they feel like, and how they relate to our health and ability to manage our chronic conditions.*  🡪 Topic expert will lead discussion | |

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| 11:30 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Today, we’re going to do a few activities that relate to our emotions. This is more of a mental exercise than a physical one, but can help you remember positive emotions when you need to.* | |
|  | Do the activity! | |

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| 11:40 – 11:55 AM | | |  | |
| ACTION PLAN | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | | |
| 11:55 – 12:00 PM | |  | | |
| CLOSE OF SESSION | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Announce plan for the next week   *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about exercise and sleep – before we meet again, think about what questions you have, if any, about that topic, and bring them in next week!*   *Thank you for coming!* | | |



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| Session 4:  Exercise & Sleep |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back   * Icebreaker Activity | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *Today, we are going to be talking about exercise and sleep.*  *Do you think exercise is an important part of self-management?*  *Why or why not?*  *What about getting enough sleep?* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, [name] will lead a discussion about physical activity and sleep.* | |

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| 11:20 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:55 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Announce plan for the next week   *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about social support – before we meet again, think about who can help you reach your health goals!*   Thank you for coming! | |



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| Session 5:  Social Support |

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| 10:30 – 10:50 AM | | | |  | |
| WELCOME AND CHECK-IN | | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back   * Icebreaker Activity | | | |
|  | Ask people to discuss their experiences (both successes and difficulties) as a group  *Since we met last week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity*   * Weekly Check-In | | | |
| 10:50 – 11:00 AM | | |  | | |
| TODAY’S OVERVIEW | | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | | * Introduce the topic   *Today, we’ll be talking about social support. We will talk about how the people around us affect us as we set up healthy habits. Having people in our community to support us as we try and change our habits and manage our conditions can increase our chances of success both with making changes and keeping them! There will be days that are tougher than others, and knowing who we can lean on to encourage us to make healthy decisions will be important. Also, there is such a thing as “negative support” – folks around you being nags, or know-it-alls. They are likely coming from a good place, but this type of feedback can be more discouraging than encouraging.*  *One reason we think social support is so important is because the people we see every day help to create the environment where we work, eat, play, and sleep – where we live! If we can get the people around us to create a “health-promoting” environment, we can reach our goals more easily!* | | |
|  | | * Ask the group:   *Who is around you? Who do you interact with most days?*  *How do you speak with those folks about your health? Do you? If not, why not?*  *How do you think the people around you could help you live a healthy life?*  *How might the people around you get in the way of you living a healthy life?*  *How can we (in this group) help each other?* | | |

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| 11:00 – 11:30 AM | |  |
| TOPIC EXPERT | |  |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *For today’s session, Norma will lead us through a discussion about social support – identifying who can help us, when they can help us, and how we can ask for help.* | |

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| 11:30 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:55 AM | | |  | |
| ACTION PLAN | | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | | |
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| 11:55 – 12:00 PM | |  | | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Announce plan for the next week   *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about taking medications as they’re prescribed.*   *Thank you for coming!* | | |

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| Session 6:  Medications |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *Today, we are going to be talking about the importance of taking medications as they are prescribed. This is called medication adherence.*  *Do you think medication adherence is an important part of self-management? Why or why not?*  *Can someone explain to the group what medication nonadherence is?*  [If no one says anything]:  *Medication nonadherence is when a patient does not take their medication as prescribed. This can be because a patient doesn’t pick up the medication from the pharmacy or because they don’t get refills on time. It can also mean stopping a medication early, taking more or less of a medication than is prescribed, or taking a dose at the wrong time.* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, we have a pharmacist from Mount Sinai joining us to talk more about medication adherence. S/he can answer your questions, give you some information about your medications, and we’ll talk as a group about why medication adherence is an important part of self-management.* | |

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| 11:20 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:50 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:50 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Announce plan for the next week   *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about managing stress.*   Thank you for coming! | |

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| Session 7:  Managing Stress |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *Today, we are going to be talking about managing stress.*  *When you hear the word stress, what do you think of?*  [Let folks respond, then say]  *Stress is how the brain and body respond to a demand. A demand can be something like missing a train when you’re running late, or a major life change. Even the good ones can make us feel stressed out! Stress impacts our physical and mental health. It’s important for us to recognize stress when it happens, and pay attention to how we deal with these stressful events, so we can make sure we’re dealing with stress in a healthy way.* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, Norma will lead us in a discussion about managing the stress in our lives.* | |

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| 11:20 – 11:30 AM\* | |  | |
| DE-STRESS ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | \*[Shorter activity time due to goal setting activity]  *Now we will do some activities to help us de-stress.* | |
|  | Participate in the activity! | |

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| 11:30 – 11:55 AM | |  | |
| GOAL SETTING & ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s choose a health goal together!*  *Choose a health goal to reach over the* ***next 4 weeks****. This should be something that will help you feel better day-to-day, that is health-related. We’ll ask you some questions to help you choose the goal that’s right for you.*   * Goal Setting Exercise   *Now we’ll make an action plan for that goal. This is where we choose one thing to change this week to help us reach our goal.*   * Action Planning Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Announce plan for the next week  *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll discuss talking to your doctor – before we meet again, think about how your provider can help answer your health questions and provide you support as you make healthy changes.*   Thank you for coming! | |



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| Session 8:  Talking to Your Doctor |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (both successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *This week, we’ll be discussing a very important topic for us at PeerSupport – how to talk with your providers! PeerSupport was started in part because we know that sometimes it’s hard for patients and providers to understand each other- even if they speak the same language. So today, we’ll talk about why it’s hard to talk to doctors, why they might not always hear us, and what we can do to improve communication with them to get the most out of our visits.*  Ask the group,  *Have you faced any challenges with doctors in the past?*  *Have your friends/family members had difficulties with their doctors?* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, we have a doctor here with us today. She or he can answer your questions, share some tips for how to have a good visit, and we’ll talk as a group about why communication with your provider is an important part of self-management.* | |

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| 11:20 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:55 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Announce plan for the next week   *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking coping with physical pain. This week, think about what topics you’d like to cover related to coping with pain.*   Thank you for coming! | |



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| Session 9:  Coping with Pain |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *This week we’ll be discussing something that matters to all of us: pain, and how we cope with it. Pain means something different for everyone. Maybe we each experience different types of pain, different levels of severity, at different times throughout the day, for different lengths of time. Sometimes this pain is manageable, but at other times, this pain pushes us to our limits. Sometimes this pain is unexpected, but as many of you know, some of this pain occurs quite often, almost as if it’s routine. Today we want to talk about how we can each cope with our own pain, and share tools for how to cope with it.*  Ask the group,  *Does anyone want to share their challenges with physical, chronic pain?* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | * Introduce the topic expert   *Now, we have someone here with us today to talk about coping with pain. She or he can answer your questions, share some tips for how to manage pain, and we’ll talk as a group about why coping with pain is an important part of self-management.* | |

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| 11:20 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:55 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Announce plan for the next week  *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about maintaining healthy habits – before we meet again, think about any healthy habits you’ve started and want to continue!*   Thank you for coming! | |

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| Session 10:  Maintaining Healthy Habits |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:50 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic  *This week, we’ll be talking about the future. Our time together is almost up, and we’ve worked on a lot of changes individually and as a group. We have hopefully improved our self-management of chronic conditions, and we’ve chosen a new activity to do every week that relates to our health. Today we want to talk about how we can maintain those healthy habits after the end of the PeerSupport Wellness Program.*  Ask the group,  *Let’s think back to our action plans. Does someone want to share the action plans they found easiest to stick to? Or one that was hard, but helpful?* | |

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| 10:50 – 11:20 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Introduce the topic expert:  *Today we have someone who can talk with us about how we can keep up the good work we’ve done so far.* | |

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| 11:20 – 11:40 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Remind the participants:  *Now we will do some physical activity together! If you want to take a walk outside, one of the peer leaders will lead a short walk in the park. If you’d rather stay here, another peer leader will lead an indoor workout session.*  *As a reminder, STOP anytime you are feeling shortness of breath, pain, or dizziness!* | |
|  | Participate in the activity! | |

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| 11:40 – 11:55 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Announce plan for the next week  *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Next week we’ll be talking about negative emotions and how to handle them.*   Thank you for coming! | |

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| Session 11:  Managing Negative Emotions |

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| 10:30 – 10:40 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:40 – 10:45 AM | |  | |
| TODAY’S OVERVIEW | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/163263BF.tmp | Introduce the topic:  *This week, we’ll be talking about our emotions and how they affect our health and our ability to manage our chronic conditions. Most emotions that people experience are either positive or negative emotions.*  🡪 Go to topic expert section | |

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| 10:45 – 11:15 AM | |  | |
| TOPIC EXPERT | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Introduce the topic expert:  *For today’s session, Norma will lead us through a discussion about negative emotions – noticing when they’re happening, what they feel like, how they relate to our health and ability to manage our chronic conditions – she’ll also help us work through managing those negative emotions.*  🡪 Topic expert will lead discussion | |

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| 11:15 – 11:35 AM | |  | |
| PHYSICAL ACTIVITY | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Today, we’re going to do a few activities that relate to our emotions. This is more of a mental exercise than a physical one, but these can help you manage negative emotions in your day-to-day life.* | |
|  | Participate in the activity! | |

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| 11:35 – 11:55 AM | |  | |
| ACTION PLAN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | *Let’s work on choosing a change we want to make this week, and make an action plan for it. The change you focus on this week can either be related to the goal you chose a few weeks ago, or if you want you can work on something related to what we talked about today.*   * Action Plan Exercise | |

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| 11:55 – 12:00 PM | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Announce plan for the next week  *We’ll meet again next week at this time! Over the next week, we’d like you to:*   1. *Focus on your action plan – think about the change you want to make.* 2. *Next week, bring in a healthy recipe to share with the group* 3. *Put on your party shoes! Next week we’ll have a party to celebrate everyone’s progress in the group and to celebrate each other!*   Thank you for coming! | |

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| Session 12:  Planning for the Future – Party! |

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| 10:30 – 10:45 AM | |  | |
| WELCOME AND CHECK-IN | |  | |
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| /var/folders/q3/3pfx5q6d2mddrvtt29fxj2bw0000gn/T/com.microsoft.Word/Content.MSO/8FBDB42D.tmp | Welcome the group back | |
|  | Ask people to discuss their experiences (successes and difficulties) as a group  *Over the past week, what’s been hard? What’s going well?*  *Does anyone want to share a healthy recipe?*  *Let’s do a weekly check-in activity together*   * Weekly Check-In | |

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| 10:45 AM – 12:00 PM | |  | |
| PARTY!! | |  | |
|  | | |
|  | *THANK YOU FOR JOINING US!* | |