WORKSHOP #3

Managing Your Health Care: Mental and Physical

- Led by Sylvia and Chantee
Overview: Managing your health care

• Meditation exercise (Sylvia)
• Managing mental health and medication adherence (Sylvia)

• Managing physical health: nutrition, exercise, managing chronic disease, managing stressors (Chantee and nutritionist)
Meditation exercise

(Sylvia)
Managing Your Health Care

Mental/Physical: Medication Adherence
Managing Your Healthcare
Mental/Physical: Medication Adherence

- The importance/purpose of medications - lived experience
- Taking multiple medications
- What you need to tell your Doctor
- What to ask the Doctor or Pharmacist
- How to read the prescription label
- Taking your medicine
- Remembering to take your medicine
- Self-Medication
Managing Your Healthcare

Mental/Physical: Medication Adherence

How to read prescription and over-the-counter drug labels
Resources and Citations


Managing your health care: Physical health

(Chantee)
We all have busy lives, so taking some time to exercise is important. It has many benefits!

- Why it’s important to be active throughout our lives:
  - Helps support us to be healthy.
  - Helps build our strength.
  - Helps control and maintain a healthy body weight.
  - Reduces the risk of heart disease, high blood pressure, diabetes and obesity.
  - Help joints and ligaments to be more flexible.
  - Increases energy levels, relieves stress and makes us feel happier.
  - Gives us an overall good sense of well-being
Why Dieting alone is not a good choice

Just because “You look healthy” and okay doesn’t always mean you are. You could be 5’8 and 135lbs but that doesn’t mean you are physically healthy. You are still at risk for many diseases.

- A healthy plan is more attainable and realistic.
  - Are you really going to stick to a cabbage soup diet for life? Probably not!
  - Eating healthy balanced meals can be more sustainable in the long run!

A healthy diet:
- Fights Disease
- Improves your Cholesterol and Blood Pressure
- Reduces risk of cancer
- Helps reduce the risk of depression
Lifestyle Modification: Diet

- Cutting 500 calories per day will decrease your weight by 1-2 pound per week
- Watch portion sizes
- Watch liquid calories (soda, juice, fruit drinks)
- Watch simple sugar and starches
- Go natural
Tips on staying Healthy {Plan Ahead}

- Create a goals and a plan
- After you state your goal, think of several things that could go wrong and plan how you can deal with them.
- Check your confidence level

- One of the most important things to remember is that you can change your behavior, even though your illness makes you feel down at times. If you work on making better choices, setting goals, and taking responsibility and following through, you can make changes that will lead you to better health.
Looking back and adjusting is necessary to stay on course
Conclusion

- People who don’t take care of themselves have a higher risk of certain health problems
- Many of these problems can be prevented or reversed by actions taken by you and your doctor
- This takes some work
- You have to decide if you are worth it
I AM THE MASTER OF MY FATE AND THE CAPTAIN OF MY DESTINY