

Healthy Living Self-Management Guide



Resources to help you manage your health.

www.BHPI.org/WellAware

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Eating Right



Resources for planning healthy, nutritious meals.

Eating right means enjoying balanced meals made with fresh, healthy ingredients.

It also means getting plenty of water and not eating too much processed food.

The links provided here give recipe ideas and help with goal setting and meal tracking.

- U.S. Department of Agriculture's Choose MyPlate.gov provides tools that help plan & track meals and physical activity.
- Daily food plans (<http://www.choosemyplate.gov/tools-daily-food-plans>) can help you make better meal choices.
- USDA' Nutrition.gov site providing dietary guidelines, and access to workshops.
- Michigan Health & Wellness (<http://www.michigan.gov/healthymichigan/>) shares meal ideas, and recipes.
- Create a personal plan to live a healthier lifestyle (<http://mdhhs.michigan.gov/surGeneral/>).



Weekly Meal Planner



Day	Meals
Monday	Breakfast Lunch Dinner: Snacks:
Tuesday	Breakfast Lunch Dinner: Snacks:
Wednesday	Breakfast Lunch Dinner: Snacks:
Thursday	Breakfast Lunch Dinner: Snacks:
Friday	Breakfast Lunch Dinner: Snacks:
Saturday	Breakfast Lunch Dinner: Snacks:
Sunday	Breakfast Lunch Dinner: Snacks:

Shopping List

Get Physical



Tools to help you get more physical activity into your daily life.

A key part of a healthy lifestyle is physical activity. Are you getting enough?

Use the resources below to find out if you are ready for more exercise.

- U.S. Department of Agriculture shares resources to help manage physical activity (<http://www.choosemyplate.gov/physical-activity>)
- Center for Disease Control and Prevention's Physical Activity page (<http://www.cdc.gov/physicalactivity/>)
- Let's Move (<http://www.letsmove.gov/>)- a site to help children get active, with downloadable action plan.



Physical Activity Log



Day	Physical Activity Goal	Complete
Monday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Tuesday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Wednesday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Thursday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Friday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Saturday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Sunday	Goal: Length of Time: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No

Weight Management



Tools to help manage your weight.

Body mass index (BMI) should be measured every two years.

When BMI is outside of the normal weight range, health risks may increase.

Awareness of this measure can help you make changes that promote a healthier lifestyle.

- U.S. Department of Agriculture provides resources for weight management. (<http://www.choosemyplate.gov/weight-management>)
- BMI calculator (<http://www.choosemyplate.gov/tools-BMI>)

Stress Management



Understand what stress is and how you can manage it.

The human body responds to worry, fear, and other emotions, by releasing chemicals in to the blood stream.

These stress chemicals (adrenaline, cortisol, & norepinephrine), can cause problems ranging from increased illness and fatigue, to negative outcomes, such as heart attack, kidney disease, and stroke.

- Stress Fact Sheet (<https://www.nimh.nih.gov/health/publications/stress/index.shtml>)
- The CDC provides information about stress and tips for self-care. (<http://www.cdc.gov/features/handlingstress/>)
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- The U.S. National Library of Medicine shares a number of stress resources including Health Check Tools. (<https://www.nlm.nih.gov/medlineplus/stress.html>)
- Mental Health America has a Stress Screener. (<http://www.mentalhealthamerica.net/stress-screener>)

Mental Wellness



Use these resources to help manage your mental health.

About 50% of people in the U.S. will deal with a mental health condition during their lifetime. Mental wellness is important to everyone.

The first step to better mental health can be realizing that you have a mental health condition, screening tools can help with diagnosis and recovery.

- Mental Health America's Mental Health Screening Tools.
(<http://www.mentalhealthamerica.net/mental-health-screening-tools>)
- Read the American Psychological Society's Road to Resilience.
(<http://www.apa.org/helpcenter/road-resilience.aspx>)
- Learn about Anxiety Disorders.
(<https://www.nimh.nih.gov/health/publications/anxiety-disorders-listing.shtml>)
- Learn about Depression.
(<https://www.nimh.nih.gov/health/publications/depression-listing.shtml>)
- Learn about Obsessive Compulsive Disorder (OCD).
(<https://www.nimh.nih.gov/health/publications/ocd-listing.shtml>)

Blood Pressure

Know what healthy blood pressure is!



Know what healthy blood pressure is.

Around 50 million Americans suffer from hypertension.

Hypertension is a major risk factor for myocardial infarction, stroke, and renal disease.

Monitoring this blood pressure can help improve health outcomes.

- The National Heart, Lung, and Blood Institute explains high blood pressure. (<http://www.nhlbi.nih.gov/health/health-topics/topics/hbp>)
- The CDC provides a **High Blood Pressure Fact Sheet**. (http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm)

Quit Smoking



Quitting can improve your health.

Tobacco is responsible for 20% of all deaths in the U.S., use of the substance presents obvious health concerns.

Quitting can improve your health. Below are several resources to help you.

The Michigan Department of Health & Human Services offers information about how you can improve health by reducing tobacco use, as well as many other tools.

- Michigan Resources to help quit smoking (http://www.michigan.gov/documents/mdch/Quit_Tobacco_Resources_for_patients_313480_7.pdf)
- Michigan Tobacco Quitline (<https://michigan.quitlogix.org/>)
- Smoking Calculator (https://michigan.quitlogix.org/thinking_about_quitting/calculator.aspx)
- Enroll in Quitline Program (<https://michigan.quitlogix.org/enrollment/enroll.aspx>)

Quit Line phone (800) 784-8669

Nicotine Anonymous (517) 627-9606

The U.S. Department of Health & Human Services offers a smoking Quitline and a quit portal with support resources for individuals working to become smoke free at their smokefree.gov website.

- quitSTART App (<http://smokefree.gov/apps-quitstart>)
- Quit Plan (<http://smokefree.gov/quit-plan>)



Quit Smoking Plan

Steps		Success?
Step 1	Pick a day to quit. Date: Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 2	Plan for your Quit Day <ul style="list-style-type: none">• Tell family and friends• Talk to your primary care physician• Join a support group• Plan ways to deal with craving: chewing gum, candy, vegetables. Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 3	Quit one day at a time <ul style="list-style-type: none">• Develop strategies for dealing with the desire to smoke• Build a network of people who support your decision to quit (call them when you feel the urge to start again)• Find ways to keep your hands busy• Avoid people and situations that increase your desire to smoke Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Step 4	Stay Quit or Keep Quitting <p>Quitting is hard, sometimes it does not happen on the first attempt. Don't let this discourage you. Keep Quitting until you eliminate the habit.</p> Notes:	<input type="checkbox"/> Yes <input type="checkbox"/> No

Alcohol Use



Know what at risk drinking is.

- The National Institute in Alcohol Abuse and Alcoholism's (NIAAA) resources on alcohol consumption and alcohol-related problems to help avoid risk drinking (<http://www.niaaa.nih.gov/publications>)
- Information on Alcohol abuse for children ages 11-13 The Cool Spot (<http://www.thecoolspot.gov/>)



Alcohol Fact Sheet



What is a drink?

In the U.S., a standard drink contains 0.6 ounces of pure alcohol.

What does a drink look like?

- 12-ounces of beer
- 8-ounces of malt liquor
- 5-ounces of wine
- 1.5-ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)



What is Excessive Drinking?

Excessive drinking includes:

- binge drinking,
- heavy drinking, and
- any drinking by pregnant women or people younger than age 21.

Heavy Drinking is defined as:

WOMEN:

Consumption of 8+ drinks per week.

MEN:

Consumption of 15+ drinks per week.

Binge Drinking is defined as:

WOMEN:

Consumption of 4+ drinks during a single occasion

MEN:

Consumption of 5+ drinks during a single occasion.

Health Risks

Excessive alcohol can increase the risk of many harmful health conditions, including the following:

- Injuries, such as automobile crashes, falls, drownings, etc..
- Violence, including homicide, suicide, sexual assault, and domestic violence.
- Alcohol poisoning.
- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Mental health problems, including depression and anxiety.
- Alcohol dependence, or alcoholism.
- Social problems, including lost productivity, family problems, and unemployment.

If your drinking habits can be defined as excessive, you should consider discussing your alcohol consumption with your primary care provider to get more information about risk drinking.



Quick Alcohol Test



	Question	Answer
Question 1	Do you ever feel that you drink too much and should try to drink less?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Question 2	Does drinking ever make you feel guilty or bad?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Question 3	Do friends and/or family comment about or criticize your drinking habits?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Question 4	Do you ever feel that you need to drink alcohol upon waking to get rid of a hangover?	<input type="checkbox"/> Yes <input type="checkbox"/> No

The questions above are based on the standard CAGE questionnaire.

If you answer “yes” to more than one of these questions, it is likely that you have an alcohol problem.

If you answer “yes” to more than one of these questions, you should consider discussing your drinking habits with your primary care provider to get more information about risk drinking.



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