

Group Seven

# HEALTHY LIFESTYLE CHOICES

Skills to Be Taught

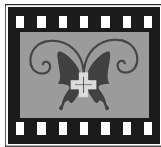
- Coping Skills
- Stress Management
- Nutritional Guidelines and Food Hygiene



## COUNSELOR TOOL BOX

### Multi-modal Presentation of Material:

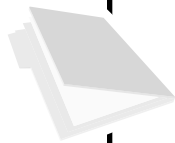
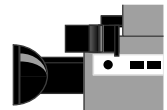
**Verbal** Didactic presentation of material  
Questioning  
Group discussion



**Visual** Visual presentation of major points using slides  
Group responses written on flipchart by counselor  
Written/Pictorial handouts provided in Client Workbook

**Experiential** Demonstration: relaxation techniques  
Healthy Lifestyle Choices game  
Post-group quiz  
Stress management/relaxation technique

**Materials** Flipchart and markers  
Overhead projector and slides  
Audio tape player and relaxation tape  
Clock/timer  
Pens/pencils  
Prizes  
“Loaner” Client Workbooks  
Handouts:  
Group agenda  
Group quiz  
Exercise  
Sleep  
Stress management  
Nutrition:  
Dietary Guidelines for Americans  
FDA Food Pyramid  
The Food Pyramid–Food Label Connection (double-sided)  
Healthy Lifestyle Choices Game cards:  
4 Stressful Situation cards  
9 Coping Strategy cards  
Certificate of Achievement (as warranted)



**Reminders** Ensure that all material on quiz is covered well during group.  
Quiz material is indicated by **QUIZ ITEM** in the text.  
Instructions to counselors are provided in **this typeface.**



**AGENDA**

(2-hour group: Adjust times based on beginning time)

- 0:00     **Begin Group** (5 mins)  
          Introductions – Rules – Time keeper assignment
- 0:05     **Introduction to Topic:** “Healthy Lifestyle Choices” (5 mins)
- 0:10     **Stress** (5 mins)
- 0:15     **Coping Strategies** (10 mins)
- 0:25     **Serenity Prayer** (5 mins)
- 0:30     **Demonstration:** Relaxation techniques (20 mins)
- 0:50     **Exercise and Sleep** (5 mins)
- 0:55     BREAK** (10 mins)
- 1:05     **Review** (5 mins)
- 1:10     **Nutrition** (10 mins)
- 1:20     **Healthy Choices Team Game** (25 mins)
- 1:45     **Quiz and Feedback** (5 mins)
- 1:50     **Relaxation Tape** (10 mins)
- 2:00     **End**

BEGINNING OF EVERY GROUP (5 mins)

- Group members and counselors introduce themselves and welcome new members
- Group rules are reviewed

Visual

**HHRP**  
**GROUP RULES**     **RESPECT**

**R***elaxation* (complete quiet...no talking, shuffling of papers, or walking around during relaxation exercise)

**E***ating* (No eating during group)

**S***ober* (don't come to group high)

**P***unctuality* (come to group on time)

**E***veryone can't talk at once* (no crosstalk)

**C***onfidentiality* (what's said in group, stays in group)

**T***eamwork* (group members work together towards recovery)

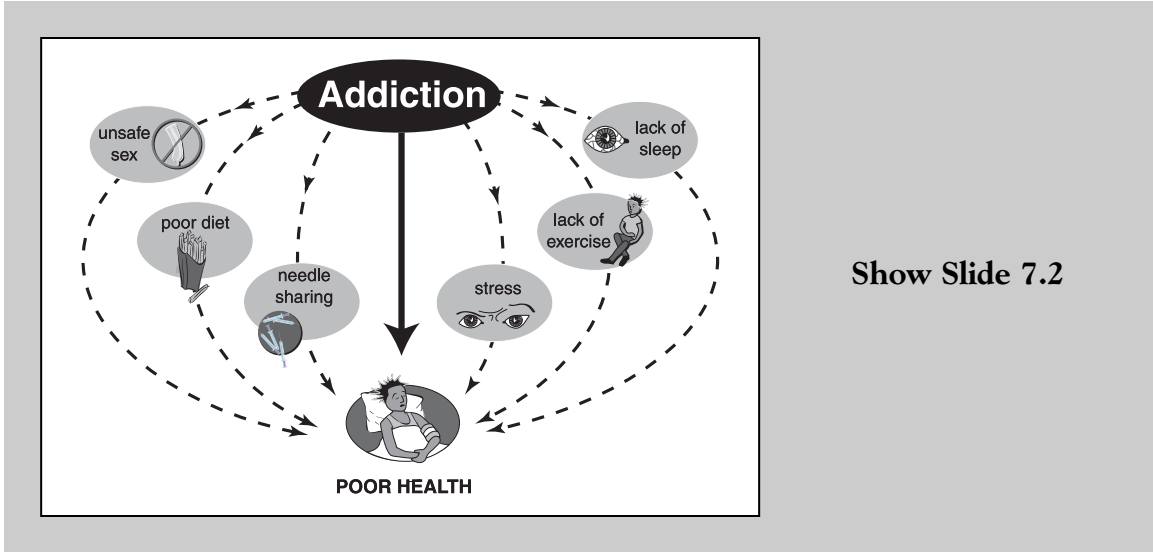
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- Copy of agenda for today's group is distributed to group members
- Ask for a volunteer to serve as time-keeper (to keep group on track and on time)
- Announcement of any graduates from the group today
- Presentation of Certificate of Achievement to those who complete in good standing

Verbal

Counselor provides introduction to today's topic. (5 mins)

Today we will be discussing ways to maintain and improve your health by making healthy lifestyle choices. A theme that will be repeated throughout this treatment program is that if you are well-prepared you can gain control over many aspects of your health and your life. Today we will focus on making lifestyle changes. The most obvious lifestyle change you can make that will help you maintain or improve your health is of course being abstinent from drugs. Your decision to enter addiction treatment and to be drug-free is an **essential** first step in your decision to maintain and improve your health. **QUIZ ITEM** However, it is not the only step you need to take.



Show Slide 7.2

Addiction has both direct and indirect effects on your health. Addiction will lead you down the road to poor health by a direct route—that is the direct negative effect of drugs on your body (we’ve talked about this in previous groups). However, addiction also leads to poor health by a more indirect route. Addiction leads to unhealthy lifestyle choices, which in turn lead to poor health. Some of these unhealthy lifestyle choices include risky behavior such as unsafe sex or needle sharing, poor diet, lack of exercise and sleep, and inability to cope adaptively with stress. Addiction also leads to unhealthy decisions. Today, we are going to focus on helping you to make the decision to change your lifestyle so that you can get on the road to recovery and improved health.

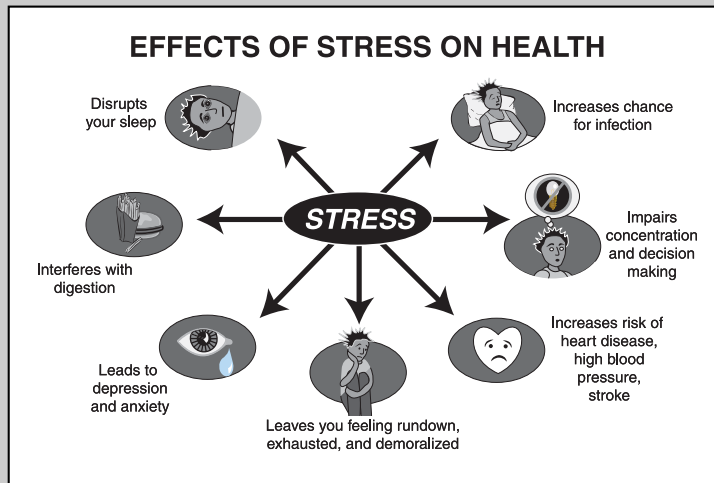
We’ll begin by talking about the effects of stress on your health because there is a strong link between stress, addiction, and health.

Counselor leads a discussion on stress. (5 mins)

**QUESTION:** What is stress?

**Answer:** Stress can be thought of and defined in many different ways. For purposes of this group, let’s think of stress as any change you must adjust to. We call the life change that stresses us the “stressor.” We usually think of stressors as negative events, but stressors can also be positive events (such as a holiday, a wedding, a graduation, etc.). The important point to remember is that the stressor, in and of itself, is not what is harmful—it’s how we cope with the stressor that matters.

Visual



Show Slide 7.3

As shown in the slide, when we don't cope well with stress, it can have multiple effects on our physical and mental health:




- Stress makes us more susceptible to infection. In another group we talked about the immune system and the role of Natural Killer cells in fighting infections, including HIV. Research studies have shown that the strength of these Natural Killer cells is linked to how well we cope with stress.
- Stress increases the risk for heart disease, hypertension, stroke, and other illnesses. As we've discussed in previous groups, drug use also puts you at risk for these illnesses, so you place yourself in double jeopardy if you don't cope well with stress.
- Stress interferes with digestion and sleep. As we'll discuss later, keeping up your strength by getting enough rest and eating well are extremely important in living a healthy lifestyle.
- Stress leads to depression and anxiety. Depression and anxiety, in turn, can be triggers for drug use, which can itself cause depression and anxiety, thus creating a dangerous cycle of self-medication.
- Stress interferes with concentration, logical thinking, and decision making. Staying healthy requires being able to make healthy choices. You won't make healthy choices if you can't think straight.
- Stress can leave you feeling rundown and exhausted, which can result in demoralization, and a reduction in your motivation to continue your journey of recovery.

**QUESTION:** How do you know when you are stressed?

**Answer:**

**Visual**

### **SIGNS OF STRESS**

		
<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>FAMILY/SOCIAL</b>
<ul style="list-style-type: none"><li>• Muscle Tension</li><li>• Upset Stomach</li><li>• Headaches</li></ul>	<ul style="list-style-type: none"><li>• Anxiety</li><li>• Anger</li><li>• Depression</li></ul>	<ul style="list-style-type: none"><li>• Domestic Violence</li><li>• Family Problems</li><li>• Work Impairment</li></ul>

**Show Slide 7.4**

As shown on the slide, we can group the signs of stress into three categories. The first category shown is physical. Some physical signs of stress are muscle tension, upset stomach, headaches. Does anyone here get tight muscles when you are stressed? Different people have different physical signs of stress. What other physical symptoms do you experience when you are stressed?

Counselor writes the additional symptoms on the board.

The second category is emotional. Some emotional signs of stress are anxiety, anger and depression. What other emotional symptoms are experienced in response to stress?

Counselor writes the additional symptoms on the board.

The last category is family and social problems. This might include not being able to work well or having problems getting along with your family and friends, and may even include domestic violence. When they are stressed some people take it out on family members. Or, as shown in the next slide, some people may take it out on inanimate objects.

Visual



Show Slide 7.5

This slide is humorous. Coping with stress by taking it out on other people is not. So let's get serious and talk about ways to cope with stress.

Verbal/  
Discussion

Counselor leads discussion on coping with stress. (10 mins)

**QUESTION:** What are some strategies for coping with stress?

**Answer:**

Visual

<b>COPING WITH STRESS</b>		
<b>MALADAPTIVE COPING STRATEGIES</b>		
<b>BEHAVIORAL</b>	<b>PSYCHOLOGICAL</b>	<b>INTERPERSONAL</b>
<ul style="list-style-type: none"> <li>• Drug use</li> <li>• Alcohol use</li> <li>• Emotional discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Avoidance</li> <li>• Acceptance</li> </ul>	<ul style="list-style-type: none"> <li>• Isolation</li> <li>• Drug-using friends</li> <li>• Unsafe sex</li> <li>• Share needles</li> </ul>
<b>ADAPTIVE COPING STRATEGIES</b>		
<b>BEHAVIORAL</b>	<b>PSYCHOLOGICAL</b>	<b>INTERPERSONAL</b>
<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Relaxation</li> <li>• Massage</li> </ul>	<ul style="list-style-type: none"> <li>• Reappraisal</li> <li>• Logical analysis</li> <li>• Problem solving</li> </ul>	<ul style="list-style-type: none"> <li>• Non-drug using friends</li> <li>• Religious/spiritual</li> <li>• Support groups</li> </ul>

Show Slide 7.6

On the slide, we've categorized coping strategies as behavioral (something you do physically), psychological (something you do mentally), and interpersonal (something you do with other people).



Let's begin with the ones we're probably most familiar with—the maladaptive ones:

Counselor points to the maladaptive strategies on the slide.

- Behavioral strategies include drug and alcohol use or emotional discharge—that includes yelling, screaming, crying, punching a hole in the wall to get it out of your system.
- Psychological strategies include avoiding thinking about whatever is stressing you (pretend it doesn't exist), or just resigning yourself to the fact that you can't do anything about it so you might as well accept it.
- Interpersonal strategies include isolating yourself from everyone, or seeking out the company of drug-using friends to get your mind off your troubles.

Resorting to any of these strategies can negatively affect your health. Indeed, the fact that you need to be in addiction treatment means that you used one or more of these maladaptive strategies. Studies have shown that individuals who are addicted to drugs use more of these maladaptive coping strategies. Use of such maladaptive coping strategies also puts you at high risk for contracting HIV because they are associated with reckless behavior. But do any of these strategies reduce stress? Do they work? Well, yes and no. They may indeed provide a quick temporary fix; people wouldn't use them if they didn't. However, the key word is 'temporary.' You may feel okay for a little while, but then the stress will return even worse than before.

Adaptive strategies, on the other hand, don't always feel good right away, but they do reduce the effects of stress in the long run.

Counselor points to the adaptive strategies on the slide.

As shown on the slide, adaptive coping strategies include:

- Behavioral strategies, such as exercise, relaxation techniques, and massage.
- Psychological strategies, such as positive reappraisal (an example of this would be to think of what is stressing you as positive, perhaps as an

opportunity to make changes in your life), logical analysis (that means really analyzing the situation carefully), and problem solving (considering all your options, developing a plan of action, and following through).

- Interpersonal strategies, such as getting support from non-drug-using family and friends, getting support from your religious or spiritual faith, and getting support from people with similar problems.

**There are no quick fixes on the road to recovery.**

Addiction is characterized by impatience and a desire for quick fixes. One of the lifestyle changes you will therefore need to make to travel the road to recovery is learning to be patient and being willing to learn and practice more adaptive ways of coping with stress. Recovery does not mean a life free of stress, far from it. In fact, when people first begin the journey they may find that their lives actually seem more stressful. This is because they have given up their old, maladaptive, coping strategies, and have not replaced them. Remember, it takes time to develop new strategies for coping with stress that do not harm your health or the health of others.

**Verbal/  
Didactic**

Counselor provides instruction based on the Serenity Prayer. (5 mins)

If you look back at the slide, you'll notice that the behavioral strategies listed are ways to cope with the effects of the stress; they do not change the stressful situation. On the other hand, some of the psychological and interpersonal strategies may actually change the situation to make it less stressful. This is an important distinction to make. Remember the Serenity Prayer.

**Visual**

**SERENITY PRAYER**

*God grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference*

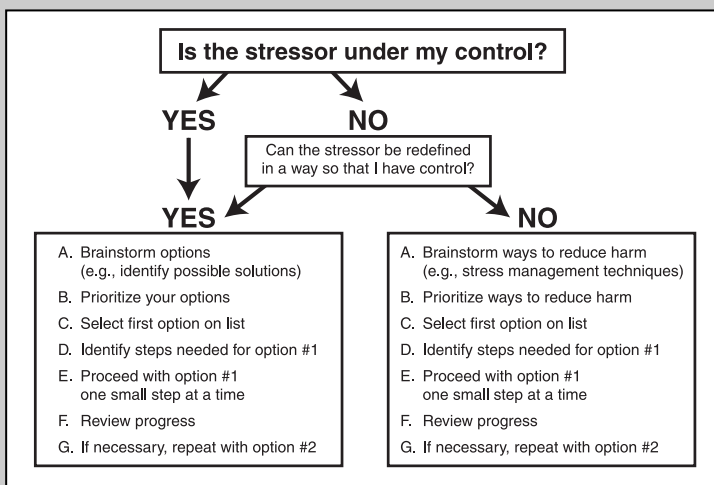
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Counselor recites the Serenity Prayer as follows:

God grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.

In this treatment program we focus on learning how to change those things that can be changed (those things that are in your power to change), and finding serenity in acceptance of those things that cannot be changed.

Visual



Show Slide 7.8

As you can see in this slide, when faced with a stressful situation, the first thing you should ask yourself is “Is this problem or situation under my control?”

**If you answer “yes—the stressor is under my control,”** the first thing you need to do is to consider all your options. You might want to brainstorm options with a friend or family member, or some people may seek guidance and support through prayer. When you have considered your options, prioritize them—that means listing them in order such that the most feasible option is listed first. Then analyze your first option carefully and break it down into small manageable steps. Then tackle one small step at a time so that the task doesn’t get overwhelming. Make sure you review your progress as you go along. If the first option isn’t working, go to Option #2 and repeat the steps. *(Note to Counselor: group members will need to know these steps for the game later in the group).*

**If you answer “no—the stressor is not under my control,”** the first thing to do is consider whether you can redefine the stressor so that it is

something you have control over. **QUIZ ITEM** Some people refuse to be tested for HIV because they do not want to know if they are HIV-positive. They feel that it would be too stressful. So, let's say the stressor is testing positive for HIV. That is certainly a major stressor and once you test positive, being infected is not under your control. However, if you redefine the stressor as a health challenge, there are many things that are under your control, and, in fact, you have more control than if you had not been tested. For example, you could carefully consider your treatment options and, as we discuss in another group, you could then make a specific plan of action with your health care provider as to how you are going to actively participate in your health care. Research has shown that how people cope with learning about being HIV-positive has an effect on their health. People who do not cope well get sicker faster and are more likely to continue to engage in behaviors that place others at risk for HIV infection and themselves at risk for re-infection with medication-resistant strains of the virus and for other infections that can hasten the progression of HIV disease. So, how you cope with stress in this situation is far from trivial. It can have an impact on your health and the health of others.

Can you think of other examples where the stressor can be redefined such that there is something you can do to change the stressful situation?

If the stressor cannot be redefined as something under your control, remember that even if you don't have control over the cause of the stress or the solution to it...

**You always have control over how you react to stress. QUIZ ITEM**  
**Your task in this case is to reduce the harm of stress to your health.**

We are now going to demonstrate a variety of relaxation techniques that can help reduce the harm of stress to your health. This will be an extremely brief introduction to relaxation—rather like presenting you with a smorgasbord of techniques to sample. The purpose is to introduce you to them and when you find one or two you like, you can take time learning them. Remember, there are no quick fixes here. Mastering these techniques takes time and effort, but with practice you will get better and better at controlling your body's response to stress.

**Experiential/  
Demonstration**

Counselor demonstrates 4 relaxation techniques, devoting approximately 5 minutes to each technique. Counselor should encourage group members to participate in the demonstration (*Note: some counselors may prefer to play a commercially available videotaped demonstration*). (20 mins)

## 1. Introduction to visualization/guided imagery: (5 mins)

The first technique I will demonstrate is called visualization or guided imagery. It's a technique that is used not only in medicine, but also in sports to prepare athletes for competition. The purpose of this first demonstration is to show you the connection between your mind and your body. So get comfortable in your chairs.

Counselor slowly reads the following script:

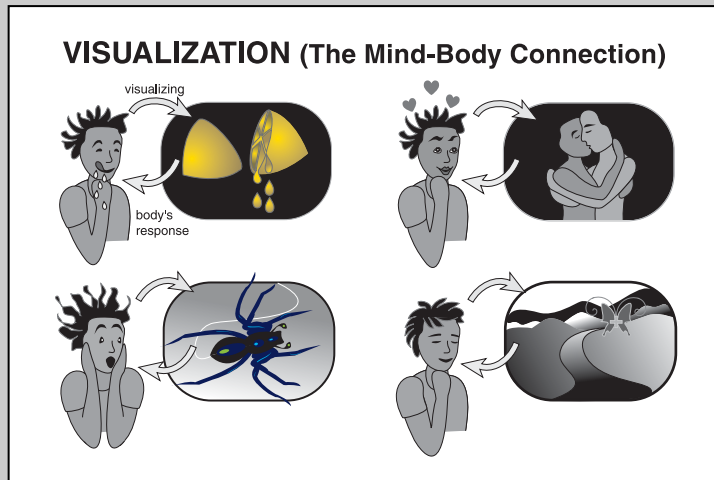
“Close your eyes and form a mental picture of a lemon. Imagine a **big, ripe, yellow, lemon**. See it clearly. Imagine what the surface of the lemon's skin looks like. Bright yellow with a rough, crinkled, texture. Now imagine that you are cutting that lemon in half with a knife. As you cut the lemon in half, a spray of lemon juice fills the air. See and smell the spray; its a big, juicy, lemon and the spray fills the air around you. Now imagine that you are taking half of that lemon and sinking your teeth into it. Really sink your teeth into that juicy lemon, and feel the lemon juice filling your mouth with its sourness. Really experience the taste of that lemon... Okay open your eyes. Is your mouth watering?”

For those of you who answered yes, you just used your mind to influence your body. You just increased the flow of saliva in your mouth with your mind alone; there's no lemon here.

*(Note to counselor: some individuals who do not respond to the lemon imagery with salivation may respond to imagining the smell and taste of bakery items.)*

Let's consider a few more examples of the influences of mental imagery on the physical body:

## Visual



Show Slide 7.9

As this slide shows there are other examples of the mind-body connection other than the effect of imagining a lemon on the flow of saliva.

**Sexual fantasy.** As you can see in the slide, if you become sexually aroused during a sexual fantasy, you have experienced an excellent demonstration of the power of your mind to influence the flow of blood in your body, because sexual arousal involves change of blood flow to the genitals.

**Memory of frightening event.** Similarly, when you recall a frightening event or think of something that you fear greatly (perhaps a spider or snake), your heart will start to race or you might feel lightheaded or queasy. This is because your body is gearing itself up for a “fight or flight” response even though there is no current danger, only your image of danger.

**Relaxing Imagery.** Just as imagery of a frightening event can make your body tense, so too can imagery of a relaxing scene cause your body to physically relax. So you can counter the negative effects of stress on your body by doing relaxing imagery or visualizations. Some people find imagining being at the beach very relaxing; for others it may be imagining floating on a cloud. Whatever scene in your imagination represents total peace and serenity will create a relaxation response in your body. Let’s do that now.

Counselor leads group in brief visualization exercise using the following script:

“Get comfortable in your chair. Uncross your legs, place your hands on your thighs, and close your eyes. Think of a special place that is

particularly relaxing for you. You don't need to tell anyone what it is. Just form an image of it in your mind. It could be a beach, a forest, a meadow, or a favorite room or comfortable chair—anywhere you feel completely calm, relaxed, and totally at peace. Imagine yourself present in that relaxing scene using all your senses; feel it, smell it, taste it, hear the sounds, see the colors; use your imagination to really feel yourself there in this relaxing place. Fully experience this relaxing place—this is your special place where you can go any time you wish to feel safe and secure and so relaxed. You have the power to give yourself a mini-vacation in this special place in your mind whenever you want. Now slowly return your awareness to the room, and open your eyes.”

## **2. Introduction to progressive muscle relaxation: (5 mins)**

Another relaxation technique is called progressive muscle relaxation (or PMR). In this technique, you physically tighten and then deeply relax various muscles in your body. It is based on the premise that one responds to stress automatically with muscle tension. The goal of PMR is to replace this response with the experience of relaxation. After learning PMR, your body will recognize muscle tightness as a signal to relax, thus reducing the negative impact of stress. You can get tapes of this technique which will take you systematically through the relaxation of various muscle groups in your body. If you practice for just 15 minutes twice a day, it only takes about 2 weeks to see the benefits. It can help you cope with stress and may reduce anxiety and insomnia. To give you just a sample of this technique, let's do a very brief PMR exercise now using just two muscle groups. We will be tightening and relaxing the muscles in our hands and shoulders. When you tighten your muscles, never go to the point of pain, and if you are susceptible to muscle cramps in certain muscles, modify the tightening of those muscles accordingly.

Counselor leads the group in a PMR exercise following the script below; muscles should be tightened for approximately 5-7 seconds and relaxed for 20–30 seconds. Speak quickly during muscle tightening and slowly during muscle relaxation:

“Sit comfortably in your chair; legs uncrossed, hands resting on your thighs. Now close your eyes and relax.

Concentrate first on your left hand. Now make a tight fist with your left hand. Tight, tighter, very tight. Now relax your left hand. Just let go of all the tension. Feel the tension draining out of your left hand now. Very relaxed. Left hand feeling so very, very relaxed. Left hand completely relaxed on your thigh now.

Concentrate on your right hand now. Now make a tight fist with your right hand. Tight, tighter, very tight. Now relax your right hand. Just let go of all the tension. Feel the tension draining out of your right hand now. Very relaxed. Right hand feeling so very, very relaxed. Right hand completely relaxed on your thigh now.

Concentrate on your shoulders now. Shrug your shoulders so that your shoulders come up around your ears. Hold them there, tight, tight, very tight. Try to get your shoulders up to your ears. Now drop your shoulders down again and feel the tension pour out of the muscles in your shoulders. Feel the muscles in your shoulders relax deeply. So relaxed. Shoulders so relaxed now, so very, very relaxed.

Open your eyes now.”

### **3. Introduction to deep breathing and correct breathing habits: (5 mins)**

Deep breathing (from the diaphragm) is another technique that can help you manage stress. When you are stressed, your breathing tends to become very shallow (from your chest). To reduce stress, begin by focusing on your breath. Do this now. Focus on your breathing.

You are going to think “1” as you inhale and think “relax” as you exhale.

Think “2” on breath in and think “relax” on breath out.

We’ll do this together for 10 breaths, thinking of the number of the breath when you inhale, holding the breath for a few seconds, and then thinking “relax” as you exhale.

Counselor leads group in VERY SLOWLY counting 10 relaxing breaths using the following script:

“First place your hands on your diaphragm so that you can feel your diaphragm rise when you inhale and fall when you exhale. Keep your chest still. Now:



Count “1” on breath in...(hold the breath)...and think “relax” on breath out  
Count “2” on breath in...(hold the breath)...and think “relax” on breath out  
Count “3” on breath in...(hold the breath)...and think “relax” on breath out  
Count “4” on breath in...(hold the breath)...and think “relax” on breath out  
Count “5” on breath in...(hold the breath)...and think “relax” on breath out  
Count “6” on breath in...(hold the breath)...and think “relax” on breath out  
Count “7” on breath in...(hold the breath)...and think “relax” on breath out  
Count “8” on breath in...(hold the breath)...and think “relax” on breath out  
Count “9” on breath in...(hold the breath)...and think “relax” on breath out  
Count “10” on breath in...(hold the breath)...and think “relax” on breath out.”

If you don’t have time to do deep breathing, you always have time for a sigh. Everyone knows what a sigh is. It seems to be an automatic response that your body makes when it is feeling tired or stressed. You can use this response to your advantage in stressful situations. Just take a deep breath and as you exhale slowly say “Ahhhhhhh.” Imagine that all the tension is leaving your body with your sigh. Let’s do this together now.

Counselor demonstrates the relaxing sigh using the following script:

“Hands on your diaphragm and feel it expand as you breathe in, contract as you breathe out. Now, altogether let’s take a deep breath in. Now exhale very slowly, and as you do so, say ‘Ahhhhhhhhhhhhhhhhhhhh.’” Once more. Deep breath in...and out ‘Ahhhhhhhhhhhh.’

#### **4. Positive affirmations/Autogenic Training (5 mins):**

The last technique we’ll be demonstrating involves our inner voice. What we tell ourselves influences how we feel. Negative self-talk, such as “I’m no good, I need a fix, I can’t cope with this” has a powerful effect on us. It influences our body’s response to stress and it influences our behavioral response. When you tell yourself you can’t cope, your body believes you and acts accordingly, creating a cascade of chemical and physiological responses that heighten the discomfort and prolong the stress. You are also unlikely to try any coping strategies if you are telling yourself you cannot cope, thus further increasing your stress.

So, be very careful what you tell yourself.

Affirmations are positive self-statements. When you are stressed, if you tell yourself “I am calm” your body will respond accordingly. A technique called

“autogenic training” is based on the use of positive self-statements that increase the warmth and heaviness of parts of the body. Warmth and heaviness is your body’s response to relaxation. Autogenic Training has been used by NASA to train astronauts to control nausea caused by weightlessness in space, and is used for a number of health related problems, including controlling nausea from chemotherapy. It has also been used at Yale to help addicted individuals reduce craving for drugs. It is similar to PMR in that you systematically focus on various parts of your body; however, in autogenic training you do not move the muscles, you repeat specific statements, such as “my hands are warm and heavy.” Let’s try it.

Counselor leads group in a brief autogenic training exercise using script below:

“Get comfortable. Uncross your legs. Place your hands on your thighs. Close your eyes and relax. I am going to read some statements. After I finish each statement I want you to repeat it to yourself. Do not say it out loud. Just repeat the statement to yourself.

‘My hands are warm’ repeat to yourself ‘my hands are warm’

‘My hands are heavy’ repeat to yourself ‘my hands are heavy’

‘My hands are warm and heavy’ repeat to yourself ‘my hands are warm and heavy’

‘My shoulders are warm’ repeat to yourself ‘my shoulders are warm’

‘My shoulders are heavy’ repeat to yourself ‘my shoulders are heavy’

‘My shoulders are warm and heavy’ repeat to yourself ‘my shoulders are warm and heavy.’

Now open your eyes.”

With practice, what actually happens in your body when you use this technique is that you cause physical changes to occur, such as an increase in blood flow to these muscles which allows the muscles to relax.

Another way to use affirmations or positive self-statements is to write positive statements on cards and place them in conspicuous places that you can see several times during the day. For example, you could write on a card “I am calm,” or “I can handle this” and then place it on your bathroom mirror. Whenever you see the card, it will remind you to use your coping strategies to protect your health against stress.

These are just four different relaxation techniques. There are many more and most are available commercially on audio and video tapes. We strongly encourage you to experiment with different techniques, to find one or two that are right for you. We end each group with a brief relaxation exercise because it is an integral part of the treatment program. However, it is up to you to incorporate it into your new healthy lifestyle.

Counselor leads discussion on exercise and sleep. (5 mins)

Verbal/  
Discussion

**QUESTION:** Stress management is one component of a healthy lifestyle; other components include exercising and getting adequate sleep. Should people in recovery exercise?

**Answer:** Definitely, in moderation, but not to the point of exhaustion.

Regular exercise can have beneficial effects on the immune system; it can also help reduce stress and depression, and can help reduce urges to use drugs. Exercise should be done regularly and in moderation. It is important to have a number of different exercises to choose from that you can do daily. If you aren't feeling well one day, you can choose gentle stretching exercises and on other days you can do something a little more strenuous. It's important to get into the exercise habit. Brisk walking is a wonderful exercise that can be done by almost everyone here. What other forms of exercise do people here like to do?

Counselor writes group's responses on the board.

For those of you who decide to embark on this journey toward maintaining and improving your health, you need to become very sensitive to your body; you will need to get to know your body and its needs, to listen to it, and to respond to it. For example, when your body tells you it is tired, you should rest.

**QUESTION:** Why is it important to get sufficient sleep?

**Answer:**

When you are fatigued your resistance is lowered not only to infection, but also to drug use. Remember **H.A.L.T**—it stands for **H**ungry, **A**ngry, **L**onely,

**Tired**—each of these states can be triggers for drug use. Sometimes when people feel tired and run down they think cocaine will help. It may seem like it is helping for a few moments, but in the long-run it makes it worse. Getting sufficient sleep is essential for living a healthy lifestyle. If you have difficulty getting the rest you need, it is important for your health that you address this problem.

In your Client Workbook you will find three handouts that provide a menu of choices for stress management, exercise, and getting a good night's sleep. I encourage you to review these and to seek additional information on these subjects from your library, bookstore, and health care provider. You will notice that at the bottom of each handout there is a box, in which you can write down your choices of the relaxation, exercise, and sleep techniques that you are willing to commit to doing every day during the coming week. It's important to set aside a certain time each day for these activities. Making a commitment to yourself to begin incorporating these strategies into your daily life is an excellent way for you to begin making a commitment to a new and healthy lifestyle.

Counselor directs group members to the following three handouts in their Client Workbook: "Sleep," "Exercise," and "Stress."

**Break**

(10 mins)

**Review**

Counselor recaps material covered before break. (5 mins)

Before the break we talked about lifestyle choices that can have an effect on your health. Your decision to be drug-free is an essential first step to a healthier lifestyle. **QUIZ ITEM** Drug use affects your health both directly and indirectly. The drug itself has a direct and harmful effect on your body. Addiction also affects your health indirectly because it leads to an unhealthy lifestyle which includes risky behavior, such as unsafe sex or needle sharing, poor diet, lack of exercise and sleep, and an inability to cope well with stress, each of which leads to poor health. We talked about the signs of stress and the effect of stress on your health, which may include increased susceptibility to infection, heart disease, and poor decision making.

**QUIZ ITEM** We defined stress as any change we must adjust to. Stress is a normal part of life, and can be caused by positive as well as negative events.

What's important to your health is how you cope with all the stresses of daily life. We talked about the importance of identifying those stressors you have control over and those you don't. If you have some control over the source of the stress you need to identify and prioritize your options. Then take your best option and break it down into small, manageable steps. Then, one step at a time, see if this option works for you. If it doesn't, try the next option on your list. If, on the other hand, you do not have control over the source of the stress, remember that your response to the stress is always under your control. **QUIZ ITEM** To manage your body's response to the stress you can do relaxation exercises, such as visualization, progressive muscle relaxation, deep breathing, or positive affirmations. You may also be able to redefine the stressor, so that you do have some control. **QUIZ ITEM** Finally, we talked about exercise and sleep. We recommended moderate exercise; never exercise to the point of exhaustion **QUIZ ITEM** and get adequate rest. Both may help keep your immune system strong and can reduce craving for street drugs.

So, we have touched briefly on a number of healthy lifestyle choices that you can make to improve your health. We are now going to talk about the importance of nutrition.

Counselor leads discussion on good nutrition. (10 mins)

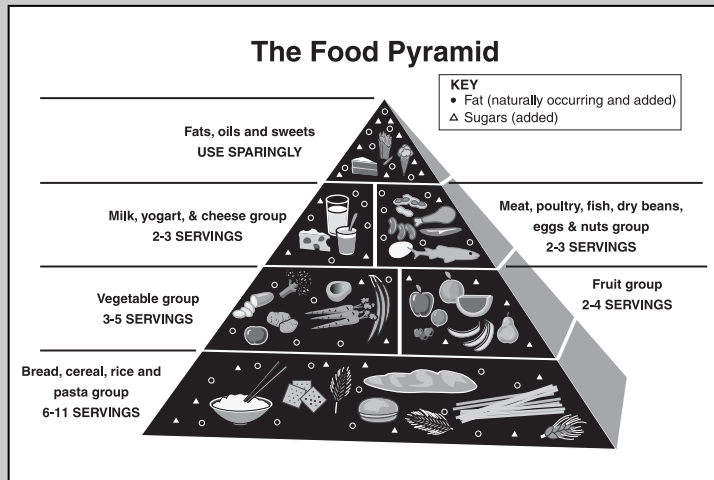
Verbal

When drug users enter treatment they commonly have serious nutritional deficiencies due to drug use and to the lifestyle associated with drug use. Recovery is not only about remaining abstinent, it is also about recovering your health. In addition to managing stress, exercising, and getting sufficient rest, this includes eating well and getting essential vitamins and minerals in your diet.

**QUESTION:** Can anyone name the different food groups?

**Answer:** Here they are on the food pyramid provided by the Food and Drug Administration (FDA):

Visual



Show Slide 7.10

Fad diets come and go, but the message of the basic food pyramid is still true—To stay healthy, you need to **eat a balanced diet**. The FDA has provided dietary guidelines for all Americans. You will find these in your Client Workbook. Let's go over the three basic ingredients to good nutrition and good health as recommended by the FDA:

- 1) Aim at fitness:
  - Aim for a healthy weight.
  - Be physically active each day.
  
- 2) Build a healthy base:
  - Let the Pyramid guide your food choices.
  - Choose a variety of grains daily, especially whole grains. **QUIZ ITEM**  
This includes breads, cereals, rice, and pasta.
  - Choose a variety of fruits and vegetables daily. **QUIZ ITEM**
  - Keep food safe to eat. Don't thaw foods at room temperature, **QUIZ ITEM** don't eat food from cans that have bulges or dents, don't eat raw meat, fish, and eggs, **QUIZ ITEM** and above all, wash everything thoroughly. **QUIZ ITEM** Before and between preparing different foods, wash your hands, utensils, and cutting boards, and wash fruits and vegetables before cutting or peeling.
  
- 3) Choose sensibly:
  - Choose a diet that is low in saturated fat and cholesterol **QUIZ ITEM** and moderate in total fat.
  - Choose beverages and foods to moderate your intake of sugars
  - Choose and prepare foods with less salt
  - If you drink alcoholic beverages, do so in moderation. Of course, for people struggling with addiction, use of any addictive substance is unwise.

In your Client Workbook you will find Daily and Weekly Meal Planners and Grocery Lists to help you put these recommendations into daily practice. Remember, you don't have to spend a lot of money to eat well. Buy fresh fruit and vegetables in season, use coupons, and watch out for specials so that you can stock up on non-perishable items. And read the labels. Your government provides you with a lot of information on those labels that can help protect your health. Read the FDA article in your Client Workbook on how to use food labeling to help you make informed choices. Remember, every healthy choice you make is one more step along your journey of recovery.

Healthy Lifestyle Choices Game. (20 mins)

Experiential/  
Game

**Materials:**

- Hypothetical stressful situations
- Sets of 9 coping cards (one set per team).
- Scissors
- Pens/pencils
- Clock
- Prizes (e.g., wallet-size serenity prayer cards).

**Therapeutic goals:**

- Improve coping skills and problem solving
- Use communication skills necessary to reach consensus
- Encourage team work and appropriate social interaction

**Instructions:**

1. I am going to divide you into teams of 3 or 4 people.
2. Each team will be provided with a different hypothetical stressful event and 9 cards. On 8 of the cards is written a strategy for coping with a stressful event; Card #9 is blank. The 9 cards are the same for all teams.
3. You will have 10 minutes to put the 8 cards in the correct order. On Card #9 (the blank card), you will write an **additional** coping strategy that, as a team, you feel would be helpful **specifically** for the stressful situation you have been assigned. Then insert this card with the others wherever you think it should be placed. Everyone on the team should participate. There will be a bonus point for the team with the highest level of participation.

4. Each team will then elect a representative to present to the group their assigned stressful situation and the team-generated strategy (written on Blank Card #9), and to tell the group how the team ordered the 9 cards. Points will be awarded to each team for putting the cards in the correct order and for the appropriateness of the team-generated additional coping strategy.
5. The team with the most points wins the game and each team member wins a prize.

Counselor divides group into teams and provides each team with a hypothetical stressful situation card and a set of 9 coping strategy cards (1 of which is blank). Counselor instructs teams to begin. While teams are working on the task, counselor writes scoring criteria on the board (see below).

At the end of 10 minutes, counselor calls time, and asks each team representative to present to the group. (10 mins) Counselor awards points with input from the group.

Counselor awards prizes to all members of the winning team.

**Scoring Criteria** (Counselor to write on board)

1 point for each card placed in the correct order  
(see below\*, maximum 8 points)

1 point for redefining the stressor appropriately—  
must be something controllable

0-4 points for appropriateness of team-generated  
strategy (card #9)

Team  
A B C


**0=no strategy generated; 1=poor; 2=good;  
3=very good; 4=excellent**



Team  
A B C

1 point for correct placement of the team-generated strategy (Card #9) with other prioritized strategies.


**Total points**

Bonus point for team participation in event of tie.

**Grand Total**

**\*Correct Order**

- 1st = Card No. 8: Redefine the stressor as something you can control.  
(**Note:** team to provide the redefinition)
- 2nd = Card No. 3: Brainstorm options with friends or family.
- 3rd = Card No. 1: Prioritize your options.
- 4th = Card No. 2: Select first option on list.
- 5th = Card No. 6: Identify steps needed for option #1.
- 6th = Card No. 7: Proceed with option #1 one small step at a time.
- 7th = Card No. 5: Review progress.
- 8th = Card No. 4: If necessary, repeat with option #2.

**QUIZ WITH IMMEDIATE FEEDBACK (5 mins)**

**Quiz**

As you know, we end each group with a quiz and a 10 minute relaxation exercise. I'm going to pass around the quiz now.

Counselor distributes the quiz (attached), and reads the items aloud, providing sufficient time for group members to mark their answers.

**Detailed feedback:**

Counselor re-reads each item aloud to the group, providing the correct answer after reading each item.

1. What is the essential **first** step to a healthier lifestyle? The answer is **(b)** making the decision to be drug free.
2. What are the health consequences of not coping well with stress? The answer is **(d)** all of the above. It can increase your susceptibility to infection and heart disease and can interfere with making healthy choices.
3. Even if the stressful situation is uncontrollable, what do you know? The answer is **(d)** all of the above. You know that you have control over how you respond to the stress, you can use relaxation to reduce the negative effect of stress, and you can redefine it as something you can control.
4. What should you do to prevent food-borne illnesses? The answer is **(c)** wash everything—hands, utensils, cutting boards. The other responses increase your risk for illness.
5. Which of the statements is included in the FDA guidelines? The answer is **(d)** all of the statements are included in the FDA's guidelines. Your diet should be low in saturated fat and cholesterol, and you should eat a variety of fruit and vegetables and grains daily.

**Stress  
Management**

**STRESS MANAGEMENT/RELAXATION EXERCISE (10 mins)**

We are going to conclude by doing a brief relaxation exercise. I'll be dimming the lights and playing an audiotape. I'd like you to get comfortable in your chair, uncross your legs, and sit quietly with your eyes closed and just follow along with the tape as it asks you to imagine various relaxing scenes. Remember that learning to relax is a skill that takes practice, so if you feel restless at first, just remind yourself that this is a 10 minute gift of quiet time that you give to yourself and to the other members of the group. As we've discussed in this group, this and similar techniques can be extremely useful to you if you incorporate them into your daily life. They can help you to cope better with stressful situations, reduce the negative health consequences of uncontrollable stress, and can keep you focused so that you can make healthy lifestyle choices.

Counselor dims the lights, says "quiet please," and begins the tape.

**END SESSION**