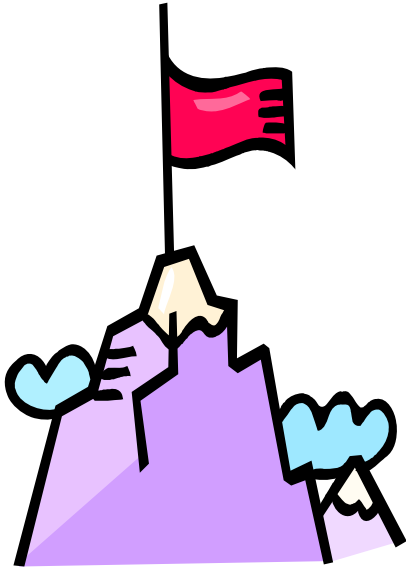


Goal Setting



Set personal goals that are meaningful to you.

- Things you want to accomplish or try
- Skills you want to develop
- Habits you want to break
- Actions that can improve your quality of life or make you happier

Decide on SMART goals:

- S – Specific, so you know when you reach them
- M – Measurable, so you can tell if you're making progress
- A – Attainable, achievable
- R – Realistic
- T – Time-based, with a flexible yet reasonable timeline

You can set goals that are **small, medium or large.**

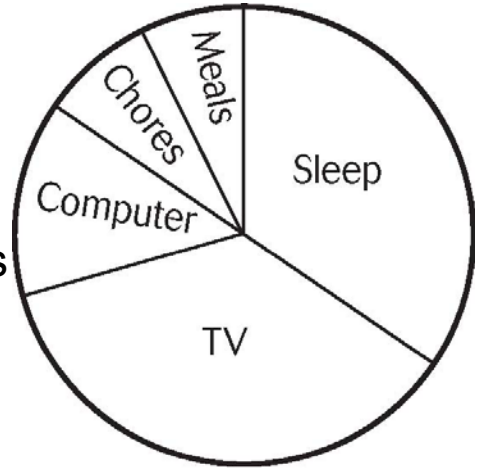
They can be:

- Short-term – easy to achieve, like going out to eat on Monday nights
- Long-term – more complex and can take years to accomplish, like getting a college degree

Goal Setting

Where does my time go?

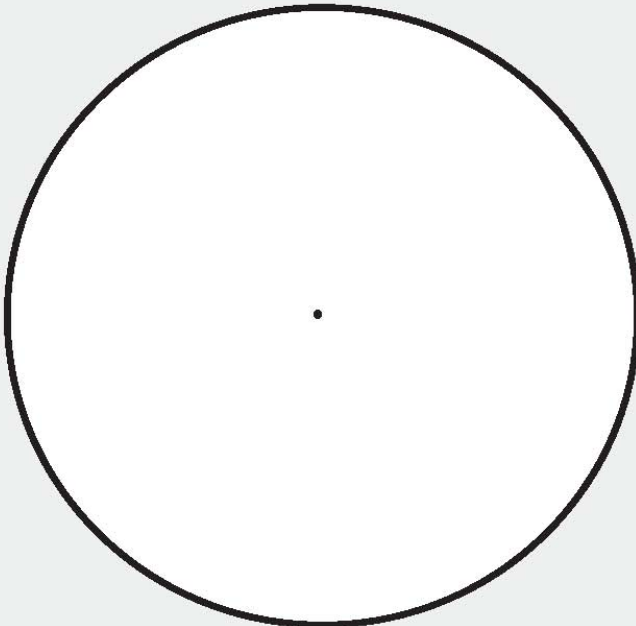
When you set a goal, you also need to set aside enough time to work on it. A “time-wheel” can show the amount of time you spend on various activities during an average day.



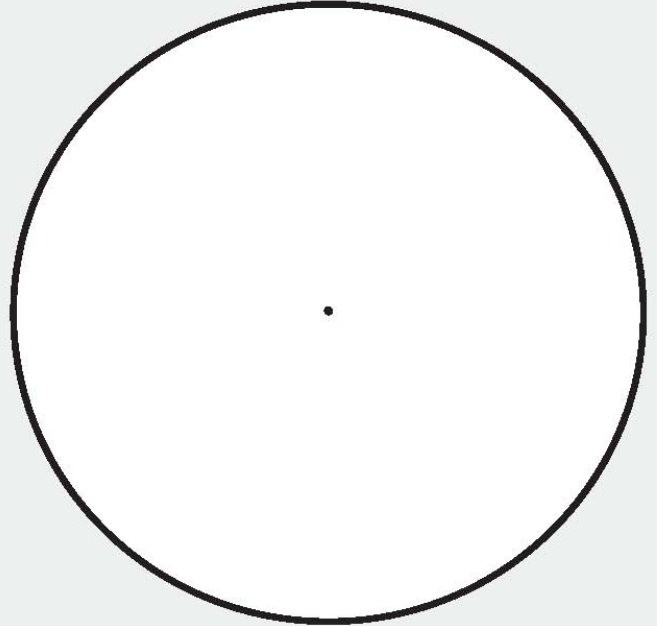
The sample time-wheel at the right shows that this person spends about half of the day on TV and the computer, with the rest of the time given to meals and chores.

Here is an opportunity for you to do your own time-wheels.

How you actually spend your time on an average day:



How you wish you spent your time each day:



Goal Setting



Write down your personal goals.

GOAL # _____ : I want to _____

Steps I can take to reach this goal:

1. _____
2. _____
3. _____

GOAL # _____ : I want to _____

Steps I can take to reach this goal:

1. _____
2. _____
3. _____

GOAL # _____ : I want to _____

Steps I can take to reach this goal:

1. _____
2. _____
3. _____

Problem Solving



Understand the problem.

Barriers are often just detours. If you know the source of a problem, you know where to put your energy in working to overcome it – or to find a path around it.

<p>Barriers related to HEALTH (a few examples):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Disability-related problems (pressure sores, spasticity, etc.) <input type="checkbox"/> Fatigue or low stamina <input type="checkbox"/> Chronic pain and discomfort <input type="checkbox"/> Problems losing, gaining or maintaining weight <input type="checkbox"/> Diabetes or heart disease <input type="checkbox"/> Problems with high or very low blood pressure <input type="checkbox"/> Depression 	<p>Barriers related to SELF</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stress <input type="checkbox"/> Fear of trying new things <input type="checkbox"/> Attitude <input type="checkbox"/> Lack of Information <input type="checkbox"/> Lack of training or skills <input type="checkbox"/> Lack of motivation <input type="checkbox"/> Lack of money
<p>Barriers related to OTHER PEOPLE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prejudice, stereotyping <input type="checkbox"/> Unwillingness of others to compromise or help <input type="checkbox"/> Relationship problems 	<p>Barriers related to the ENVIRONMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> Poor economy <input type="checkbox"/> Weather <input type="checkbox"/> Geography <input type="checkbox"/> Lack of accessibility <input type="checkbox"/> Lack of accommodations

Problem Solving

Look ahead. By thinking about barriers before you encounter them, you have a better chance of coming up with a workable solution. Then reward yourself – even in a small way - for not letting barriers stop you.



YOUR GOAL:

Barrier 1:

How can you solve this problem?

What is your reward for overcoming this barrier?

Barrier 2:

How can you solve this problem?

What is your reward for overcoming this barrier?

Barrier 3:

How can you solve this problem?

What is your reward for overcoming this barrier?

Healthy Reactions

Change Your Thinking!

Life has plenty of problems and detours, but by changing our way of responding to events, we can lower our frustration level. That improves our mental, emotional and physical health.



- If we think a problem is **permanent**, it creates frustration.
- If we think a problem is **temporary**, it's easier to keep moving.

Two Ways to React
Event 1: You get on the scale and you haven't lost any weight.
Permanent explanation: <i>I have no willpower.</i>
Temporary explanation: <i>I'm retaining water today.</i>
Event 2: You forgot to attend an important appointment.
Permanent explanation: <i>My memory is shot.</i>
Temporary explanation: <i>I had a hectic morning.</i>
Event 3: My friend didn't invite me to his party.
Permanent explanation: <i>He doesn't like me any more.</i>
Temporary explanation: <i>Space was limited and he needed to include his family first.</i>

We rarely know exactly **why** things happen. That means we can choose which explanation to believe.

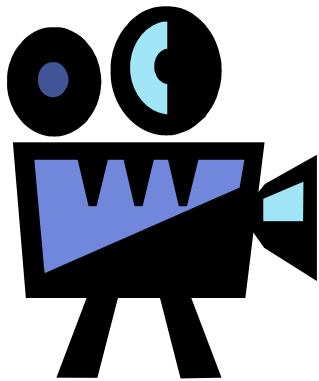
But it takes practice to change our automatic ways of responding. As Green Bay Packers wide receiver Don Hutson said:

*"For every pass I caught in a game,
I caught a thousand in practice."*

Healthy Reactions

Write Your Own Movie

We're all the main character in the story of our life. We are also the authors of our own story in these ways:



- We can imagine what we want to happen and set goals to make those dreams come true.
- We can choose how we react to events and people in our life.

One way to practice writing our own story is to think of your life as a movie. Have some fun developing this script.

The Good Coach/Bad Coach Movie

You are the star player in this movie. You have a good and a bad coach.

What are their names? What do they look like?

What's his/her personality? Both coaches may be charming in some way as well as encouraging or discouraging.

What happens in this movie? What is your problem? How do you overcome it?

Does the coach do or say something to you? How do the coaches help or hinder? Do you have to choose between them, or can you work with both in some way?

Beating the Blues

Challenge Depressive Thinking

Bad and tragic things DO happen. When they do, it is important to find someone to talk to.

But in more normal times, you can challenge depressive thinking so you don't believe your negative thoughts are correct. You can change your patterns of thinking by using a "reality check."



Over-generalizing - Viewing a negative event as part of a never-ending bad pattern.	
Example	It always rains when I want to go out.
Reality check	Just because something happens once doesn't mean it will always happen.
Labeling - Attaching a negative label to a person or event.	
Example	He's a jerk.
Reality check	It's silly to think someone is always a certain way.
Jumping to conclusions - Trying to read someone's mind.	
Example	Tom didn't call; he must be mad at me.
Reality check	Tom didn't call; I need to ask him why.
Magnifying the problem - Picking out a single negative detail and letting it color the whole picture	
Example	The carpet has a hole. My house is such a dump.
Reality check	I'm allowing one small hole to affect the way I feel about my whole house.
Minimizing the problem - Not giving something enough importance.	
Example	It's just a little infection; I don't need to bother my doctor.
Reality check	My health is important; I'd better have my doctor look at this.
All or nothing thinking - Seeing things as black or white. If something isn't perfect, considering it a disaster.	
Example	I dented the car; I shouldn't drive at all.
Reality check	I reacted really fast and no one was hurt.
Personalization - Seeing yourself as completely responsible for something when you are not.	
Example	If I'd been home, the dog wouldn't have been hit by the car.
Reality check	It was an accident; I had no control over it.
Should statements - Trying to motivate yourself or direct other people's actions by thinking in "shoulds" and "shouldn'ts."	
Example	They should attend the commission meetings.
Reality check	People don't have to agree with me about everything, or do everything my way.

Beating the Blues

Preventing Depression

Sometimes it helps to just do something. Having a daily routine, like volunteering, can prevent depression, especially if your routine involves being around people.

Of course daily routines that are easy for some may take great effort if you have a disability or other problem. But the effort is well worth the rewards.

Here are some of the benefits of routine:

- Having a sense of purpose
- Developing a sense of teamwork
- Regularly seeing familiar people
- Being able to help others
- Having a base to draw on for recreation
- Being able to give back to society



Examples of ongoing activities include:

- Having a job, full time or part time
- Volunteering
- Going back to school or taking a class
- Joining a bowling league
- Becoming active in a church
- Working on community projects
- Planting a garden
- Working with computers
- Writing a book
- Befriending a child or older person
- Assisting at the animal shelter
- Answering a crisis hotline
- Working at the local food bank
- Making or repairing Christmas toys for needy kids
- Teaching swimming
- Becoming a peer counselor or advocate



Healthy Communication



It Takes Two

The Communicator (Sender) – Making yourself understood is just one part of communication.

The Listener (Receiver) - Listening and understanding are the other part.

To be a **good communicator**, check that your message is clear. Provide key information using the journalist's five W's and an H:

Who What When Where
Why & How?

Use this fill-in-the-blank objective statement to describe your feelings.

When _____, **I think** _____,
which makes me feel _____.

To **listen well**, be an active listener. For example, someone says:
"You always make me laugh."

You hear: *An attitude.* You think he said, "You talk funny."
But he really means: "You have a great sense of humor."

To find out what another person is really saying, you can:

- **Take a guess:** Repeat or reword what the speaker said. Try to express the intent of their feelings.
- **Check it out.** Say, "Let me be sure I understand. Did you say ...?"
- **Respond:** Ask the speaker to repeat what he/she said, and then decide how you want to handle the situation.

Physical Activity

Two Kinds of Physical Activity



Aerobic activity includes any activity that raises your heart rate. It includes things like wheelchair racing, swimming and fast dancing.

Anaerobic activity includes activities done to strengthen muscles. It includes activities like weight lifting.



You need both kinds to be physically fit. Many activities provide both aerobic and anaerobic exercise.

- Most people should do some sort of aerobic activity for 20 to 30 minutes a day, three to four times a week.
- You should also do some muscle strengthening – anaerobic – activities as a part of your exercise routine.

► **The National Center on Physical Activity and Disability** ◀

This center provides videos and exercises adapted to specific conditions, as well as personal guidance on exercise.

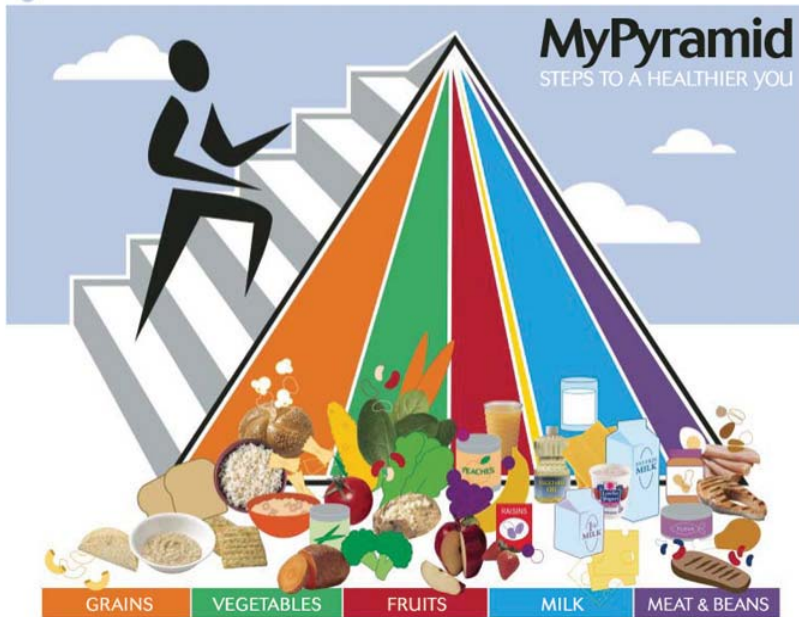
Visit <http://www.ncpad.org>.

Most important, do what you can. Remember, just moving or being active helps. **Stretching or range of motion activities** will also burn calories, increase your metabolism and improve your fitness and health.

*If you are able to walk:
Walking can reduce the risk of heart disease and improve heart function and muscle tone, as well as lower blood pressure, cholesterol, risk of stroke and risk of injury.*

Nutrition

Think “Variety and Moderation”



- ● Make eating well a priority.
- ● Choose to eat more fruits and vegetables.
 - Look for in-season products for more affordable options.
 - Fresh is best, frozen next. Canned is fine but has more sodium.

- Make water your drink of choice.
- Understand what a serving size is for each food group.
- Read food labels so you know what you're eating.
- Recognize and work with your personal food habits.

We are all influenced by a variety of factors in our eating: health beliefs, peer influence, cooking/shopping ability, memories, ethnic/religious/cultural identity and more!

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		Check calories
Calories 250	Calories from Fat 110	
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	Limit these
Sodium 470mg	10%	
Potassium 700mg	20%	Get enough of these
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Sample Nutrition Label

Information Seeking

Gather Good Information to Make Good Decisions

When something changes in your body or health, or when you want or need to make a change – seek information!

- Think carefully about good information sources.
- Contact the sources most likely to have the information you want.
- Ask for help. Ask questions. Ask about other info sources that might be useful.
- If you don't understand the information, have someone explain it to you.



Evaluate the information. Not all information is created equal. These questions can help you figure out what is valuable to you.

- Is the information from a reliable source? How do you know?
- Is it someone's opinion, or is it fact?
- Is the information current?
- Do several different sources tell you the same thing? (That's usually a good sign.)
- Does the information make sense to you? Or does it leave you with a bad feeling?
- Do you need more information to make a decision or before you can take action?
- If the information is wrong and you act on it, will it be catastrophic?



The bottom line:

Is the information accurate, complete and relevant?

Information Seeking

Sources of Information

You can get accurate and timely information from such sources as:

- Family and friends
- Doctors, pharmacists, therapists social workers
- Teachers, trainers, classmates
- Experts, specialists
- Books, newspapers, magazines, TV
- Peer support groups, advocacy organizations
- The library
- The Internet



Using the Internet

When you visit a Web site, it helps to know who or what owns the site. Look at the letters after the last “dot” to ask yourself: Is the site trying to sell you something, or is it likely to be objective?



Domain name	Sites created by	Examples
.com .biz	For-profit, commercial organization Commercial business	<i>www.yahoo.com/disabilities</i> <i>www.billboard.biz</i>
.edu	School or educational organization	<i>www.ku.edu</i>
.gov .org	Government Not-for-profit group (usually)	<i>www.disabilityinfo.gov</i> <i>www.rtcil.org</i>
.us, .uk, .nz .ks	Countries States	<i>http://www.neustar.us</i> <i>www.state.ks.us</i>

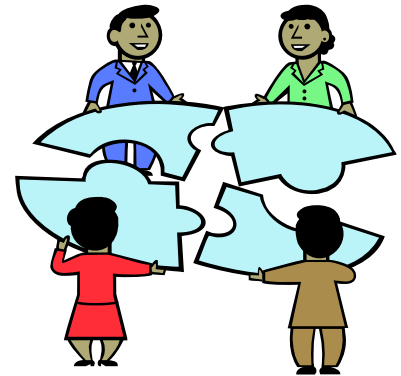
Advocacy

Two main types of advocacy

Advocacy is trying to influence the decisions of others.

Self-advocacy means speaking up about what you want or need.

Group advocacy is when a group of people try to influence systems that affect their lives, such as local, state or federal government, or other public organizations, such as businesses.



People with disabilities often advocate singly or in groups in these areas:

- Housing
- Transportation
- Education
- Employment
- Financial benefits
- Personal care



In order to advocate successfully for yourself or with a group, keep using the skills you've been practicing:

- Identify the need or goal
- Identify solvable problems
- Seek useful information
- Communicate clearly
- Be patient and don't get discouraged
- Take care of yourself

Advocacy

Build a group plan for advocacy

As your group considers what issue to tackle, ask yourselves:

- Does every one agree on which issue to target?
- If your advocacy work is successful and you reach your goal, what will the end result be?
- What advocacy work about this issue has gone on in the past?
- What individuals or groups have been involved in this effort?
- What steps are needed to reach your goal? Who is responsible for each step?
- What strategies will you use to accomplish each step?
- What resources (money, skills, etc.) are needed to do this advocacy work? How will you get these resources?
- What kind of information and technical assistance is needed?
- How will you get it?
- Who is on your side? Who might be opposed?
- Who will lead your group's advocacy effort?
- How do you want to meet — date, time, place, arrangements?
- How will you communicate with each other? Who will coordinate this?

You can use this form for planning group advocacy efforts.

Task	
Strategies (how to accomplish)	
Person responsible	
Completed by	
Task	
Strategies (how to accomplish)	
Person responsible	
Completed by	

Maintenance

Creating New Habits

It's not easy – but you can maintain your new behaviors by paying attention to the cues in your life. Take control of what you can to support making change.

For example, if your goal is to lose weight:

Physical cues. Arrange your environment to make the new habit easier.

Don't keep candy in a bowl.

Do keep your walking shoes near the door.

Social cues. Tell the people in your life what you're trying to achieve.

Don't go out for dessert with your friend.

Do take a walk together.

Plus:

- Develop positive social supports.
- Reward yourself for success.

AND: Don't despair if you backslide! For most of us, progress is a spiral, not a straight line.

- Learn from your mistakes
- Keep working on your new good habits
- Return to problem solving

