



Strong in Body and Spirit Healthy Choices

Lesson 6 Together We Can



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As You Continue Your Journey

The Eagle sees his Native People getting out and moving more. Slowly the people come out by one's, then two's, to work and enjoy the riches and beauty that Mother Earth gives. The people are walking and beginning to run, slowly getting stronger as their blood sugars come down.

He also sees people planting gardens, gathering food, and buying and preparing foods that are lower in fat and sugar.

People are talking, sharing their ideas of what they can do to continue to grow healthier and prevent disease. On the journey they have learned:

1. diabetes is a disease connected to eating smarter and moving more.
2. moving more can be fun
3. eating smarter means consuming less fat
4. eating smarter means consuming foods with less sugar

And now we will learn how to support others and ask for support.

Everyone can feel Strong in Body and Spirit!

Like times of old, the Eagle sees people walking and doing all kinds of exercise and busy work inside the house and outdoors. He sees the people preparing delicious foods that are low in fat and low in sugar.

He sees the new lifestyle where people eat away from home, but choose foods that are healthful for their bodies. The Eagle sees people learning from each other and giving support and encouraging others to make healthy changes in their exercise and eating habits. The Eagle sees this sharing of knowledge and being supportive as a way for everyone to be Strong in Body and Spirit!

The Eagle also knows it is hard to hear that you have a lifelong disease like diabetes. There is never a day off from taking care of yourself when you have diabetes. Caring for your diabetes takes time and planning and can be a burden that may be more than something we can handle alone.

What is Support?

Today you will be learning how to ask for and give support.

Think for a minute about a garden. The plants are tall and strong. The roots and the soil keep the plants strong through the sunny days, as well as the stormy days. Our families and friends are like the roots and soil for the plants in our gardens. They give us support through the good and bad times. This is what we mean by the word "support".

The Eagle wants us to know that we are not alone. There are family and friends that can help and give support we need to make managing daily life, health and wellness easier.

Family and Friends Can Help

Who should I ask?

You may want to ask the person that you live with, such as:

- Your spouse
- A parent
- A sibling
- Your children

Or people you see away from your home such as:

- Your best friend
- Your neighbor
- A person who wants to do the same thing as you, such as walking
- A co-worker

The list of possibilities is endless. Give it some thought and you will come up with the right person, or people, for you.

Now you may wonder how to get support from your family and friends? The best way to get support is to ask for it.

When asking for support, it helps to ask in a way that gives respect to the person you are talking to. Here are some ideas about how to do this:

Easy Ways to Ask For Support

Choose the right time!

Choose a time when you and your family or friend is rested and in a positive mood. Don't ask for something if you or the other person is tired, busy, angry, hungry, grumpy, or worried about something else.

Introduce your idea!

Don't beat around the bush or your family and friends won't know that this is important to you.

Say why you need their help!

It helps if your family and friends know you have a reason for asking. It lets them know their help is important.

Say exactly what you need!

Unless your family and friends know exactly what it is you need, they can't really help in the best way possible.

Remember these simple points:

- Speak calmly - don't shout.
- Speak clearly - don't demand.
- Stay positive - don't accuse.

Say thank you - even to family and friends!

phila'mayaye

How to Ask For Help

Always thank your family and friends for their help. Let them know you appreciate their help and support even if they say no at this time. They may be able to help and support you next time.

Help each other make healthful changes. So how can you use your new ideas to get you and your family and friends to help each other to get more exercise and eat foods low in fat and sugar?

Let's pretend we are listening to Marie and her husband. She is asking for his support in making healthy changes. Let's try this role-playing scene together.

Marie has decided to make some changes in her life by exercising more and eating low fat and low sugar foods. She would like to ask her husband, Mike, for his support with these changes, but wonders what he will say.



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1. Choose the right time

Marie chooses a time when the kids have gone to bed and the dishes are done.

Marie: You know I went to the doctor today, and my blood sugar is doing better, but it still isn't great.

Mike: Hmm.

2. Introduce the idea

Marie: My doctor said that keeping my blood sugar under very good control can help me prevent complications. And I really don't want to end up on dialysis like Mom did.

Mike: Yeah, I don't want that to happen to you either.

4. Say why you need help

Marie: You know the doctor said the best way to keep my blood sugar down is if I would get more exercise and eat foods that are low in fat and low in sugar.

Mike: Really? Well, I guess that means no more good food, huh?

Marie: Well, I don't know. I saw the dietitian today, too. She told me about some ways to eat less fat and less sugar and still have foods that taste good! So, I'm thinking about trying out some of her ideas, so all of us can eat less fat and sugar and be healthier. But I need your help to do this.

Mike: You're going to change our food? What if it's not any good? All of those "diet" foods cost more, and we don't have a lot of money.

Marie: Yeah, I always thought it would cost more too, but I found out it doesn't have to. Actually eating less fat and less sugar can save money. I want to try cooking some foods the low fat and low sugar way and make them healthier for all of us. I've tried some low-fat ground turkey chili, and sugar free Jell-O and they tasted great!

Oh, and did you know that exercise and eating less fat and less sugar can actually prevent or delay diabetes?

Mike: Really? You mean by doing these things our kids might not get diabetes?

5. Say What You Need

Marie: Yeah! Exercise and eating low fat and low sugar foods can really help. I sure don't want the kids to get diabetes when they get older. So if we exercise and eat healthy foods together, we can still help each other. I want you and the kids to be healthy, because I love you. So, what do you think? Will you help?

Mike: That's incredible! Yeah, we'd better get started on this. It's important for the whole family

Marie: I promise I'll try to make good tasting low fat and low sugar food if you will give this a try. Can we plan to go for a walk tomorrow night, too?

Mike: Sure, as soon as we get home from work. Let's take the kids too!

6. Say thank you

Marie: Thank you! You know, you're a great guy. I'm sure glad I married you.

Practice

Now, you try it!

How would you deal with the following problem if you were Linda?

Linda has diabetes and has just made the switch to diet pop. Linda has gone to Mary's house where they are going to work on pottery together. Mary doesn't have diabetes herself and doesn't know that Linda does. Mary offers Linda a regular Coke. Linda knows that whenever she drinks regular Coke, her blood sugar goes very high and she really doesn't want this to happen.

In what ways can Linda handle this situation?

Here is yet another role play.

How would you deal with this problem if you were Donna?

Donna has been on an emotional roller coaster since she learned that she has diabetes. She's been angry, sad, and scared, alot the same time. Luckily, her husband is there to help. She doesn't have to go through this alone. What could she ask of her husband to help her cope?

Stop and think of things that you need help or support with that will help you manage your diabetes better.

List them here: _____

Now go through and think of ways to handle each situation.

Remember to use the five easy ways to ask for help and support.

- Choose the right time.
- Introduce idea.
- Say that you need help.
- Say what you need.
- Say, "Thank you!"

Don't give up!

Asking for help and support takes practice. At first it may seem awkward and strange. It might not even work the first time around. Your family and friends need to know that diabetes complications can be prevented or delayed through exercise and eating low fat and low sugar foods. They need to know that eating low fat and low sugar foods can prevent or postpone diabetes for everyone!!



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Just keep practicing. It will get easier!

As you go through “Strong In Body and Spirit: Healthy Choices!” Lesson 5, write down the name of a person that can help you reach the goals you set for yourself.

Remember to keep these steps in mind when you ask that person. Be realistic about what you ask of them so that you can be successful.

In addition to asking different family members and friends for support, you might want to ask one family member or friend to be your health buddy. This person can support you by:

- Talking with you each week about how things are going for you on your healthy path;
- Going with you, if you want, to learn more about diabetes from a diabetes educator, dietitian, or other healthcare team member; and/or
- Doing the Strong in Body and Spirit program with you;

And, if you live in the same area:

- Exercising with you; and/or
- Cooking together once each month.

You might also want to consider joining a diabetes support group. Sometimes talking with others who are also living with diabetes can give you strength and ideas to help you along your journey

Like the roots and strong stalks of the plants in our gardens, family and friends are our support. Our family and friends give us help and encouragement. And, we in turn give our family and friends help and encouragement, too.

Make a Plan

If you are ready to make a plan to ask for support, choose a goal and then answer these questions. Your plan will help you reach your goal, step by step.

1. What do I want to change?

Example: I want help with my exercise goal, which is to walk 30 minutes at least 5 days a week.

2. Why do I want to make this change?

Example: Because I need someone to help support me.

Consider!

What might get in the way of making this change? What can I do to work around these problems?

3. Here is how I'll reward myself and my friend:

Example: If we stick to the plan this week, I'll rent a video for us to watch.

I promise myself that I will do the best I can to reach my goal and, if I need help, I will ask my family or friends.

Signature _____

A New Vision of you!

Be proud like the Eagle and spread your wings. You have much knowledge to share with your family and friends. Not only are you wiser, but healthier too, as you reach each goal with your family or friends. Your community is also healthier because of you. Each important step that you have taken now becomes a part of a brighter tomorrow.

Congratulations the Eagle sees that you know you cannot do it alone!

You are Learning, Stay on the Path

To stay on the path, you need to know which way to go in order to get there.

Here are 11 ideas to help!

1. Set Goals and Give Yourself Rewards.

You've been setting goals and giving yourself rewards all along in this program. You've set goals for exercising more, eating less fat, eating less sugar, managing stress, and asking for support. Continuing to set specific, short-term new goals and non-food rewards can help you Stay on the Path. Remind yourself frequently of your successes, what you have already achieved and how you hope to continue to benefit from meeting your goals.

2. Keep Visible Signs of Your Progress.

What reminders can you keep around your home or workplace to reinforce your goals and progress? Keeping track of your eating patterns and physical activity by continuing to use your calendars or log sheets is one reminder that can help you Stay on the Path.

3. Plan for Interruptions in Your Daily Routine.

One of the main threats to success is thinking a minor slip won't happen to you. But we all have minor slips. And there are times for all of us when we may stop regular physical activity or eat differently than usual, such as vacations, a few days of illness, a busy time at work, or special family situations. It's important to plan how you will handle these interruptions in your schedule. Think of two situations that might change your physical activity or eating routines, and how you can get back on the path during or after these situations:

4. Re-examine What Support You Need from Others.

As your physical activity level and healthy eating habits increase and become routine, support from friends, family or co-workers can lessen or stop. People in your life may think you no longer need or want support for being physically active and eating healthy foods. Re-think what you need from friends, family or co-workers and ask them for feedback as they may be the first to notice old behaviors coming back. Ask them to keep supporting you.

Problem Solving

Decide what the problem is and find a way around the problem so that you can continue to move forward. For example, you like sugar in your coffee, but know the added sugar can raise your blood sugar. CONSIDER: using half as much sugar and try to eventually stop using sugar in beverages OR carry non-sugar sweetener packets and start to make the switch.

Use these problem-solving steps:

- A. Describe the problem in detail
- B. Brainstorm your options
- C. Pick one option to try

Make a positive realistic action plan. EXAMPLES:

- I will do what when,
- I will get ready how,
- I will consider roadblocks that might come up
- I will handle the roadblocks,
- AND I will make success more likely

Try your plan and see how it goes.

Problem-Solving Example

Sarah works outside the home and takes care of her family after work. She has type 2 diabetes and has been making changes to eat more healthfully and to stay physically active. She is on oral medications for diabetes. Today she skipped lunch and ate cookies when she got home. She knows this throws her blood sugar off so she wants to do things differently. Let's go through the problem solving process with her.



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A. Describe the problem in detail.

List the steps that led to the action you want to change. Here is what is going on for Sarah today. She didn't eat lunch, her boss was critical, and she felt stressed and anxious. She came home tired, upset and hungry. She needed to cook dinner for her family so she went right to the kitchen, saw cookies on the counter and ate cookies.

B. Brainstorm your options

- Lunch
 - * pack a quick bag lunch for busy days, take a lunch break even on busy days.
- Boss
 - *talk with her boss about solving the problems at work or take a break
- Coming home tired, upset and hungry
 - * Go for a walk after work to unwind, eat a healthy snack.
- Cooking for family right away
 - * take a short break first before or after coming home.
- Saw cookies on kitchen counter
 - * don't buy cookies, keep cookies out of sight & keep fruit in sight.

What else could Sarah do?

C. Pick one option to try

Sarah, having brainstormed a number of possibilities, weighs the pros and cons and chooses one that is likely to work for her that she is confident she can do. She chooses the solution of packing a quick bag lunch.

D. Make a positive realistic action plan.

I will pack a quick bag lunch.

When? For Tuesday and Thursday of next week. I will get ready how? Shop for the foods. Pack lunch the night before.

Roadblocks that might come up and how I will handle them. I might forget. I can find a healthy sandwich shop with quick service. I can order a turkey sandwich by phone.

How I will make success more likely: Ask a friend who also brings bag lunches to eat with me on Tuesday.

E. Try your plan and see how it goes.

Did Sarah's action plan work? If not, what would work better? Problem solve again.

Remember problem solving is a process.

6. Keep Your Balance

It's time to again plan how you will deal with barriers to regular physical activity and healthy eating. How have your barriers changed from when you started becoming more active and eating more healthfully? (You may want to review your goal sheets from the previous topics.) What can you do to remove your new barriers? Think about ways you will deal with new barriers to regular physical activity and healthy eating.

7. Cope

Did you know that your thoughts create your feelings? Well it's true! If you think more positive thoughts, you'll have more positive feelings about yourself and those bumps of life will seem just a little easier. For example, if you feel like you'll never be able to exercise more, try some positive thoughts, such as "I am doing the best I can with my exercise, and although I didn't walk today, it's okay. I will walk to the post office tomorrow!"

8. Deal with Stress

- Ways to handle stress include:
- Being physically active
- Changing the way we think about stress
- Avoiding stressful situations when possible
- Accepting what we cannot change and changing what we can
- Relaxing through cleansing breathing, guided imagery or muscle relaxation (see the Stress Topic to learn more)
- Talking to a friend or family member
- Getting plenty of sleep and eating nutritious foods
- Continuing to handle stressors in your life can help you Stay on the Path.
- How Do Others Stay on the Path

9. Add Variety to Your Routine

Sometimes it helps to vary your physical activity to prevent or deal with boredom. How have you varied your activity? Are there any healthy meals, snacks, foods or beverages you are bored with? How can you vary this part of your eating?

10. Mentor Others!

Look back at how friends, family or co-workers helped you get started. Now is a good time for you to help others become more physically active and eat well. Having others depend on you will make it more likely that you will continue to be successful in meeting your goals. Remember that when we help others, we help ourselves too.

How Do Others Stay on the Path

11. Stay Motivated!

Remember when you are in control of your own decisions you are in control of your health, especially diabetes. You make your own decisions. The Eagle also knows there will be times when we will make choices that aren't as good for us. That doesn't mean that you aren't motivated. You're still motivated but other bumps along life's path have come along. Try not to let the bumps along life's journey take control of you. You can still be in control of your decisions.

There are a number of programs that have helped other people stay on the path. Key factors that helped people in these programs stay on the path are:

- Doing regular physical activity: 30 minutes a day for at least 5 days a week of moderate intensity activity like walking.
- Eating breakfast on most days of the week.
- Eating at fast food places once a week instead of more than twice a week.
- Eat more vegetables.
- Eat more calcium foods.
- Asking for help. Talking to family members and friends about areas where they can help and for people who already have diabetes, seeing a dietitian at to learn the details of food selection and meal planning.
- Using problem-solving skills to get back on track after slips and to deal with situations in which it is hard to eat healthy and keep up with physical activity.
- Making yourself accountable by recording on written logs the number of fat grams eaten in meals and snacks. It is also a good idea to check your body weight once per week.

What Influences You

Did you know there are lots of things that can influence your decisions, even when you aren't aware of it? It's true! In order to Stay on the Path and choose a healthful life, it can help if you are aware of the things that influence our decisions. Here are some of the things that influence us when we are making a decision.



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Family Traditions

Many of our eating choices are influenced by the traditions we grew up with. Take a minute and think about the foods cooked by your mother, grandmother, or other caretaker. The foods cooked for you tasted good. Not only did the food taste good, but you also got warm feelings from your family when you were together. The food tasted good and also connected you to your family.

- What family traditions can you think of and how do they influence your decisions?
- Are there ways to use family traditions to help you and your family Stay on the Path?

Culture

Culture can influence our thoughts and behaviors too. Culture can influence the foods we eat and the activities we do. Take a minute and think about special days and activities within your community. In many reservation communities, there's always lots of food and dancing during Pow Wows, Ceremonies, and Memorials. These special times influence our decisions.

- What things can you think of from your tribe and how do they influence your decisions?
- What things can you think of from your tribe's culture that can influence your food and activity choices?
- What strengths from your culture can help you to stay on the Path?

Advertising

As you know, the advertisements on television and radio and in magazines and newspapers really try to grab our attention and influence us. Sometimes these messages are unhealthy for us and our children.

What are some of the television, radio, magazine, or billboard ads that influence your behavior? What are ways you can overcome negative messages from advertisers?

Change

Maintaining Changes

Changes are hard to make and keep making. Dealing with stressful events, being physically active, eating more fiber, fruits, and vegetables, and eating less fat and sugar are hard to do every day. Sometimes asking for help from family and friends can also be hard to do. We know there are good days and bad days. We all have days when we don't follow our plans for physical activity and healthy eating. We call these times "slips." Slips are a normal part of change and are to be expected. Slips do not hurt your progress toward your goals!

People are different

What are some things that have caused you to slip from your physical activity or healthy eating plan? Different people have different things that cause them to slip. For example, what moods or feelings cause you to slip from healthy eating? It is OK to be different.

Some people eat too much when they are happy.

Imagine that you are celebrating with your family, maybe a birthday or holiday. There is plenty of food for everyone. For years your family's custom has been to "take it easy," and have fun and just relax during these times. What would this be like for you? Would you slip in this kind of situation?

Some people overeat when they are bored.

Imagine that you are at home watching TV. You're feeling relaxed, but a little bored. A commercial comes on and you wander to the kitchen. What kind of slip might this cause?

Other people overeat when they are upset.

They find themselves eating high fat foods because they think it will make them feel better. Are there other things that cause you to slip from healthy eating or physical activity?

Habits Influence Us

The things that cause you to slip are habits.

Habits are things that you do regularly, like brush your hair or wash your face. The way you react to a slip is also a habit. For example, John's family went on vacation for a week and John didn't keep up with his physical activity and healthy eating plan. This is what usually happens when John goes out of town. When he returned home he didn't start his physical activity or healthy eating again because he felt like it would be too hard to catch up to where he was before he went on vacation.

Remember that slips are normal and happen to everyone. No one time of overeating or not being active will ruin everything. The slip is not the problem. The problem happens if you don't get back on your feet again and keep moving toward your goal!

So after you have a slip:

Fight negative thoughts with positive thoughts.

If you find that you are feeling discouraged because you've had a slip, talk back and say, "I am not giving up on my goal because I have slipped. I can get back on my feet again right now!" You can re-motivate yourself by remembering that other people with pre-diabetes and type 2 diabetes have maintained their physical activity and healthy eating, so you can too. People who have maintained their healthy habits showed that maintaining success does lower blood glucose levels, blood pressure and lipids, so remember it's worth the effort.

Next, ask yourself what happened.

Did you overeat because you were celebrating, bored, or depressed? Did you skip physical activity because you were too busy with other things? Use these times to see what you could do differently next time this happens.

Get back on schedule right away.

Do not tell yourself, "Well, I blew it for the day," and wait until the next day to start following your eating plan. Make your very next meal a healthy one. It's never too late to get back on the path!

Talk to someone who will support you in making these changes.

Here are five ways to ask for support.

- a. **Choose the right time.** Choose a time when you and your family or friend are rested and in a positive mood. Don't ask for something if one of you is tired, busy, angry, hungry, grumpy, or worried about something.
- b. **Explain your idea.** Tell them what you would like from them and that it is important to you.
- c. **Say why you need their help.** It helps if your family and friends know you have a reason for asking. It lets them know that their help is important.
- d. **Say exactly what you need.** If your family and friends can't help in the best way possible if they do not know exactly what you need.
- e. **Speak calmly** – don't shout. Speak clearly – don't demand. Stay positive – don't accuse.
- f. **Thank your family and friends for their help.** Let them know you appreciate their support.

What Would You Do?

Let's talk about situations and then think about what you could do.

- How can I ask my friend for a diet drink instead of a regular soda?
- How can I say I need to eat right away because my blood sugar is dropping?
- How can I tell my family members that I don't want seconds of the main course?
- How do I tell my family I need to eat at a set time because of my medication?



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Reflections on Our Journey

Remember the ways to Stay on the Path:

- Set goals and give yourself rewards
- Keep visible signs of your progress
- Plan for interruptions in your daily routine
- Re-examine what support you need from others
- Solve problems
- Cope
- Deal with stress
- Add variety to your routine
- Mentor others
- Develop a support system
- Stay motivated!
- Be aware of the influences on you:
 - Family Traditions
 - Our Culture
 - Advertising
 - Habits

Make "good habits" by doing something good every day for six weeks

Don't Give Up, Stay on the Path!

There will be times you go off the path, but get back on it as soon as you can. Be your own best friend. When you know the reasons why you do what you do, you are half way there to Staying on the Path! The journey of life is full of bumps and diabetes is one of those bumps along the way. We always have new goals and new problems.

There may be detours along the way but we know that we can get back on the path again. Sometimes we may need a jumpstart to get back on the path, but we know that we can ask our family and friends to help us get back on the path.

Together, Following the Healthy Path!

Just like planning your garden, you have a plan to stay on the healthy path. You already have a plan to exercise and to eat low fat and low sugar foods. It is also important to plan how to stay healthy. Take a few minutes and think about some ways you can plan to follow your healthy path this week.

Plan

My Personal Plan

This week in order to stay on a healthy path what will I do to:

1. Deal with stress.
2. Be physically active.
3. Eat breakfast
4. Eat more vegetables and fruit.
5. Consume more calcium.
6. Recognize bad habits.
7. Know who to ask for help.
8. Make myself accountable.

I will handle roadblocks by making success more likely (list my goal), asking my friends or family to help me, AND rewarding myself for healthy behaviors Thank you for being on this journey with the Eagle.

Prayer

Great Spirit!

Thank you for our family and friends. May we continue to grow as one community for a healthier tomorrow, through supporting and sharing in times of need and joy. Thank you for each and every day that we can enjoy the blessings that you have given to us.

Great Spirit!

Thank you for the gift of wisdom that you have given us this day. May the wisdom give us the strength and courage as we learn to use it wisely so that each day can be lived to its fullest.

Great Spirit!

Thank you for another day in which I can spread my wings like the eagle, gathering wisdom and strength to make changes for a healthier tomorrow, through working the body and taking the time to enjoy each other and the passing of time.

Great Spirit!

We thank you for your blessings that have provided the healthy foods to nourish our bodies. May we learn to appreciate and not take for granted all that we now know will improve life. May we be open to accept change to benefit not only ourselves, but our children.

Great Spirit!

Thank you for the sweet rewards that come from the soil that we work with our hands. May the rewards be plentiful as our family and community grow healthier.

Amen

Resources:

American Diabetes Association – www.diabetes.org

Academy of Nutrition and Dietetics – www.eatright.org

Local Tribal Diabetes Program

<http://www.standingrock.org/tribalPrograms/>

http://www.mhanation.com/main2/health_care/diabetes_program.html

<http://www.ihs.gov/greatplains/healthcarefacilities/spiritlake/>

<https://www.facebook.com/TurtleMountainDiabetesPrevention>

State Department of Health

http://ndhealth.gov/chronicdisease/Publications/2012_CD_Status%20Report.pdf page 35

State Extension Program – <http://www.ag.ndsu.edu/extension/>

The National Diabetes Education Program – www.niddk.nih.gov/health-information

United Tribes Technical College – <http://landgrant.uttc.edu/resources/>



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Objectives

Lesson 5: Together We Can Follow the Healthy Path

The learner will:

- Be able to list easy ways to ask for support
- Recognize how family traditions, culture, and advertising influence decisions
- Be able to list one step to get you back on track when you have a slip
- List one problem-solving idea that you could use when dealt with a difficult situation

Program Evaluation

Title of Workshop Strong in Body and Spirit - Healthy Choices/ Lesson 5: Together We Can Follow the Healthy Path

Presenter(s) _____ Date _____

On a scale of 1 to 5, with 1 being the least confident and 5 the most confident, please circle one per question:

Not Confident

Very Confident

Please rate how confident you feel listing a way to ask for support

1 2 3 4 5

Please rate how confident you are to recognize how family traditions, culture, and advertising your influence decisions

1 2 3 4 5

Please rate how confident you feel to list one step to get you back on track when you have a slip

1 2 3 4 5

Please rate how confident you feel to list one problem-solving idea that you could use when dealt with a difficult situation

1 2 3 4 5

Comments

What did you like about this lesson?

Thank you! Your feedback is very important to us.

