

HEALTH COACH GUIDED DISCUSSIONS ABOUT DIABETES

LESSON PLANS



Introduction to Coaching Clients with Diabetes – A Discussion Guide for Community Health Workers (Health Coach Guided Discussion about Diabetes)

Lesson Focus: Learn the basics of what the lesson plans consist of and about the resources available to participants.

Lesson Goal: To help participants feel more comfortable with CHW, sessions, and get answers to any questions they might have.

Materials: Health Coach Guided Discussions about Diabetes Action Plan Journal and Resources

CHW Script

Notes to Coach	Welcome and Introductions/Check-In (3 minutes)
	SAY: Welcome, (name). My name is _____ and I will be your Coach. Today marks the first session for the Health Coach Guided Discussions about Diabetes Lessons with me. We will be discussing an overview of the upcoming lesson plans, the resources available to you, and answer any questions you may have. Remember that I am here to support you.
	Objectives (1 minute)
	SAY: Diabetes care can be overwhelming, confusing, and tedious. The lessons following this session are meant to help you feel more confident in your diabetes care. Today we will talk about: <ul style="list-style-type: none"> • The lessons that we have scheduled • The resources available to you <p>We will also review the Health Coach Guided Discussions about Diabetes Lessons Action Plan Journal and Resources.</p>

	<p>Finally, we'll discuss how to best prep for our sessions in the future.</p>
	<p><i>What is the purpose of these lessons and resources? (5 minutes)</i></p>
	<p>SAY: As mentioned, the lessons are meant to make managing your diabetes easier.</p> <p>SAY: The lesson topics include:</p> <ul style="list-style-type: none"> • Eat More Vegetables • Healthy Beverages • Physical Activity • Know Your Numbers • and Stress Management and Emotional Wellbeing <p>SAY: Each lesson will consist of information and resources pertaining to that topic, and we will set a goal revolving around the lesson. We encourage everyone to go at their own pace when it comes to setting goals to ensure the actions we take are attainable <i>and</i> sustainable. So, we will also make an action plan as we go through the lessons to help you stay on track.</p> <p>ASK: Do you have any questions for me so far?</p> <p>DO: Allow client to ask questions (if any), answer, and move forward with the lesson.</p> <p>SAY: Now, I want to make sure you are aware of the resources available to you.</p> <p>SAY: Please take a moment to look over your Diabetes Care Guide Action Plan Journal and Resources. You will see that the "Resources" includes a list of different facilities, numbers, and websites you have access to. We will go over a few local resources.</p> <ul style="list-style-type: none"> • The University of Pacific, Diabetes Care Clinic provides free health screenings and services related to diabetes, blood pressure, and cholesterol. They also have free vaccines, blood pressure cuffs, and blood sugar testing supplies for those who qualify. • The Emergency Food Bank has various nutrition education programs, and also helps families and individuals in need of emergency food assistance. • El Concilio provides Non-Emergency transportation to healthcare appointment locations within the city of

	<p>Stockton, but be sure to make an appointment 48 hours in advance.</p> <ul style="list-style-type: none"> • Community Medical Centers provide personalized healthcare to meet your needs and you can also enroll in virtual or in-person diabetes education classes. • And lastly, APSARA, which you may already be familiar with, is where people with diabetes can receive one-to-one coaching in English, Spanish, and Khmer. That brings you here with me today – I will be answering your questions and walking you through your diabetes care management in these coaching sessions. <p>SAY: As you can see, there are a variety of resources available to you to help make managing your diabetes easier. If you are interested in learning more, I encourage you to reach out and look into the facilities and websites listed.</p>
	<p><i>Plan for Success</i> <i>(5 minutes)</i></p>
	<p>SAY: To help you succeed, I encourage you to take a brief look at your handout <i>before</i> our sessions, so you have a general idea of what we are going to talk about. This also gives you the opportunity to prepare any questions you may have about the topic.</p> <p>ASK: Do you have any questions about that?</p> <p>DO: Answer as needed.</p>
	<p><i>Summary and Closing</i> <i>(1 minute)</i></p>
	<p>SAY: Between now and our next call, I encourage you to look over the resources list to see if there are any that may benefit you. You are also more than welcome to look over the handout for our next lesson plan if you want to get a head start.</p> <p>ASK: Do you have any other last-minute questions?</p> <p>DO: Answer questions.</p> <p>SAY: We have come to the end of the lesson. Today we learned about the basics of what the lesson plans consist of and about the resources available to you.</p> <p>SAY: Thank you for your time.</p>

Eat More Vegetables

Lesson Focus: Learn the benefits of eating balanced meals by reviewing resources on the recommended number of vegetables.

Lesson Goal: To encourage participants to eat more vegetables by the next CHW meeting.

Materials: Eat More Vegetables Handout and Eat More Vegetables Action Plan

Resources: My Plate Vegetables - www.myplate.gov/eat-healthy/vegetables

CHW Script

Notes to Coach	Welcome and Introductions/Check-In (3 minutes)
	SAY: Welcome back, (name), to your health coaching lessons. Today, we will be learning about the importance of eating vegetables in every meal. Remember that I am here to support you and answer any of your questions. Now we will move on to our lesson of the day: Eating More Vegetables.
	Objectives (1 minute)
	SAY: Eating more vegetables is an important part of staying healthy and feeling good. Today we will talk about: <ul style="list-style-type: none"> • The importance of eating more vegetables throughout the day • Ways you can incorporate vegetables into your meals • Vegetables that impact your blood sugar levels We will also review the <u>Eat More Vegetables Handout</u> Finally, you will start an action plan, which we'll talk more about at the end of this lesson.
	Why should I eat more vegetables throughout the day? (5 minutes)
	SAY: We will talk about the benefits of vegetables and how they can be incorporated into your eating style. Every person eats different things, eats at different times, and has their own style of eating. Regardless of all of this, the human body needs nutrients

from many different food groups. One of these food groups is vegetables.

SAY:

- Vegetables are packed with several important substances that nourish our bodies called 'nutrients'
- These nutrients play an essential role in our life and overall health.
- Consuming a variety of colorful vegetables every day will ensure you are getting the right balance of nutrients.

ASK: What are some vegetables you eat?

DO: Allow client to share what types of vegetables they incorporate into their meals.

SAY: Great, thanks for sharing. Those are all good choices. I like that you are trying to eat more or already include a lot of vegetables in your day. I did want to talk about the differences between different types of vegetables.

SAY: First off, all vegetables are great to eat; however, some impact our blood sugar levels more than others. Try to eat vegetables that don't raise your blood sugar or have very little impact on it. These include:

- Artichoke
- Asparagus
- Beets
- Broccoli
- Cauliflower
- Celery
- Chayote
- Cucumber
- Jicama
- Mushrooms
- Okra
- Tomato

SAY: Try to include at least 3-5 servings of vegetables a day or about 3-5 cups of raw vegetables or 1 ½- 2 ½ cups of cooked vegetables.

ASK: What are some ways you cook your vegetables?

DO: Allow the participant to share.

	<p>SAY: Keep up the great work. You can eat fresh, frozen, or canned vegetables to fulfill your servings for the day. If you do choose canned vegetables, try to opt-in for cans that say, "no sodium," "no added sugar," or "fat-free." There are also ways that you can prepare your vegetables for the week beforehand so that it is easy to eat them throughout the week.</p> <p>SAY: These are some ways to make eating vegetables easier for you. Examples:</p> <ul style="list-style-type: none"> • Plan your meals ahead of time • Chop up your vegetables and put them in ready to go containers • Add vegetables to your sauces • Blend vegetables into smoothies <p>SAY: In your workbook you will find the Eat More Vegetables Handout along with other resources you can use to incorporate more vegetables into your meals.</p>
	<p>Plan for Success <i>(5 minutes)</i></p>
<p>Allow the participant to choose the goal.</p> <p>Walk through different realistic actions they can do.</p>	<p>SAY: To help you succeed, we will make an action plan for this session. Please turn to the Eat More Vegetables Action Plan Sheet.</p> <p>SAY: Your action plan between this call and the next is to try to include more vegetables in your meals.</p> <p>DISCUSS: What is your goal for this month? Choose one goal for the month:</p> <ul style="list-style-type: none"> • Option 1: Eat at least one vegetable two days out of the week. • Option 2: Eat at least one vegetable four days out of the week. • Option 3: Eat at least one vegetable every day. • Option 4: Your choice. <p>DISCUSS: Do you see anything in the way of you accomplishing your goal? On a scale of 1-10, how confident are you that you would be able to accomplish this? 1 being not very confident and 10 being very confident.</p>

<p>If they aren't confident in their goal, help them write a goal they feel like they can accomplish successfully. (It's not helpful to set a lofty goal if it's unattainable and you feel defeated.)</p>	<p>DO: Encourage participants and offer suggestions for finding support through their family, friends, or healthcare providers.</p> <p>DISCUSS: What is one action you can take to meet your goal?</p> <p>Some actions include chopping up vegetables at the start of the week to make it easy to cook them throughout the week, adding finely grated carrots or zucchini to one of your meals, or choosing a new vegetable at the market and trying it out. You can also find more suggestions at the bottom of the action plan sheet.</p> <p>SAY: Do you have any questions?</p> <p>DO: Explain as needed and answer questions.</p>
	<p><i>Summary and Closing</i></p> <p><i>(1 minute)</i></p>
	<p>SAY: Between now and our next call, make sure to stick with your action plan. Do you have any questions?</p> <p>DO: Answer questions.</p> <p>SAY: We have come to the end of the lesson. Today we learned the benefits of eating more vegetables and how to incorporate them into your meals.</p> <p>SAY: Thank you for your time.</p>

Healthy Beverages

Lesson Focus: Learn the benefits of making healthier drinking choices throughout the day to encourage participants to make drinking water a habit.

Lesson Goal: To encourage participants to pledge to drink more water by the next CHW meeting.

Materials: Healthy Beverages Handout, Healthy Beverages Stoplight with Tracker, and Healthy Beverages Action Plan

Resources: CDC ReThink Your Drink Website - www.cdc.gov/healthyweight/healthy_eating/drinks.html

CHW Script

Notes to Coach	Welcome and Introductions/Check-In (3 minutes)
Look back at your notes to tailor your introductory prompt to their specific goal	<p>SAY: Welcome back, (name), to your health coaching lessons.</p> <p>SAY: Before we start, let's spend a few minutes going over what you learned in our last session, and discuss how things went with the action plan and your goals.</p> <p>DISCUSS: Were you able to add more vegetables to your meal? What went well? What didn't go so well?</p> <p>Follow-up questions if needed: What helped you eat more vegetables throughout the day? How do you feel about this action moving forward?</p> <p>SAY: Thank you for sharing, remember that I am here to support you and answer any of your questions. Now we will move on to our lesson of the day: Healthy Beverages.</p>
	Objectives (1 minute)
	<p>SAY: Choosing healthy beverages is an important way of staying hydrated. Today we will talk about:</p> <ul style="list-style-type: none"> • Why what you drink is important for your health • How to make drinking healthy beverages fun • Learn smart tips to drink more water <p>We will also review the <u>Healthy Beverages Handout</u>, <u>Healthy Beverages Stoplight with Tracker</u> and add on to your action plan.</p>
	How do beverages affect my health? (5 minutes)

SAY: For today, we will be talking about healthy beverages and strategies we can take to increase our daily water intake.

SAY: You can make drinking water and other healthy beverages a habit! Drinking enough water throughout the day is essential for living a healthier life.

SAY: 60 percent of our bodies are made up of water, which is why is important that we drink enough water to stay healthy and hydrated. People with diabetes should limit drinking sugar-sweetened beverages as they may raise blood sugar quickly and is a source of extra calories.

ASK: What are other reasons why drinking water and other healthy beverages are important for your health?

- Answers:
 - Prevents dehydration
 - Normalizes blood pressure
 - Aids in digestion

SAY: These are some ways you can drink more water.

- Examples:
 - Grab water on the go. Carry a water bottle with you everywhere you go.
 - Take small steps. You don't have to cut back on your favorite drinks, simply drink a little less of it and add water to dilute your drink.
 - Make it fun. Add in herbs, fruit or citrus to make your water tasty and colorful without any sugar.

SAY: (If there is time) Now we will do a brief activity. In your workbook, **Coach Guided Discussions about Diabetes Action Plan Journal and Resources**, you will find the Healthy Beverages Stoplight and Tracker worksheet. Let's turn to that page.

SAY: As we just talked about, sweetened drinks can increase the risk for many health challenges. The next time you grab a drink at the store, restaurant, or at your home, think about drinks as a stoplight.

SAY: In the worksheet you have in front of you, you will see a stoplight. The three colors represent three different types of drinks: red (rarely drink), yellow (drink occasionally), and green (drink as much as you wish).

Note:

Diet Soda:

Diet soda, even though it has 0 calories, is artificially sweetened - but when your body senses the sweet taste of diet soda, it begins to release insulin to get the body ready to digest food and use that energy. For people with diabetes, this is the wrong kind of tricks to be playing on your body. Try to limit diet soda when possible.

Juice: While 100% juice isn't an unhealthy thing, too much of it means extra calories. If you like juice, pour only 4oz (half a cup) of 100% juice. You can also dilute your juice with water. It's just as flavorful and you will have more to drink.

Let's begin:

ASK:

- What are some examples of red drinks or drinks you should rarely or not try not to drink at all?
- Examples:
 - Regular soda
 - Energy or sports drinks
 - Fruit drinks
 - Sweetened and/or blended coffee or tea
 - Any drink with large amounts of added sugar
- What are some examples of yellow drinks or drinks you can drink occasionally?
- Examples:
 - Diet soda (see notes)
 - Low-calorie, low-sugar drinks
 - 100% juice (see notes)
- What are some examples of green drinks or drinks you can drink all the time?
- Examples:
 - Water
 - Seltzer water
 - Infused water
 - Skim or 1% milk, unsweetened milk substitutes like almond or soy milk
 - Unsweetened tea or coffee *Make sure you limit your caffeine consumption to a reasonable amount

SAY: Great job! Keep this worksheet handy and whenever you need a reminder of which drinks are good to go, take a look, and choose wisely.

SAY: As a summary of today's lesson, you can also turn to the Healthy Beverages Handout. This handout is a summary of everything we talked about today and includes a tracker to help you track how much water you are drinking for the next 21 days.

	<p>Plan for Success (5 minutes)</p>
<p>Allow the participant to choose the goal.</p> <p>Walk through different realistic actions they can do.</p>	<p>SAY: To help you succeed, we will make an action plan for this session. Please turn to the Healthy Beverages Action Plan Sheet.</p> <p>SAY: Your action plan for between this call and the next is to try to drink more water every day.</p> <p>DISCUSS: What is your goal for this month?</p> <p>Choose one goal for the month:</p> <ul style="list-style-type: none"> • Option 1: Drink your total recommended amount of water two days out of the week. • Option 2: Drink your total recommended amount of water almost every day [or every other day]. • Option 3: Drink your total recommended amount of water everyday • Option 4: Your choice. <p>DISCUSS: Do you see anything in the way of you accomplishing your goal? On a scale of 1-10, how confident are you that you would be able to accomplish this? 1 being not very confident and 10 being very confident.</p> <p>DO: Encourage participants and offer suggestions for finding support through their family, friends, or healthcare providers.</p> <p>DISCUSS: What is one action you can take to meet your goal?</p> <p>Some actions include drinking an 8-ounce cup of water before every meal, using the tracker on the handout, and trying to add less sugar to your morning coffee. You can also find more suggestions at the bottom of the action plan sheet.</p> <p>SAY: Do you need guidance in developing your actions? Do you have any questions?</p> <p>DO: Explain as needed and answer questions.</p>
	<p>Summary and Closing (1 minute)</p>
	<p>SAY: Between now and our next call, make sure to stick with your action plan. Do you have any questions?</p> <p>DO: Answer questions.</p>

	<p>SAY: We have come to the end of the lesson. Today we learned the benefits of drinking more water and ways that you can make it possible.</p> <p>SAY: Thank you for your time.</p>
--	--

Physical Activity

Lesson Focus: Learn the benefits of staying active and the benefits it can bring to controlling your numbers.

Lesson Goal: To encourage participants to add more physical activity to their day.

Materials: Physical Activity Handout and Physical Activity Action Plan

Resources: CDC Diabetes Get Active www.cdc.gov/diabetes/managing/active.html

CHW Script

Notes to Coach	Welcome and Introductions/Check-In (3 minutes)
Look back at your notes to tailor your introductory prompt to their specific goal	<p>SAY: Welcome back, (name), to your health coaching lessons.</p> <p>SAY: Before we start, let's spend a few minutes going over what you learned during the last session and discuss how things went with the action plan and your goals.</p> <p>DISCUSS: Last time, we talked about healthy beverages and aimed to drink more healthy beverages. What went well? What didn't go so well?</p> <p>Follow-up questions if needed: Did you keep track of how much water you were drinking throughout the day? How did you choose healthier beverages since the last time we met?</p> <p>SAY: Thank you for sharing, remember that I am here to support you and answer any of your questions. Now we will move on to our lesson of the day: Physical Activity</p>
	Objectives (1 minute)
	<p>SAY: Being active is an important part of staying healthy and managing diabetes. Today we will talk about:</p> <ul style="list-style-type: none"> • The importance of being active • Ways you can be active • Best practices to stay active with diabetes <p>We will also review the <u>Physical Activity Handout and</u> add on to your action plan.</p>

	<p><i>The Importance of Being Active</i> <i>(5 minutes)</i></p>
	<p>SAY: Before we start, please turn to the Physical Activity Handout in your workbook. For today, we will be going through this worksheet together and discussing why being active is important for our health.</p> <p>ASK: Why is it important to be active?</p> <ul style="list-style-type: none"> ▪ ANSWERS: <ul style="list-style-type: none"> ○ Maintain a healthy weight ○ Sleep better ○ Improve your memory ○ Control your blood pressure ○ Lower LDL (“bad”) cholesterol and raise HDL (“good”) cholesterol ○ Keep a routine ○ Stay strong and feel good <p>SAY: Great job! All of these are great answers.</p> <p>SAY: Now we will review some ways to be active throughout the day.</p> <p>ASK: What are some ways to be active? What are some ways YOU stay active?</p> <ul style="list-style-type: none"> ▪ ANSWERS: <ul style="list-style-type: none"> ○ Biking ○ Taking the stairs ○ Dancing ○ Doing yard work ○ Stretching ○ Walking <p>SAY: Great thanks for sharing, these are all great ways to stay active. Try to do at least 10 minutes of exercise every day. Taking a walk after you eat is a good way to help your body use the food you just ate and to help control blood sugar levels. And, combining a walk after you eat helps you remember to walk, so you can build healthy habits.</p> <p>SAY: Before starting any physical activity, check with your health care provider to talk about the best physical activities for you. Some tips to stay active in a safe way are:</p> <ul style="list-style-type: none"> • Drink plenty of fluids to prevent dehydration. • Make sure to check your blood sugar before being physically active, especially if you take insulin.

	<ul style="list-style-type: none"> • Wear socks and athletic shoes that fit well and are comfortable. • After your activity, check to see how it has affected your blood sugar level, especially if you take insulin. • After being physically active, check your feet for sores, blisters, irritation, cuts, or other injuries. <p>SAY: Do you have any questions?</p> <p>DO: Answer questions.</p>
	<p>Plan for Success (5 minutes)</p>
<p>Allow the participant to choose the goal.</p> <p>Walk through different realistic actions they can do.</p>	<p>SAY: To help you succeed, we will make an action plan for this session. Please turn to the Physical Activity Action Plan.</p> <p>SAY: Your action plan for between this call and the next is to do more physical activity.</p> <p>DISCUSS: What is your goal for this month?</p> <p>Choose one goal for the month:</p> <ul style="list-style-type: none"> • Option 1: Participate in movement/exercise for at least 20 minutes two days out of the week. • Option 2: Participate in movement/exercise for at least 20 minutes almost every day [or every other day]. • Option 3: Participate in movement/exercise for at least 20 minutes every day. • Option 4: Your choice. <p>DISCUSS: Do you see anything in the way of you accomplishing your goal? On a scale of 1-10, how confident are you that you would be able to accomplish this? 1 being not very confident and 10 being very confident.</p> <p>DO: Encourage participants and offer suggestions for finding support through their family, friends, or healthcare providers.</p> <p>DISCUSS: What is one action you can take to meet your goal?</p> <p>Some actions include stretching in the mornings, walking for 10 minutes after a meal, and taking the stairs instead of the elevator. You can also find more suggestions at the bottom of the action plan sheet.</p>

	<p>SAY: Do you need guidance in developing your actions? Do you have any questions?</p> <p>DO: Explain as needed and answer questions.</p>
	<p>Summary and Closing (1 minute)</p>
	<p>SAY: Between now and our next call, make sure to stick with your action plan. Do you have any questions?</p> <p>DO: Answer questions.</p> <p>SAY: We have come to the end of the lesson. Today we learned about the benefits of staying active and different ways you can stay active at home.</p> <p>SAY: Thank you for your time.</p>

Know Your Numbers

Lesson Focus: Learn what ABC values (A1C, blood pressure, and cholesterol) are and how knowing your numbers can improve how you manage your diabetes.

Lesson Goal: To encourage participants to know and control their A1C, blood pressure, and cholesterol (ABCs) to stay healthy and live well with diabetes. **Check your blood sugar daily and A1C (3-6 months via lab work, depending on how out-of-target your A1c is) or as prescribed by your doctor.**

Materials: Know Your Numbers Handout and Know Your Numbers Action Plan

Resources: American Heart Association - <https://www.heart.org/en/health-topics/diabetes>

CHW Script

Notes to Coach	<i>Welcome and Introductions/Check-In</i> <i>(3 minutes)</i>
Look back at your notes to tailor your introductory prompt to their specific goal	<p>SAY: Welcome back, (name), to your health coaching lessons.</p> <p>SAY: Before we start, let's spend a few minutes going over what you learned during the last session and discuss how things went with the action plan and your goals.</p> <p>DISCUSS: Were you able to add more physical activity to your day? What went well? What didn't go so well?</p> <p>Follow-up questions if needed: What made it easier to get more active? How do you feel about maintaining or increasing your physical activity in the future?</p> <p>SAY: Thank you for sharing, remember that I am here to support you and answer any of your questions. Now we will move on to our lesson of the day: Know Your Numbers.</p>
	<i>Objectives</i> <i>(1 minute)</i>
	<p>SAY: Knowing your numbers for your ABC's (A1c, blood pressures, cholesterol) is essential for managing your diabetes. Today we will talk about:</p> <ul style="list-style-type: none"> • Why measuring A1C, blood pressure, and cholesterol levels regularly are important for managing your health • Tips to remember to measure your levels

	<ul style="list-style-type: none"> • How to be an active participant in your diabetes care <p>We will also review the Know Your Numbers Handout and add on to your action plan.</p>
	<p><i>Why should I measure my numbers regularly? (5 minutes)</i></p>
<p>Note: most clients with type 2 diabetes should be checking their blood sugar once a day, usually before breakfast. (Clients on insulin should be checking multiple times a day, according to their doctor's plan for them).</p> <p>Education and supplies (glucometer and testing strips) should have been provided at time of diagnosis, but clients may not be checking for a variety of reasons (fear of the prick,</p>	<p>SAY: As you might already know, measuring your numbers of A1C, blood pressure and cholesterol are essential in managing and controlling your levels.</p> <p>ASK: Do you know if you've had your A1c, blood pressure, or cholesterol tested? Do you know your values? Today, we'll focus on blood sugar. Why is it important to closely monitor your levels?</p> <p>Allow participants to share.</p> <p>SAY: Some other examples include:</p> <ul style="list-style-type: none"> • Prevent long term complications or damage to parts of your body such as your eyes over the years • Allows you to see if your meal plan is working • It helps you see how lifestyle changes can affect your numbers <p>ASK: It is important to closely monitor your levels but sometimes it can get a bit difficult. Has your doctor told you to check your blood sugar levels? How many times a day should you be checking? How many times a day are you checking? How do you remember to measure your blood sugar levels throughout the day?</p> <p>Allow participants to share and acknowledge their process and effort.</p> <p>SAY: Some other tips to remember to measure your blood sugar levels include:</p> <ol style="list-style-type: none"> 1. Measuring first thing in the morning, before breakfast. Try to make it a habit if it isn't one already. 2. Setting an alarm on your phone to notify you to check at different times throughout the day, such as after a meal, so you can exercise a bit more to lower your blood sugar before your next meal. 3. Also, remember to keep your meter clean and ready for the next use.

<p>ran out of testing strips, too busy in the morning, didn't know it was important, etc). Tailor your coaching to where they're at.</p>	<p>SAY: Being an active participant in your diabetes care is as equally as important as measuring your numbers.</p> <p>SAY: Have you scheduled your diabetes checkup with your care team or doctor?</p> <p>SAY: I can assist you with scheduling your next appointment. Would you like me to assist you?</p> <p>If needed, assist participant – this will take a large part of your call with the participant.</p> <p>SAY: Here are other ways you can be an active participant in your care.</p> <ul style="list-style-type: none"> • Meet with your diabetes care team. These include your general doctor, optometrist (eye doctor), nutritionist, podiatrist (foot doctor), or any other provider you may use to support you through your diabetes management. • Take your medications as prescribed. Your medications help manage your diabetes, including your blood sugar levels. If you have questions or concerns, you can speak up at your next doctor's appointment and you can address changes together. • Share your feelings and concerns. Tell your diabetes care team and close family and friends about any concerns you may have. These can range from diabetes management to setting up appointments, or mental health support. If you are having emotional issues like depression, it is important to bring it up to your team as they will offer support and help you navigate through your feelings.
	<p>Plan for Success</p> <p>(5 minutes)</p>
<p>Allow the participant to choose the goal.</p>	<p>SAY: To help you succeed, we will make an action plan for this session. Please turn to the Know Your Numbers Action Plan Sheet.</p> <p>SAY: Your action plan for between this call and the next is to try to check your blood sugar daily and A1C (3-6 months) or as prescribed by your doctor.</p> <p>DISCUSS: What is your goal for this month?</p> <p>Choose one goal for the month:</p>

<p>Walk through different realistic actions they can do.</p>	<ul style="list-style-type: none"> • Option 1: Measure your blood sugar once per day. • Option 2: Meet with your doctor and measure your A1C. • Option 3: Get supplies and learn how to test your blood sugar. • Option 4: Your choice. <p>DISCUSS: Do you see anything in the way of you accomplishing your goal? On a scale of 1-10, how confident are you that you would be able to accomplish this? 1 being not very confident and 10 being very confident.</p> <p>DO: Encourage participants and offer suggestions for finding support through their family, friends, or healthcare providers.</p> <p>DISCUSS: What is one action you can take to meet your goal? Some actions include setting a reminder on your phone at different times throughout the day, writing down your levels in your journal and sharing them with the doctor during your next visit, telling a family member to remind you, or checking in on you to see if you have measured your levels. You can also find more suggestions at the bottom of the action plan sheet.</p> <p>SAY: Do you need guidance in developing your actions? Do you have any questions?</p> <p>DO: Explain as needed and answer questions.</p>
	<p>Summary and Closing</p> <p><i>(1 minute)</i></p>
	<p>SAY: Between now and our next call, make sure to stick with your action plan. Do you have any questions?</p> <p>DO: Answer questions.</p> <p>SAY: We have come to the end of the lesson. Today we learned why checking your levels is an important part of your diabetes care.</p> <p>SAY: Thank you for your time.</p>

Stress Management and Emotional Wellbeing

Lesson Focus: Learn different ways to manage stress and know the resources available.

Lesson Goal: To encourage participants to learn different ways to manage stress and ways to practice self-care.

Materials: Stress Management and Emotional Wellbeing Handout and Stress Management and Emotional Wellbeing Action Plan

Resources: CDC Coping with Stress - www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html and CDC Diabetes and Mental Health www.cdc.gov/diabetes/managing/mental-health.html

CHW Script

Notes to Coach	Welcome and Introductions/Check-In (3 minutes)
Look back at your notes to tailor your introductory prompt to their specific goal	<p>SAY: Welcome back, (name), to your health coaching lessons.</p> <p>SAY: Before we start, let's spend a few minutes going over what you learned last time, and discuss how things went with the action plan and your goals.</p> <p>DISCUSS: What went well? What didn't go so well? Were you able to measure your blood sugar daily?</p> <p>Follow-up questions if needed: Do you have enough supplies to continue measuring your blood sugar? How are you feeling about your numbers <i>(if member is concerned, encourage them to reach out to their doctor; if member is feeling okay about numbers, continue with lesson plan)</i>?</p> <p>SAY: Thank you for sharing, remember that I am here to support you and answer any of your questions. Now we will move on to our lesson of the day: Stress Management and Emotional Wellbeing.</p>
	Objectives (1 minute)
	<p>SAY: Managing your stress is an important part of staying healthy and feeling good. Today we will talk about:</p> <ul style="list-style-type: none"> • What causes stress • Ways to manage your stress levels • Best practices to cope with stress • What mindfulness is

	<p>We will also review the Stress Management and Emotional Wellbeing Handout and add on to your action plan.</p>
<p><i>What causes stress and how can I manage it? (5 minutes)</i></p>	
	<p>SAY: For today, we will be having a discussion and talk through different stressors in your life and learn how you can manage them.</p> <p>SAY: We know that having diabetes can give people stress, even if you've recently been diagnosed with diabetes or have had it for years. There are many things we can and cannot control. For the things that we can control, little steps are what count.</p> <p>ASK: What are some examples of stress?</p> <ul style="list-style-type: none"> • Examples: <ul style="list-style-type: none"> ○ Health issues ○ Money ○ Family problems ○ Not enough time ○ Too many things to do ○ Not happy ○ Relationships ○ Life changes <p>SAY: Stresses in life are normal, especially when you have a health issue, but there is a limit on how much stress our bodies can handle. We want to make sure you don't reach that limit and have the resources and support available to you whenever you feel too much stress.</p> <p>ASK: What are some ways you can manage your stress?</p> <ul style="list-style-type: none"> • Examples: <ul style="list-style-type: none"> ○ Pay attention to your feelings. ○ Talk with your health care providers about your feelings. ○ Talk to your health care providers about negative reactions other people may have about your diabetes. ○ Ask if help is available for the costs of diabetes medicines and supplies. ○ Talk with your family and friends. Tell those closest to you how you feel about having diabetes and how they can help. ○ Talk to other people with diabetes. Find support groups near you. ○ Do one thing at a time. ○ Pace yourself. As you work on your goals, take it slowly.

<p>It might take some time and practice to be able to control your breathing like this. It's ok if you need to breathe earlier. The practice doesn't have to be perfect.</p>	<ul style="list-style-type: none"> ○ Take time to do things you enjoy. Set aside time in your day to do something you love! <p>SAY: In your workbook, Health Coach Guided Discussion about Diabetes Resource Sheet, you will find a list of resources in your community to help manage your stress.</p> <p>SAY: There are ways you can manage your stress daily. It can include the examples we talked about earlier, but it can also include mindfulness activities.</p> <p>ASK: Do you know what mindfulness is?</p> <p>SAY: Mindfulness is the human state of being aware and present of your body and feelings. It does not have to be meditation or self-reflection. It can include anything you find joy in doing. Some examples include the following:</p> <ul style="list-style-type: none"> ● Mindful eating. Eliminating distractions while eating to fully experience the taste and joy it can bring to your emotions and feelings. ● Activities you enjoy. These can range from gardening to playing chess or going for a walk. Try to be present and be aware of your body. Skip multi-tasking and try to "single-task" when doing mindful activities. ● Breathing exercises. Breathing in and out purposefully or taking deep breaths throughout the day to calm your body. <p>DO: We will be doing a quick breathing exercise activity on the phone today. This is a mindfulness activity you can do every day or whenever you are feeling stressed. It is called the 4-7-8 Breathing Exercise.</p> <ul style="list-style-type: none"> ● If you're standing up, sit down on a chair. Sit with a straight back and relax your shoulders. ● Close your eyes. ● Inhale through your nose to a count of four. Count 1, 2, 3, 4. ● Now hold your breath for seven seconds. Count 1, 2, 3, 4, 5, 6, 7. ● And finally, exhale through your mouth for about eight seconds. Count 1, 2, 3, 4, 5, 6, 7, 8. ● Let's repeat it 3 more times. <p>SAY: Perfect, now open your eyes.</p> <p>ASK: How do you feel? Did you feel relaxed while you were breathing in and out?</p>
--	--

	<p>SAY: This is an example of a breathing technique that you can do when you feel stressed. Managing stress is important, especially when you have diabetes because your blood sugar is affected by what you eat, how you feel, and if you can stay active. Remember that relaxing takes time. It can be hard to relax but over time and as you continue to practice you will be able to relax wherever and whenever you want.</p>
	<p>Plan for Success (5 minutes)</p>
<p>Allow the participant to choose the goal.</p> <p>Walk through different realistic actions they can do.</p>	<p>SAY: To help you succeed, we will make an action plan for this session. Please turn to the Stress Management and Emotional Wellbeing Action Plan Sheet.</p> <p>SAY: Your action plan for between this call and the next is to manage your stress.</p> <p>DISCUSS: What is your goal for this month?</p> <p>Choose one goal for the month:</p> <ul style="list-style-type: none"> • Option 1: Find and learn a mindfulness activity that you enjoy practicing. • Option 2: Do a mindfulness activity that you're already doing more often. • Option 3: Find a new mindfulness activity to practice for self-care. • Option 4: Your choice. <p>DISCUSS: Do you see anything in the way of you accomplishing your goal? On a scale of 1-10, how confident are you that you would be able to accomplish this? 1 being not very confident and 10 being very confident.</p> <p>SAY: Encourage participants and offer suggestions for finding support through their family, friends, or healthcare providers.</p> <p>DISCUSS: What is one action you can take to meet your goal?</p> <p>Some actions include decompressing before coming home from work by walking a lap around the neighborhood park, talking with friends and family, or setting reminders on your phone to meditate throughout the day. You can also find more suggestions at the bottom of the action plan sheet.</p>

	<p>SAY: Do you need guidance in developing your actions? Do you have any questions?</p> <p>DO: Explain as needed and answer questions.</p>
	<p>Summary and Closing (1 minute)</p>
	<p>SAY: Between now and our next call, make sure to stick with your action plan. Do you have any questions?</p> <p>DO: Answer questions.</p> <p>SAY: We have come to the end of the lesson. Today we learned about how to manage your stress and different ways you can manage it.</p> <p>SAY: Thank you for your time.</p>