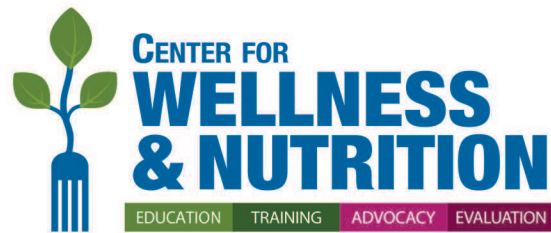


Health Coach Guided Discussions About Diabetes

Action Journal and Resources



About the Program

The APSARA Health Coaching Program aims to improve Stockton community members' health behaviors and knowledge about diabetes and healthy living by working one-on-one with Community Health Workers.

This program is part of the Abbott Fund's Future Well Communities program in Stockton, California to advance health equity by providing targeted care and social services to those who need it most.

This journal belongs to

(Name)

My APSARA Health Coach

(Health coach name)

(Phone number)

The 6 months of health coaching begins on

(Date)

Do you have questions about your Healthy Food Rx food boxes?
Do you have a change of address or new phone number?

Contact the Emergency Food Bank at 209-464-7369

Meet the APSARA Community Health Workers Team

Program Staff



HengSothea Ung
Program Manager



Chea Anthony Chen
Project Coordinator



Sophy Pho
Data Analyst

Community Health Workers



Karen Douglas



David Daraseng



Dane Po



Delia Ruiz



Kathleen Jones



Timothy Oum

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Lesson 1: Future Well Communities - Local Organizations

The global healthcare company Abbott, along with its foundation the Abbott Fund, are working together with local organizations as part the Future Well Communities program to advance health equity by providing targeted care and social services to those who need it most. The following organizations offer resources that you can use to manage your diabetes:

Asian Pacific Self-development and Residential Association

Asian Pacific Self-development and Residential Association (APSARA) has a Community Health Worker program that works one-to-one with Stockton community members, providing diabetes health coaching in English, Spanish, and Khmer (Cambodian)

- Website: <https://apsaraonline.org/>
- Office Phone: (209)944-1700
- Office Cell: (209)905-2777
- Email: info@apsaraonline.org



Community Medical Centers

Community Medical Centers provide personalized health care that meets your needs. They take a "whole person" approach to deliver primary care that gets everyone, including you, working as a team to create the best possible care. Working with a care team improves the quality of care and shortens the time it takes to receive care. Contact CMC to schedule medical & dental appointments, enroll in diabetes education classes (virtual and in-person options, English and Spanish language classes available), and receive care for you & your family.

- Website: <https://www.communitymedicalcenters.org/Services>
- Medical: (209) 636-5400
- Dental: (209) 636-5555
- Email: patientrelations@cmcenters.org



El Concilio

El Concilio Medical Transportation Services provides non-emergency transportation (Stockton residents only) Mon-Fri 7:30am and last pick-up at 4pm, to healthcare appointments, health education classes, prescription pick-up and access to healthy foods within Stockton city limits. Hands free service and all clients must be able to board/offboard without driver assistance. To guarantee service and assistance 1-2 week prior scheduling is recommended. To schedule an appointment or check availability, please:

- Call Dispatcher: (209) 644-2616
- Main Office: (209) 644-2610
- Website: <https://www.elconcilio.org/services/transportation/>



Emergency Food Bank

Emergency Food Bank (EFB) helps families and individuals in need of emergency food assistance, including pantry access, food delivery, and street outreach. EFB has various nutrition education programs that address community health issues related to diet, such as hypertension and diabetes. The Mobile Farmer's Market Program travels to 60 sites each month to provide fresh produce and nutrition education. Weekly nutrition education classes and online Zoom cooking demonstrations are also available for those looking to learn more about how to incorporate nutritious food to their families' diet. Call to find out how to get nutritious food for you & your family.

- Website: <http://www.stocktonfoodbank.org/>
- Phone: (209) 464-7369
- Email: info@stocktonfoodbank.org



University of the Pacific Diabetes Care Clinics (DCC) -University of the Pacific School of Pharmacy

DCC provides free health screenings and services related to diabetes, blood pressure, and cholesterol. Free vaccines, blood pressure machines, and blood glucose testing devices and supplies are provided to those who qualify. We also offer the Diabetes Prevention Program, a free lifestyle change program aimed at preventing type 2 diabetes through healthy eating and active living.

- Website: <https://go.pacific.edu/diabetesclinics>
- Phone: (209) 932-4200
- Email: diabetesclinics@pacific.edu





Lesson 1: Additional Community Resources

Dignity Health - St. Joseph's Medical Center Stockton

Diabetes Services

"St. Joseph's Medical Center has a team of health professionals dedicated to providing you with support, education, and the skills you need to take control of diabetes. We offer informative workshops, peer-led diabetes support groups, and clinical diabetes management services. St. Joseph's Medical Center will help ensure you are receiving the information and support your needs to manage diabetes successfully."

To get started, call their diabetes health navigator at (209) 944-8355.

- Website: www.dignityhealth.org/central-california/locations/stjosephs-stockton/services/diabetes-services

Sutter Health – Stockton

Featured Services: Adult Diabetes Care, Gestation Diabetes Care, Pre-Diabetes Care

- Website: www.sutterhealth.org/city/stockton/services/diabetes

Community Connections San Joaquin County

Community Connections is intended to provide information and resources regarding non-profit, government, social service, community based and educational services.

- Website: <https://communityconnectionssjc.org/about/>

211 San Joaquin

San Joaquin (211SJ) is a collaborative effort of health and human service providers, state legislators, local government representatives and county residents. Its purpose is to make it easy for people to find the help they need, when they need it.

- Website: www.211sj.org/

Human Services Agency (HSA) San Joaquin County

There are various assistance programs from food, employment, home weatherization, home energy and more, San Joaquin County Human Services Agency is ready to help.

- Website: www.sjchsa.org/Assistance

Programs you can apply for at HSA San Joaquin County:

- **CalFresh, or the Supplemental Nutrition Assistance Program (SNAP)**
 - CalFresh (formerly known as Food Stamps) helps low-income people buy the food they need for good health. For most households, CalFresh benefits are only part of their food budget. They must spend some of their own cash, along with their CalFresh benefits, in order to buy enough food for a month. Applying for and receiving, CalFresh will not affect a person's immigration status or the immigration status of that family.
- **CalWORKS or Temporary Assistance for Needy Families (TANF)**
 - CalWORKS provides temporary financial assistance and employment related services to families with minor children. Homeless Assistance is included in this program.
- **Cash Assistance Program for Immigrants (CAPI)**
 - CAPI is a 100 percent state-funded program designed to provide monthly cash benefits to aged, blind, and disabled non-citizens who are ineligible for SSI/SSP solely due to their immigrant status.
- **Medi-Cal**
 - Medi-Cal is the California version of the Federal Medicaid program. The Medi-Cal program provides health care coverage for low-income residents of California.
 - Website: www.benefitscal.com or www.coveredca.com
 - Covered California Phone: 1-800-300-1506
 - Office Address: 333 E. Washington Street, Stockton, CA 95202

Food Assistance Programs:

- **Women, Infants, and Children (WIC)**

- Supplemental Nutrition Program for Women, Infants and Children Provides food vouchers, nutrition education breastfeeding support and referral for health care to eligible women and children. Pregnant, breastfeeding and postpartum women of all ages, infants and children to age 5 are referred by health care providers.
- Website: www.sjcphs.org/information/special_services.aspx
- Phone: (209) 468-3280.

- **Brown Bag Program**

- The Brown Bag Program is designed to deliver bags of nutritious supplemental groceries to low-income senior citizens aged 60 and over.
- Website: www.localfoodbank.org/senior-brown-bags/
- Second Harvest of the Greater Valley Phone: (209) 239-2091

- **Food For You**

- The San Joaquin County USDA Commodity Program, FOOD FOR YOU, provides free food for low income individuals in 8 community centers and 10 volunteer sites throughout the county.
- Website: www.sjcfoodforyou.org/
- Phone: (209) 953-3663
- Email: foodforyou@sjgov.org

- **Meals on Wheels (Home Delivered Meals)**

- Home Delivered Meals provides a nutritious meal and personal contact to homebound seniors in the San Joaquin County community.
- Phone: (209) 468-1104

- **Congregate Nutrition Services**

- Congregate Nutrition Services provide meals in a group setting.
- Website: www.sjchsa.org/Assistance/Food-Assistance/Senior-Lunch-Program



How Diabetes Can Affect Your Body

Having high blood sugar from diabetes over time can cause serious health complications.¹

Brain

Damaging blood vessels in the brain and causing a stroke or memory loss

Ears

Affecting how nerve signals travel from the inner ear to the brain, causing hearing loss

Nerves

Causing numbness or pain that makes it hard to do daily activities

Mouth

Increasing harmful bacteria and causing cavities and gum disease

Sexual Health

Damaging nerves and reducing blood supply, causing erectile dysfunction and vaginal dryness

Skin

Causing skin infections or changes such as dark patches on the skin



Eyes

Damaging the small blood vessels at the back of the eyes, leading to vision loss

Heart

Damaging blood vessels and causing high blood pressure, a heart attack, or heart failure

Blood Vessels

Damaging blood vessel walls and decreasing blood flow

Stomach

Damaging the nerves in the stomach and slowing or stopping digestion

Kidneys

Reducing how well kidneys filter waste, leading to chronic kidney disease

Feet

Reducing blood flow and damaging nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation

Keeping your blood sugar levels in your target range can help prevent or delay all these conditions.¹



Lesson 2: Know Your Numbers Handout

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

For today's call you will learn:

- What ABC values are and how often you should get checked
- Why measuring A1C, blood pressure, and cholesterol levels regularly are important for managing your health
- Steps to manage your diabetes

What are the ABC values?

A

A1C

- Blood glucose has been over the last 3 months and if it is under control.
- Get this test at least twice a year.

B

Blood Pressure

- The higher your blood pressure, the harder your heart has to work.
- Get your blood pressure measured at every doctor's visit and set a blood pressure goal that is right for you.

C

Cholesterol

- Maintain a normal cholesterol level (under 200 mg/dL).
- HDL should be 40 mg/dL or higher.
- Triglyceride level should be 150 mg/dL or lower.
- LDL should be below 100 mg/dL. LDL or "bad" cholesterol builds up and clogs your arteries.

Why Should You Measure Your Numbers Daily?



Prevent damage to parts of your body like your eyes



Allows you to see if your meal plan is working

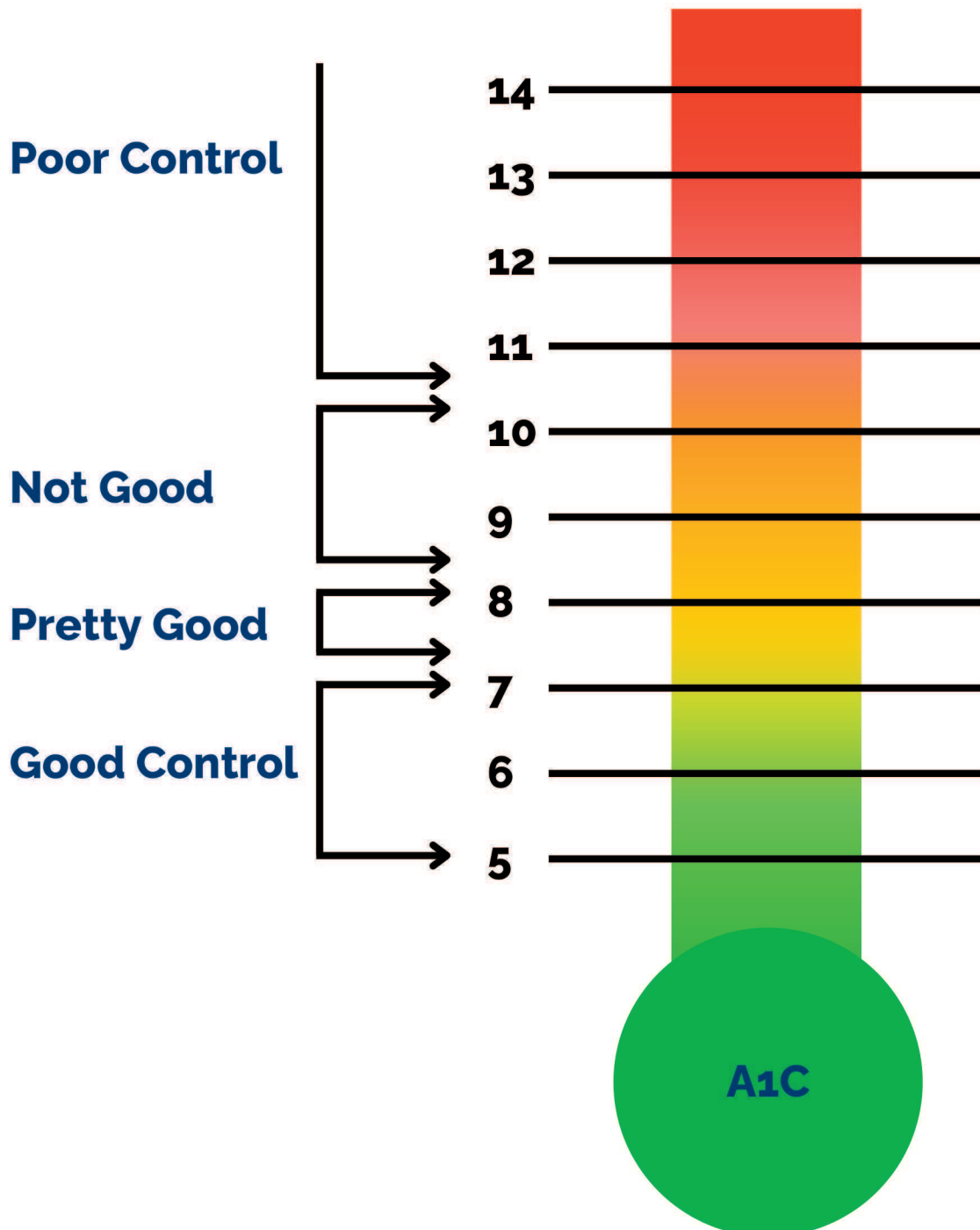


How lifestyle changes can affect your numbers



Lesson 2: A1C Chart

The A1C test is used to see how well you are managing your blood sugar levels over the past 90 days or 3 months. Your doctor should be testing your blood sugar levels every 90 days or 3 months as a tool to help monitor blood sugar. Your goal for the next 6 months is to lower your blood sugar levels by making healthier choices.



10 Simple Steps to Manage your Diabetes



1.Meet with your diabetes care team. These include making appointments with your general doctor, optometrist, nutritionist, podiatrist, or other providers.



2.Take your medications as prescribed. Your medications help manage your diabetes, including your blood sugar levels.



3.Check your blood pressure often. Measure your levels every day and keep track of the numbers.



4.Keep your glucometer clean. Use a clean wipe to disinfect and clean your glucometer after each use to get accurate readings.



5.Eat healthy food. Add more fruits and vegetables to your meals. Cut back on salt and sugar.



6.Drink water. Cut back on sugar sweetened beverages such as soda or juice. Add fruit to your water for a twist.



7.Be active. Try to walk, run, or dance at least 30 minutes every day.



8.Check your body everyday. Look for sores, blisters or color changes, especially on your feet.



9.Share your feelings and concerns. If you are having emotional issues like depression, it is important to bring it up to your team.



10.Keep learning. Ask your doctors and health coach questions if you are confused or want to learn about something.



Lesson 2: Know Your Numbers Action Plan

Lesson Goal: To encourage me to know and control my A1C, blood pressure, and cholesterol to stay healthy and live well with diabetes.

During this lesson I learned:

- What ABC values are and how often you should get checked
- Why measuring A1C, blood pressure, and cholesterol levels regularly are important for managing your health
- Steps to manage your diabetes

Choose one goal for the month:

I will...

- Option 1: Measure my blood sugar once per day.**
- Option 2: Meet with my doctor and measure my A1C.**
- Option 3: Get supplies and learn how to test my blood sugar.**
- Option 4: Your choice.**

Do I see anything in the way of accomplishing my goal?

What is one action I can take to meet my goal?

Suggestions:

Add a note somewhere I know I'll see daily to remind me to check.

Set a reminder on my phone to check my numbers

Write in my calendar to check my A1c with my doctor

Get free supplies (blood pressure cuff, glucometer, test strips) from the Diabetes Care Clinic



Lesson 3: Eat More Fruits and Vegetables Handout

Goal: Learn why eating more fruits and vegetables is an important part of staying healthy and feeling good.

For today's call you will learn:

- The importance of eating more fruits and vegetables throughout the day
- Ways you can incorporate fruits and vegetables into your meals
- Fruits and vegetables that impact your blood sugar levels

The Benefits of Eating Fruits and Vegetables

Fruits and 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.

See the following page, **Fruits and Vegetables Recommendations** for more details on fruits and vegetables you can try to add to your meals.

Eating More Fruits and Vegetables Smart Tips

















- **Plan your meals ahead of time.** Prepare for the week, prevent you from eating out, and budget your money for food.
- **Prepare yourself for success.** Chop up your vegetables and put them in ready to go containers. This will help you save time during the week and make it easier to cook.
- **Add vegetables to your sauces.** Making a stew or spaghetti sauce? Add finely grated carrots, celery, or zucchini into your sauce to eat more vegetables.
- **Have canned and frozen vegetables handy.** These products last longer and are generally inexpensive. Make sure to purchase those that say, "low sodium," "no added sugar," or "fat-free."



Fruits and Vegetables Recommendations

Consuming a variety of colorful vegetables every day will ensure you are getting the right balance of nutrients. These are different fruits and vegetables to add into your food plan if you are not already eating them.²

 Chayote	Boil until soft. Can be added to soups or stir fries.	 Jicama	Eat fresh or add to salads.
 Bell Pepper	Eat fresh or add to meals.	 Beet	Boil until soft, peel and enjoy.
 Bean Sprouts	Eat fresh or add to soups or stir fries.	 Cauliflower	Eat fresh or can be boiled, sautéed, or grilled.
 Collard Greens	Sauté or add to stews or soups.	 Sweet Potato	Can be boiled, sautéed, or grilled.
 Cactus	Boil until soft, rinse, and add to salads.	 Tomato	Eat fresh or add to meals.
 Bok Choy	Sauté or stir fry and add to any meal.	 Okra	Boil until soft. Can be added to stews.
 Long Beans	Boil until soft or add to stir fries.	 Carrots	Eat fresh or add to soups, stir fries, or stews.



Eat fresh or add to salads.

Cucumber



Eat fresh or add to salads or oatmeal.

Apple



Eat fresh or add to salads or toast.

Avocado



Eat fresh or add to salads or smoothies.

Strawberry



Eat fresh or add to salads or smoothies.

Orange



Eat fresh or add to smoothies.

Papaya



Eat fresh or add to smoothies.

Banana



Eat fresh or add to salads.

Pear

Recommended Amount of Fruits and Vegetables

Depending on your body, health, and doctor recommendations, the number of vegetables can vary from person to person. Below are daily recommended vegetable and fruit servings from MyPlate.³

Fruit

Women	19-30 yrs	1½ to 2 cups
	31-59 yrs	1½ to 2 cups
	60+ yrs	1½ to 2 cups
Men	19-30 yrs	2 to 2½ cups
	31-59 yrs	2 to 2½ cups
	60+ yrs	2 cups

Vegetables

Women	19-30 yrs	2½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2½ to 3½ cups



Lesson 3: Eat More Fruits and Vegetables Action Plan

Lesson Goal: To encourage you to eat more fruits and vegetables by the next CHW meeting.

During this lesson I learned:

- The importance of eating more fruits and vegetables throughout the day
- Ways you can incorporate fruits and vegetables into your meals
- Fruits and vegetables that impact your blood sugar levels

Choose one goal for the month:





I will...

- Option 1: Eat at least one fruit & vegetable two days out of the week.**
- Option 2: Eat at least one fruit & vegetable four days out of the week.**
- Option 3: Eat at least one fruit & vegetable every day.**
- Option 4: Your choice.**

Do I see anything in the way of accomplishing my goal?

What is one action I can take to meet my goal?

Suggestions:

 Chop your vegetables at the start of the week.	 Add finely grated carrots or other vegetables to your tomato sauce.	 Try a new fruit or vegetable.	 Replace candy with a fresh fruit snack.
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Lesson 4: Healthy Beverages Handout

Goal: Make drinking water everyday a habit.

For today's call you will learn:

- Why drinking water is important for your health
- How to make drinking healthy beverages fun
- Smart tips to drink more water

Why is Drinking Water Important?

60% of our body is made up of water, so it is important that we keep that level of hydration so our body works the way it should be working. Water prevents dehydration, normalizes blood pressure, and aids in digestion.

Recommended Amount of Water

Recommendations for water vary depending on your age, sex, and health conditions. Drinking plain water is one good way of having a healthy total daily water level. *You can also try to drink 6 to 8, 8 ounce cups a day.*

Make Drinking Water Fun!



Make it herbal. Add herbs like mint or basil.



Make it sweet. Add any type of berry.



Make it tangy. Add lemon or orange slices.

Healthy Beverages Smart Tips

- **Water on the go.** Carry a water bottle everywhere you go.
- **Small steps count too.** You do not have to give up your favorite drinks. Simply cut back and drink less than what you were drinking before.
- **Read the label.** Many sugar-sweetened beverages try to hide their sugar content. These names include corn syrup, cane juice, sucrose, fruit juice concentrates, and glucose.





Healthy Beverages Recommendations

Sweetened drinks are one of the major determinants of obesity and diabetes and high consumption of these drinks can increase the risk for other health challenges. The next time you grab a drink at the store, restaurant, or at home, think about drinks as a stoplight.⁴

Green – Drink all you want

- Water
- Seltzer Water with no sugar
- Infused Water

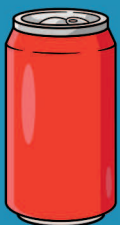
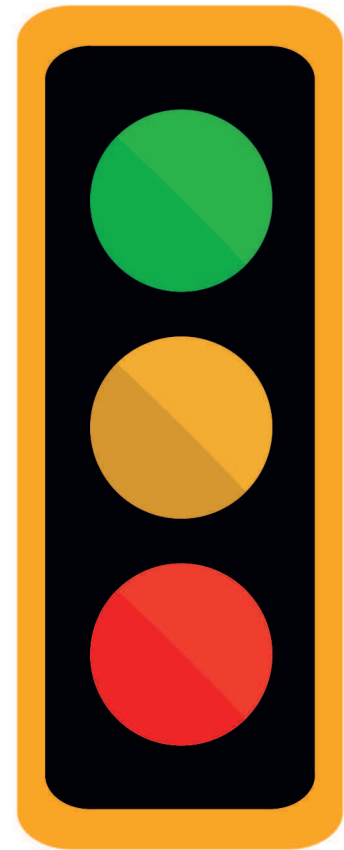
Yellow – Drink occasionally

- Diet soda
- Skim or 1% milk
- Low-calories, low-sugar drinks
- 100% juice
- Unsweetened tea or unsweetened coffee*

*Make sure you limit your caffeine consumption to a reasonable amount

Red – Drink rarely or not at all

- Regular soda
- Energy or sports drinks
- Fruit drinks or aguas frescas
- Boba or bubble milk teas
- Sweetened and/or blended coffee
- Alcohol or beer
- Any drink with large amounts of added sugars



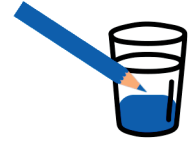
One 12 ounce can of regular soda contains about



10 teaspoons of added sugars



Water Tracker



Color in the number of cups you drink throughout the day.





Lesson 4: Healthy Beverages Action Plan

Lesson Goal: To encourage me to drink more water and healthier beverages.

During this lesson I learned:

- Why what I drink is important for my health
- How to make drinking healthy beverages fun
- Learn smart tips to drink more water

Choose one goal for the month:

I will...

- Option 1: track how much water I drink with the 30 day water tracker.**
- Option 2: drink my total recommended amount of water 4 days a week.**
- Option 3: drink my total recommended amount of water everyday.**
- Option 4: Your choice.**

Do I see anything in the way of accomplishing my goal?

What is one action I can take to meet my goal?

Suggestions:

Carry a water bottle everywhere you go.

Add herbs, fruit, citrus to make you water fun and tasty.

Drink a cup of water with your meal.

Use the 30 day water tracker to keep track of how much water you are drinking.



Lesson 5: Physical Activity Handout

Goal: To encourage me to add more physical activity to my day.

For today's call you will learn:

- The importance of being active
- Different ways you can be active
- Best practices to stay active with diabetes

Why Being Active is Important

- 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

Ways to Stay Active



Walking



Dancing



Gardening



Chair Exercises

Physical Activity Smart Tips



- Drink plenty of fluids to prevent dehydration.
- Make sure to check your blood sugar before being physically active, especially if you take insulin.
- Wear socks and shoes that fit well and 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.



Physical Activity Recommendations

It is important to exercise when you have diabetes. Consult a health care professional before starting. Follow recommendations and the type of physical activity that is appropriate for your abilities. The following are recommendations from the current Physical Activity Guidelines for Americans.⁵

150 minutes

of moderate-intensity
aerobic physical
activity

or 30 minutes 5 days a week

Aerobic Examples



Biking



Wheelchair
Rolling



Doing
Yard Work



Walking



Swimming



2 days

muscle
strengthening
activities

Muscle-Strengthening Examples



Exercise
Bands



Taking
the Stairs



Body Weight
Exercises



Handheld
Weights



Yoga



Lesson 5: Physical Activity Action Plan

Lesson Goal: To encourage me to add more physical activity to my day.

During this lesson I learned:

- The importance of being active
- Ways I can be active
- Best practices to stay active with diabetes

Choose one goal for the month:





I will...

- Option 1: move/exercise for at least 30 minutes, 2 days out of the week.**
- Option 2: move/exercise for at least 30 minutes, 3 days out of the week.**
- Option 3: move/exercise for at least 30 minutes, 5 days out of the week.**
- Option 4: Your choice.**

Do I see anything in the way of accomplishing my goal?

What is one action I can take to meet my goal?

Suggestions:

 Take a short 10-minute walk, 20 to 30 minutes after lunch or dinner.	 Exercise with a family member or walk your dog.	 Stretch before and after exercise.	 Check and track your blood sugar levels before and after exercise.
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Lesson 6: Stress Management and Emotional Wellbeing Handout

Goal: Learn different ways to manage stress and ways to practice self-care.

For today's call you will learn:

- What causes stress
- Ways to manage your stress levels
- Best practices to cope with stress
- What mindfulness is

What Causes Stress?



Health issues



Money and family problems



Time and things to do



Life Changes

Stress Management Smart Tips



Pay attention to your feelings.



Talk with your doctor about your feelings.



Talk with your family and friends



Ask for help for costs of medicines and supplies.



Talk to other's with diabetes. Find support groups near you.



Set aside time in your day to do something you love!

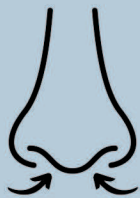


Stress Management and Emotional Wellbeing Recommendations

You may already do things that make you happy and help you get through hard times. These can include taking deep breaths, connecting with family and friends, or talking to a professional. Below are more ideas.

4-7-8 Breathing Exercise

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.



Exhale through your mouth for about eight seconds. Count 1, 2, 3, 4, 5, 6, 7, 8.

Visualizing



Close your eyes. Imagine walking into a beautiful garden, with all your favorite flowers and trees. You feel the warmth of the sun on your face, you hear the wind through the leaves on the trees. In the distance you hear a bird chirping. As you walk through the garden you smell your favorite flower. It brings you peace as you breath in and out for a couple of seconds.

Your hand touches the petals of the flowers as you walk deeper into the garden. It feels soft and relaxing. You explore the garden and imagine all of your favorite things. Explore using all of your senses. When you are ready to leave, imagine a gate and push it open. Stretch gently and open your eyes.

How do you feel?



Lesson 6: Stress Management and Emotional Wellbeing Action Plan

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

During this lesson I learned:

- What causes stress
- Ways to manage my stress levels
- Best practices to cope with stress

Choose one goal for the month:





I will...

- Option 1: find and learn a mindfulness activity that I enjoy practicing.**
- Option 2: do a mindfulness activity that I'm already doing more often.**
- Option 3: find a new mindfulness activity to practice for self-care.**
- Option 4: Your choice.**

Do I see anything in the way of accomplishing my goal?

What is one action I can take to meet my goal?

Suggestions:

 Practice deep breathing.	 Listen to instrumental music or nature sounds.	 Practice mindfulness when eating.	 Go for a walk in the park or in nature.
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Acknowledgements

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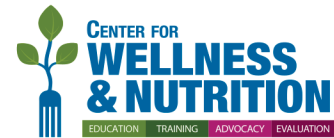
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This guide was created by and with the input of the following people:

Public Health Institute Center for Wellness and Nutrition

Sofia Monterroza Noyes, *Health Educator*
Karla Fernandez Ibanez, *Project Coordinator*
Betty Sun, MS, RD *Program Manager*



Asian Pacific Self-Development And Residential Association

HengSothea Ung, *Program Manager*
Chea Anthony Chen, *Project Coordinator*
Sophy Pho, *Data Analyst*



Community Health Workers

David Daraseng
Dane Po
Delia Ruiz
Karen Douglas
Kathleen Jones
Seng So
Mike My
Timothy Oum