


COPE Creating Opportunities for Personal Empowerment



**Session 1
Healthy Lifestyles**

Goals of the COPE Healthy Lifestyles TEEN Program

- The goal of the program is to help you gain the knowledge and skills that are important for you to make healthy lifestyle choices and to lead a healthy life.
- This will include how to keep you both physically and mentally healthy.
- The skills you learn in the COPE Healthy Lifestyles TEEN Program can be used throughout your life.

Expectations and rules for the group



- Be on time
- Bring your COPE notebook to class for every session
- Complete your homework every day
- Ask questions and participate in discussion
- Be respectful of others

Confidentiality

- Definition:
 - Entrusted with confidence that what is discussed in class will not be discussed with others
 - Increases openness and trust with your classmates
 - Increases respect for another's feelings and opinions

Your thoughts

- Turn to Page 2 of your COPE notebook and write down 3 examples of healthy lifestyle choices.

Definition of Healthy Lifestyle

- A healthy lifestyle involves making healthy choices to think and behave in a way to support the best possible health for the mind and body
- A healthy lifestyle also means following through on those healthy choices

Choices We Make Every Day

- Food
- Regular exercise
- Use of cigarettes, drugs, and alcohol
- Coping with stress
- Dealing with anger
- Positive relationships

What is a Habit?

- Done routinely without thought
- Takes time to develop and time to break
- The earlier habits are made, the more likely you will use them as you grow older
- It is easier not to start a bad habit, than to stop it once it is started

Examples of Unhealthy and Healthy Habits

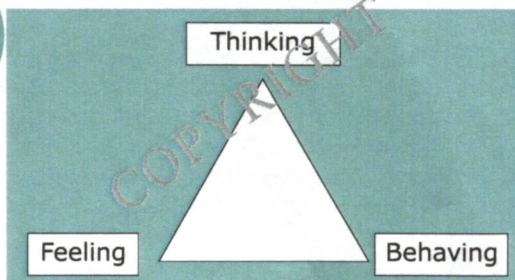
- Turn to Page 3 of your COPE notebook and write down examples of healthy and unhealthy habits.



What can get in the way of having healthy habits?

- Peer pressure
- The media
- Poor self-esteem
- Stress and anxiety
- Lack of knowledge
- Unhealthy food that is readily available

It's all related



Example # 1

- 15-year-old Sara has poor self-esteem and believes that she can't do anything right (negative thinking). As a result, she feels depressed (negative emotion) and gives up right away if she does not accomplish something on the first try (negative behavior).

Example # 2

- 17-year-old Daryl has been told by his classmates that he is ugly. Therefore, he believes he is ugly (negative thinking) and feels angry a lot of the time (negative emotion). As a result, Daryl often yells at people and tells people he doesn't care about what they think (negative behaviors).

Example # 3

- 16-year-old Darcy is normally a B student. Darcy gets a D on a science test. Darcy thinks, "OK, I goofed, but I will study harder for the next test and do better."
- What does Darcy feel?
- What was the trigger event?

Class Discussion

- Does negative thinking always lead to negative feelings and behaviors?
 - Usually the negative thought, if not changed to a positive thought, will result in feelings that are negative leading to negative behaviors.
- Identify trigger events.
 - Can you recognize a trigger event in your own life that causes negative thinking, feeling and behavior?
- How does continued negative thinking impact us every day?

The COPE Healthy Lifestyles TEEN Program

- We will be learning how to "reframe" your life events positively so that you can feel positively about your choices for healthy behaviors.
- One goal is to be able to positively cope with all the challenges you face
- We will be learning to overcome life challenges by helping you choose the best solutions to problems

Mindfulness

- Becoming more "mindful" of how you think is important so that you can help your thinking to be more positive.
- Staying "mindful" or "in the present moment" helps to lessen your worries.
- Most of what people worry about never happens.
- **GOAL: TO WORRY LESS AND STAY IN THE PRESENT MOMENT.**

Mindfulness Exercises

- Catching Sounds
- Clapping patterns
- Memory Game

Pedometers

- Wear your pedometer every day
- Record your steps every night on the PEDOMETER LOG before you go to bed
- Find a safe place to put your pedometer so that you will remember to put it on every morning.

Pedometer Log Completion = PRIZE!!

- If you complete and turn in your Pedometer Log every week (14 weeks), you will be eligible for a drawing for an iPod Shuffle.
- Get in the healthy habit of wearing your pedometer every day!

COPE Coaches

- A COPE Coach is someone you partner with to help remind and encourage you to make healthy choices.
- Choose a COPE Coach from this class and a COPE Coach from someone at home.



Parent Newsletter

- Here is your Parent Newsletter #1.
- Discuss the newsletter with your parent or guardian.
- Return the signed portion to class next week indicating that you talked about the newsletter and the COPE Healthy Lifestyles TEEN Program with them.

Homework for Session 1

- Homework on Page 6 due next week
- Complete "Self Analysis" on Page 8
- Wear your pedometer every day for the next 7 days, record your steps on the pedometer log, and turn in your log to your teacher next week.
- Choose your COPE Coach at home

Physical Activity Today

- Power Walking for 20 minutes!

