


SMART/EST III Project

TRANSLATING EFFECTIVE HEALTH BEHAVIOR STRATEGIES INTO PRACTICE FOR HIV+ WOMEN

Participant Workbook



SESSION 1: SELECTING TREATMENT GOALS

Stressors  Goals

Everyone has issues. What do you want to work on?

Major Stressors	Practical Treatment Goals
Ex. 1: Feeling sick	Goal: Improving the way I care for my health.
Ex. 2: Fights with friends	Goal: Improving communication with others.
Ex. 3: Financial problems	Goal: Working to increase income.
Ex. 4: Feeling depressed	Goal: Understanding and treating my depression.

SESSION 1: SELECTING TREATMENT GOALS

Stressors

Goals



Everyone has issues. What do you want to work on?

<i>Major Stressors</i>	<i>Practical Treatment Goals</i>

SESSION 1: VALUES CLARIFICATION/ THEME IDENTIFICATION

Stressor → Values/Themes

*What is important to you?
What do you value?*

Stressor	Values/Themes Connection/Love Achievement/Identity Safety/Integrity Injustice	Thoughts
Ex. 1: I had a fight with my boyfriend.	Connection/Love	I want to have a loving relationship and I'm afraid our connection is damaged.
Ex. 2: I couldn't handle all my work at my job.	Achievement/Identity	I think of myself as a hard worker, but I just can't handle everything I have to do.
Ex 3: I got rejected for benefits because I misunderstood the forms.	Injustice	I need these benefits and it is unfair that I was denied.
Ex 4: My doctor doesn't listen to me.	Safety/Integrity	I'm worried about my health and I want to get better, but my doctor just isn't hearing what I'm saying.
	Connection/Love	I need to feel support around here but my doctor is not available.

SESSION 1: VALUES CLARIFICATION/ THEME IDENTIFICATION

Stressor → Values/Themes

*What is important to you?
What do you value?*

<i>Stressor</i>	<i>Values/Themes</i> Connection/Love Achievement/Identity Safety/Integrity Injustice	<i>Thoughts</i>

SESSION 1 - STRESS & YOUR BODY

HOW DOES YOUR BODY REACT WHEN YOU ARE STRESSED?

- ◆ You breathe faster
- ◆ Your heart rate gets faster
- ◆ Your mouth may get dry
- ◆ Your muscles may get tense

SOME MEDICAL CONDITIONS CAN GET WORSE

For example:

- ◆ If your blood pressure goes up, this may lead to hypertension or chronic high blood pressure.
- ◆ If your stomach produces more acid, ulcers get worse.

STRESS CAN ALSO WEAKEN YOUR IMMUNE SYSTEM

- ◆ People catch more colds when they are under stress.

HOW DOES IT WORK?

- ◆ Under stress, your body makes stress hormones.
- ◆ These hormones interfere with natural killer cells.
- ◆ These natural killer cells destroy cancer cells and other 'garbage' in your system.

SESSION 1 - INSTRUCTIONS FOR MUSCLE RELAXATION EXERCISE

1. RIGHT ARM: Hold arm at a 45-degree angle and make a fist.
LEFT ARM: Same as with right arm (above).
2. FACE MUSCLES: Squeeze eyes shut tightly and wrinkle your nose, tensing all the muscles of your face.
3. NECK: Pull head down until chin almost touches the chest.
4. SHOULDERS: Pull shoulders up tightly to your ears.
5. UPPER BACK: Pull the shoulders back (together).
6. STOMACH: Make the stomach hard by pulling it in.
7. RIGHT LEG AND FOOT: Lift foot off of the floor or mat, pull the toes back toward your face.
LEFT LEG AND FOOT: Same as with right leg and foot (above).

SESSION 2: SYMPTOMS CHECKLIST

When people are under stress, they may have one or more of the following symptoms. Please read the list below and place a checkmark next to those symptoms that you have when you are tense or under stress.

- Hostility (acting “ugly” toward people)_____ Anger_____
- Irritability_____ Resentment_____
- Strong fears_____ Tense muscles_____
- Headaches_____ Neck aches_____
- Backaches_____ Digestion problems_____
- Irritable bowel_____ Ulcers_____
- Constipation_____ Chronic diarrhea_____
- Muscle spasms_____ Tics_____
- Sleeplessness_____ Sleeping problems_____
- Overeating/ Loss of appetite_____ Physical weakness_____
- Feeling sad or depressed_____ Low self-esteem_____
- Staying away from other people_____ Alcohol/Drug use_____
- Problems getting certain thoughts out of your mind_____
- Other_____

Adapted from Davis, Eshelman, and McKay (1988).

SESSION 2: THE EFFECTS OF STRESS



1. Cognitive - problems concentrating, forgetfulness

anxious thoughts, fear of what is going to happen, having



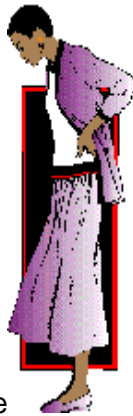
2. Emotional - restlessness, inability to relax, feeling down or hopeless

feelings of tension, worries, irritability, feelings of



3. Behavioral - problems, difficulty in completing work assignments, fidgeting, tremors, strained face, tension, crying, changes in drinking, eating, or smoking behaviors

(what you do or don't do) avoidance of tasks, sleep



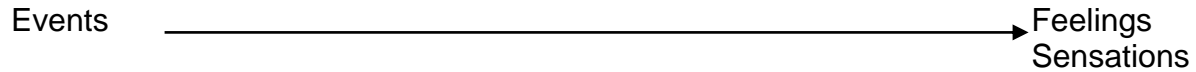
4. Physical - stiff or tense muscles, grinding teeth, clenching fists, sweating, tension headaches, faint feelings, choking feeling, difficulty in swallowing, stomach ache, loss of interest in sex, tiredness, awareness of heart beating



5. Social - How a person acts in response to other people when he/she is under stress: avoiding others, isolating themselves, or seeking out other people, venting, getting easily irritated with others.

SESSION 2: LINKING EVENTS AND FEELINGS

Linking Life Experiences to Sensations and Emotions

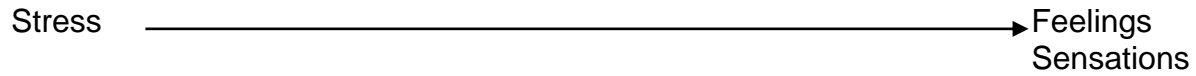


Think about these experiences, how do you feel?

Event	Feelings <i>Examples of feelings are: anxious, irritable, nervous, sad, angry, happy, calm, and relaxed.</i>	Sensations/Physical Responses <i>Examples of sensations are: headache, stomachache, muscle tension, dry mouth, back pain, comfort, warmth, and well-being.</i>
1. Thinking of someone you love		
2. Thinking of someone who made you angry or upset.		
3. Taking your medicine in the morning		
4. Sitting in the waiting room at your health clinic		

SESSION 2: LINKING EVENTS AND FEELINGS

Sensations and Emotions



When you are stressed, how do you feel?

Major Stressors Some stressors are: <i>getting sick, fights with family/friends, feeling overcrowded, not having enough money.</i>	Feelings Examples of feelings are: <i>anxious, irritable, nervous, sad, and angry.</i>	Sensations/Physical Responses Examples of sensations are: <i>headache, stomachache, muscle tension, dry mouth, back pain.</i>
Example: I lost my job	1. Feel anxious	1. Get headaches 2. Have upset stomach

SESSION 3 - BREATHING EXERCISE

Breathing Awareness

(Before beginning this exercise, blow your nose or otherwise clear your nasal passages.)

Lie down on your couch (or mat) in a relaxed position -- your legs slightly apart, your toes pointed comfortably outwards, your arms at your sides, not touching your body, your palms up, and your eyes closed. Allow the couch (or mat) to support your body as you gently sink into it. Become aware of your body as it begins to more deeply relax.

Bring your attention to your breathing and place your right hand on your stomach. Your hand should gently and slowly rise every time you inhale and gently and slowly drop every time you exhale.

Now place both of your hands gently on your abdomen and follow your breathing. Notice again how your stomach rises each time you slowly inhale, and falls as you slowly exhale.

Bring your attention now to your chest. Place your left hand on your chest, while leaving your right hand on your stomach. Is your chest relaxed? Is your stomach moving more than your chest? Spend a minute or two feeling how your chest also rises, but much less than the movement of your stomach.

Scan your body for tension, especially your neck, chest, and stomach. Are you relaxed in your neck, chest, and stomach? Allow your neck, chest, and stomach to more deeply relax.

Deep Breathing

Now, inhale slowly and deeply through your nose. Allow the air to go into your stomach and push up your hand as much as feels comfortable. Your chest should move only a little.

When you feel at ease with your stomach full of air, exhale through your mouth, making a quiet, relaxing, whooshing sound like the wind as you blow gently out. Your mouth, tongue, and jaw will be relaxed. Take long, slow, deep breaths which raise and lower your stomach. Focus on the sound and feeling of breathing as you become more and more relaxed.

When you become at ease with breathing into your stomach, practice it whenever you feel like it -- during the day when you are sitting and standing. Where do you see yourself doing this during the day? See yourself in your mind's eye, at home or at work, waiting in line at the grocery store, or sitting in the clinic as you wait for your appointment. Imagine yourself taking the time to do your breathing. How does it feel? Concentrate on your stomach moving up and down, the air moving in and out of your lungs, and the feeling of relaxation that deep breathing gives you.

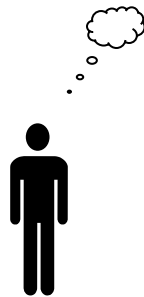
When you have learned to relax yourself using deep breathing, practice it whenever you feel yourself getting tense.

SESSION 3 -RELATIONSHIP BETWEEN THOUGHTS AND FEELINGS

This model shows the relationship between your thoughts and feelings. It is not the actual events, but your perceptions that result in changes in mood. When you are sad, your thoughts will represent a realistic interpretation of negative events. When you are depressed or anxious, your thoughts will often be illogical, distorted, unrealistic or just plain wrong.



WORLD: A series of positive, neutral and negative events.



THOUGHTS: You interpret the events with a series of thoughts that continually flow through your mind. This is called your internal dialogue.



MOOD: Your feelings are created by your thoughts and not the actual events. All experiences must be processed through your brain and given a conscious meaning before you experience any emotional response.

SESSION 3 – A-P-I-R
AWARENESS → PERCEPTION → INTERPRETATION → RESPONSES

Think about a time you wanted your kids or a spouse or friend to do something for you and it didn't work out. You didn't get what you thought you needed.

Create a movie script in your mind. Tell us all the details.

AWARENESS Describe the situation.
What do you want?
How did you let the other person know what you wanted?
What did they do?

PERCEPTION What was your overall perception of what happened -
Negative, positive, in-between

INTERPRETATION What were the thoughts you had about what happened?
What did you say to yourself?

RESPONSES Feelings and sensations

SESSION 3: IDENTIFYING STRESSORS AND RESPONSES

STRESSORS (Some stressors are...getting sick, fights with friends or family, feeling overcrowded, not having enough money)	RESPONSES (Some responses are...feeling anxious, irritable, nervous, sad or angry, having headaches, stomachaches, muscle tension, dry mouth, back pain, no energy, or being unable to rest or relax)
Example: I lost my job	1. <i>Feel anxious</i> 2. <i>Get headaches</i> 3. <i>Have an upset stomach</i>

SESSION 3: IDENTIFYING THE CHAIN FROM EVENTS TO INTERPRETATIONS TO RESPONSES


Events → Thoughts → Feelings

Thinking → Feeling

When you are stressed, what do you think?

Event	Thoughts (Self-Talk)	Responses	
		Feelings	Sensations
Ex. 1. "The doctor at the health center talks to me in a harsh way."	"She thinks I'm no good."	Angry Hurt	Upset stomach
	"She doesn't respect me."	Angry	Agitated Tense muscles
	"This place is no good."	Nervous	Agitated Headache
Ex. 2: "You ask someone (your child, parent) to help you and they don't do it right away."	"They don't love me or care."	Sad	Tense Tired
	"They will never care."	Angry Worried	Agitated Upset stomach
	"I'll never get enough help, and I'll always be exhausted."	Angry Hurt Nervous	Exhausted

**SESSION 3: IDENTIFYING THE CHAIN FROM EVENTS TO
 INTERPRETATIONS TO RESPONSES**
Responses Events → Thoughts → Feelings

Thinking  Feeling

When you are stressed, what do you think?

<i>Event</i>	<i>Thoughts (Self-Talk)</i>	<i>Responses</i>	
		<i>Feelings</i>	<i>Sensations</i>

SESSION 4: EXAMPLES OF NEGATIVE THINKING

<i>Type of Thinking</i>	<i>Definition</i>	<i>Example</i>
All-or-nothing thinking/ Catastrophic thinking	Everything is all good or all bad	"I have a cold. It must be pneumonia."
Overgeneralization	One problem is the end of the world.	"My boyfriend broke up with me. No one will ever want me."
Mental Filter	Focusing only on the negative.	"now the I'm HIV+, I can't enjoy life anymore."
Disqualifying the positive	Positive experiences "don't count."	Someone compliments your hair, and you think, "They're just being nice."
Jumping to conclusions: Mind reading	You assume what others are thinking.	"He didn't say 'Hi', he must be mad at me."
Fortune Teller	You treat your prediction as if it were fact.	"The doctor is just going to give me bad news."
Emotional reasoning	You assume your negative emotions reflect reality.	"I feel depressed, therefore I'm a loser."
Should statements	You try to motivate yourself with "shoulds" or "shouldn'ts".	"I should cook dinner for my kids even when I'm not feeling well."
Labeling and Mislabeled	An extreme form of overgeneralization	"I failed this test. I'm stupid."
Personalization	You see yourself as the cause of some negative thing but in reality, you are not responsible.	"My husband is an alcoholic, and it's my fault."

Derived from:

Beck, A.T., & Shaw, B.F. (1977). Cognitive approaches to depression. In A. Ellis & R. Grieger (Eds.), Handbook of rational-emotive therapy (pp. 119-134). New York: Springer Publication Corp.

Burns, D.D.(1999). Feeling good: The new mood therapy. New York: Morrow/Avon.

Ellis, A., (1996). Reason and emotion in psychotherapy: A comprehensive method of treating human disturbances. New York: Carol Publishing Group.

SESSION 4 - ANALYZING THOUGHTS AND FEELINGS & THINKING THINGS THROUGH

<i>EVENT</i>	<i>SELF-TALK</i>	TYPE OF NEGATIVE THINKING	<i>FEELINGS</i>	<i>SENSATIONS</i>
"My partner won't have sex with me anymore."	"He doesn't love me."	Catastrophic thinking Mind reading	Sadness Shame Anger Hurt Fear	Headaches Muscle Tension Tiredness Irritability

THINKING THINGS THROUGH – RATIONAL THOUGHT REPLACEMENT

⇒ **Think about your self-talk.**

⇒ **What kind of negative thinking are you using?**

Do you say ...

"I'll always be sick (or poor, or unhappy, or alone, etc.)?"

OR

"He'll never be helpful (or loving, or understanding, etc.)."

Do you think...

If it's bad now, it will always be bad.

OR

If I'm unhappy now, I'll always be unhappy.

⇒ **Try to slow down your thinking.**

Think ...

Nothing is all bad or all good. What parts are okay, and what parts need work?

I have problems now. I can probably fix some, I may need some time for the rest.

SESSION 4 - NEGATIVE THINKING OR COGNITIVE DISTORTIONS

If our interpretations about the things that stress us out are accurate, then our emotions will probably be accurate as well, and therefore they will be more useful in our responses to the stress.

But if our interpretations are wrong or inaccurate, then we might get all worked up for no reason. This is often how depression, anxiety, anger, guilt and "stress in general" may occur unnecessarily. This does not mean that we experience negative emotions only when our interpretations are distorted.

Often our thinking is a mixture of accurate and inaccurate interpretations.

Negative thinking often involves inaccurate interpretations, which are often used by most of us at one time or another.

SESSION 4: IDENTIFYING TYPES OF NEGATIVE THINKING

Types
of Thinking

Different
Feelings



What kinds of thinking “errors” do you make?

Event	Self-talk	Type of Negative Thinking	Feelings	Sensations
Ex. 1: “My husband won’t have sex with me anymore.”	“He doesn’t love me.”	Catastrophic thinking Mind reading	Sadness Anger	Headaches Muscle tension Tiredness Irritability
	“I’m ugly.”	Personalization Labeling	Shame	
	“I’m a bad wife.”	Catastrophic thinking Overgeneralization	Defensive hurt	
Ex. 2: “I feel tired all the time.”	“I must be really sick.”	Catastrophic thinking Mental filter	Fear	Muscle tension Headaches Upset stomach Fatigue
	“I’ll never get better.”	Overgeneralization Catastrophic thinking	Sadness	
	“My children will grow up without a mother.”	Fortune teller	Worry	

SESSION 4 - IDENTIFYING TYPES OF NEGATIVE THINKING

Types
of Thinking

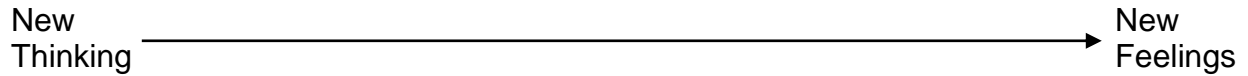


Different
Feelings

What kinds of thinking “errors” do you make?

<i>Event</i>	<i>Self-talk</i>	<i>Type of Negative Thinking</i>	<i>Feelings</i>	<i>Sensations</i>

SESSION 4 - IDENTIFYING MORE REASONABLE & HELPFUL WAYS TO THINK



What is a more reasonable approach to the situation?

Event	Self-talk	Type of Negative Thinking	Rational Thought Replacement
Ex. 1: "My husband won't have sex with me anymore."	"He doesn't love me."	Catastrophic thinking Mind reading	"He shows me he loves me in other ways. There may be a different explanation. He may be afraid. We may need to talk about sex and AIDS."
	"I'm ugly."	Personalization Labeling	"I don't think I've let myself go, but I haven't been thinking about my appearance much since I got sick. Maybe I can pay attention some more."
	"We'll never have sex again."	Catastrophic thinking Overgeneralization	"We are having problems now, but we had a decent sex life in the past, and we can probably work this out."
	"He's not a real man."	All-or-nothing thinking	"There are many things I like about my husband. I need to focus on those and work out the sex part. If he's going through something that makes him uncomfortable, it won't help if I attack him."

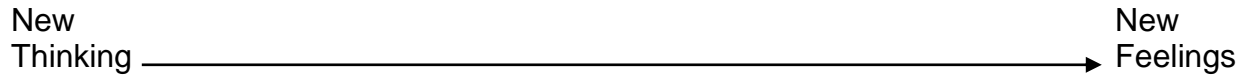
SESSION 4 - IDENTIFYING MORE REASONABLE & HELPFUL WAYS TO THINK – CONTINUED

New Thinking → New Feelings

What is a more reasonable approach to the situation?

Event	Self-talk	Type of Negative Thinking	Rational Thought Replacement
Ex. 2: "My doctor made a serious face when she was reviewing my chart."	"I must be dying."	Overgeneralization Mind reading	"There may be something wrong, but I have been able to work with my doctor to get better."
	"Something terrible is happening."	Catastrophic thinking	"I can't guess about what's happening. I will have to ask questions. Maybe there are other reasons she looks like that."
	"She doesn't like me."	Personalization	"She has treated me with respect before. Sometimes she's just having a bad day and she looks cranky."
	"She is a bad doctor."	Labeling	"I have always thought she was pretty good. I can't start attacking when I feel nervous."

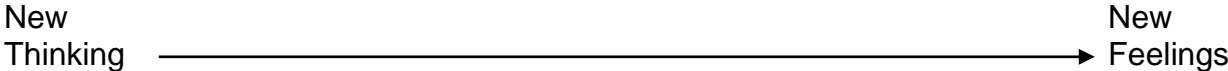
SESSION 4: IDENTIFYING MORE REASONABLE & HELPFUL WAYS TO THINK



What is a more reasonable approach to the situation?

<i>Event</i>	<i>Self-talk</i>	<i>Type of Negative Thinking</i>	<i>Rational Thought Replacement</i>

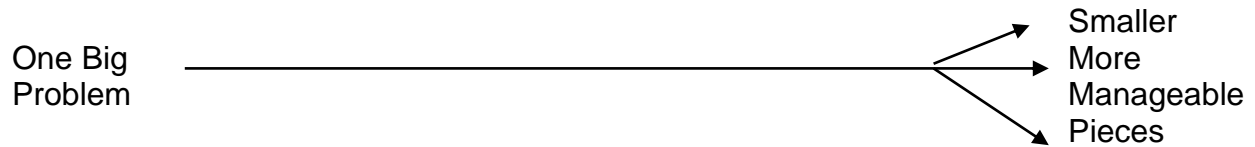
**SESSION 4 - IDENTIFYING MORE REASONABLE &
HELPFUL WAYS TO THINK – CONTINUED**



What is a more reasonable approach to the situation?

<i>Event</i>	<i>Self-talk</i>	<i>Type of Negative Thinking</i>	<i>Rational Thought Replacement</i>

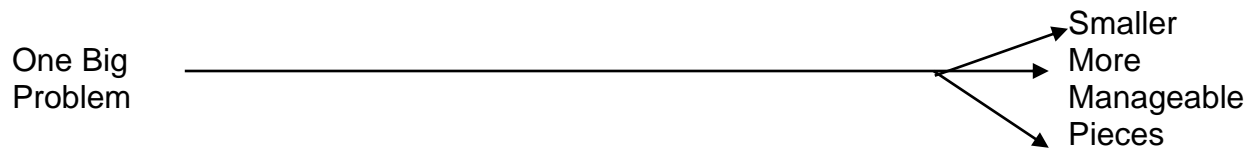
SESSION 4: IDENTIFYING PARTS OF THE PROBLEM



*When you break down a problem, think about two major themes: the **practical issues** that require action and the **emotional issues** you must face.*

Big Problem	Parts of the Problem		Feelings
Ex. 1: I have AIDS.	Practical Issues	I feel sick a lot.	Scared
		I have a lot of doctor appointments.	Annoyed
		I have to take a lot of pills.	Frustrated
		I don't know who will take care of my kids when I get sick or if I die.	Anxious
	Emotion Management Issues	I am overwhelmed by my fears.	Despair
Ex. 2: I don't have friends in my neighborhood.	Practical Issues	I have no one to socialize with.	Lonely
		I have no one to give me advice.	Afraid
		I have no one to help me.	Sad
	Emotion Management Issues	I am embarrassed because I don't have any friends.	Anxious

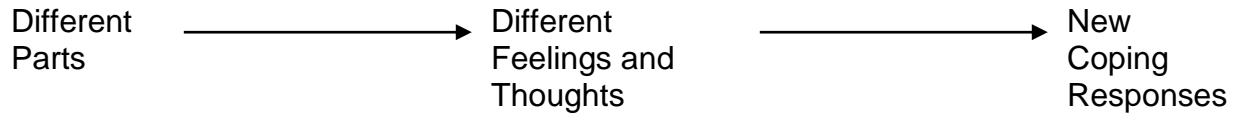
SESSION 4: IDENTIFYING PARTS OF THE PROBLEM CONTINUED



*When you break down a problem, think about two major themes: the **practical issues** that require action and the **emotional issues** you must face.*

Big Problem	Parts of the Problem		Feelings
	Practical Issues		
	Emotion Management Issues		
	Practical Issues		
	Emotion Management Issues		

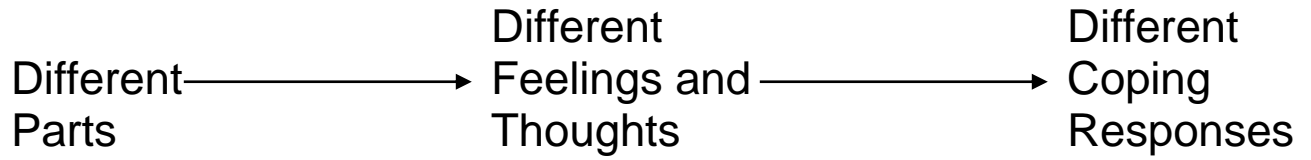
SESSION 4 - IDENTIFYING PARTS OF THE PROBLEM



*How do you usually respond to these problems?
 Do you avoid? Do you worry?
 Do you do too much? ...too little?*

<i>Parts of the Problem</i>	<i>Feelings</i>	<i>Some Typical Thoughts</i>
I feel sick a lot.	Anxiety	"I am a lousy wife and mother because I don't have the energy to take care of everyone."
I have a lot of doctor appointments. I can't get anything else done.	Irritation Anger	"How am I supposed to manage my life when I have all these appointments? This virus has taken over my life."
I have to take a lot of pills.	Resentment	"Why should I take all of these pills anyway? They're not going to cure me."
I don't know who will take care of my kids when I get sick or if I die.	Fear	"I feel like I am abandoning my children."
I am feeling overwhelmed by my fears.	Despair	"I will never be able to manage my feelings."

SESSION 4: IDENTIFYING PARTS OF THE PROBLEM CONTINUED



*How do you usually cope with these problems?
 Do you avoid? Do you worry?
 Do you do too much? ...too little?*

<i>Parts of the Problem</i>	<i>Feelings</i>	<i>Some Typical Coping Responses</i>

SESSION 5 - AUTOGENIC EXERCISES: HOMEWORK PRACTICE

Heaviness Theme:

Repeat the following verbal phrases five to eight sessions a day. Each time you say a phrase, say it slowly, taking about five seconds and then pause about three seconds. Repeat each phrase about four times. Always start with the arm that you write with. So if you are right-handed, you would start by repeating, "My right arm is heavy" four times, and then go on to the next phrase, "My left arm is heavy" and repeat it four times, etc.

My right arm is heavy.
My left arm is heavy.
Both of my arms are heavy.
My right leg is heavy
My left leg is heavy.
Both of my legs are heavy.
My arms and legs are heavy.
My neck and shoulders are heavy.

Note: If you have difficulty achieving a sensation of heaviness using the verbal phrases, you may want to add visual imagery. For example, you might imagine weights attached to your arms and legs gently pulling them down. Or you might want to think of your arms and legs as made of heavy lead sinking into the ground. Think of the heaviness along the entire arm from your shoulder down to the tips of your fingers.

Warmth Theme

My right arm is warm.
My left arm is warm.
Both of my arms are warm.
My right leg is warm.
My left leg is warm.
Both of my legs are warm.
My arms and legs are warm.
My arms and legs are heavy and warm.
My -neck and shoulders are heavy and warm.

Note: If you have trouble experiencing a feeling of warmth using the verbal phrases, try visual imagery. For instance, imagine your right arm lying on a warm heating pad. Feel the warmth of the pad through your hand and arm. Imagine yourself in a nice warm shower or bath with the warmth of the water all around you. Imagine your hand submerged in a comfortably warm pan of water. Envision yourself sitting in the sunshine, with the sun falling warmly on your arms and legs. Think about holding a nice, comfortably warm mug of your favorite hot drink in your hand.

AUTOGENIC EXERCISES: HOMEWORK PRACTICE (CONT)

Think about the blood flowing gently through the fingertips of your hands and through your toes.

Take a few minutes for enjoyment.

Then say to yourself, "When I open my eyes, I will feel refreshed and alert." (say this four times). Then open your eyes, breathe a few deep breaths as you stretch and flex your arms. Be sure that you are not still in a trance-like state when you go on to your regular activities.

Try to practice these exercises at home two times a day with your breathing.

SESSION 5 – RESOURCE LIST



SMART/EST RESOURCE LIST

DADE COUNTY:

South Florida AIDS Network (SFAN).....	(305) 585-5241
Positive Connections.....	(305) 891-2066
Penalver Clinic.....	(305) 325-3450
Health Crisis Network.....	(305) 751-7775
Health Crisis Network Hotline.....	(305) 751-7751
Haitian-American Community Association of Dade County.....	(305) 751-3429
Jackson Memorial Hospital Outpatient Mental Health Clinic.....	(305) 585-6211
The Salvation Army.....	(305) 637-6720
Miami Dade Health Department STD clinic.....	(305) 324-2436
Genesis House.....	(305) 856-1043
Food for Life Network.....	(305) 576-3663
Family Health Center.....	(305) 637-6400
Borinquen Health Center.....	(305) 576-6611
Care Resources.....	(305) 573-5411
MOVERS.....	(305) 754-2268
Union Positiva.....	(305) 644-0667
University of Miami Special Immunology Clinic.....	(305) 243-4598
Christ Crusaders.....	(305) 769-3044
North Dade Health Center.....	(305) 620-3758
Stanley Myers Community Health Center.....	(305) 538-8835
Switchboard of Miami Hotline.....	(305) 358-HELP
Center for Haitian Studies.....	(305) 757-9555
Miami Beach PET Center.....	(305) 535-5540
Camillus Health Concern.....	(305) 374-1065
Catholic Hospice.....	(305) 822-2380
South Beach AIDS project.....	(305) 532-1813
Mercy Hospital Special Immunology.....	(305) 285-2994

BROWARD COUNTY:

AIDS Info Line.....	(800) 342-AIDS
Center One.....	(800) 339-2815
Crisis Hotline.....	(954) 467-6333
Sunshine Health Center.....	(954) 921-0777

SESSION 5 - WAYS OF COPING

SERENITY PRAYER:

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

EMOTION – FOCUSED COPING

For things I must accept:

Prayer
Meditation
Relaxation
Acceptance and softening

PROBLEM – FOCUSED COPING

For things I can change:

Gathering information
Developing a plan
Getting support
Taking action

SESSION 5 – STRESSFUL EVENTS FLOW CHART

AWARENESS

(THOUGHTS, FEELINGS, BODY SENSATIONS)

INTERPRETATION

(THOUGHTS: INACCURATE - REPLACEMENT OF THAT THOUGHT WITH MORE
BALANCED [POSITIVE] THOUGHTS)

INTERPRETATION

(SITUATION: CONTROLLABLE OR UNCONTROLLABLE)

COPING

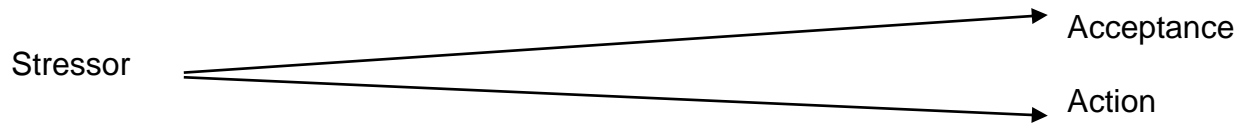
(DEAL WITH THE ACTUAL PROBLEM OR WITH YOUR EMOTIONS ABOUT THE
PROBLEM)

SESSION 5 - SUPPORT

Who do you turn to, when you need....

- Someone to talk over your ideas and thoughts about your children.
- Someone to talk over your ideas and thoughts about your future.
- Someone to talk to when you feel sad and lonely.
- To talk over problems.
- To have some help with the kids, when you're sick and when you're not.
- To have some help caring for your house.
- Someone to take you to the doctor.
- To go out and have fun.
- To borrow some money. (A little or a lot)
- To get a ride somewhere.
- Some help finding housing or getting rent support.
- Some help with financial resources.
- Some help with medical insurance.
- Some help with depression or other mental health problems.
- Someone to explain a new medicine or medical condition.
- Some spiritual support or guidance.
- Someone to pray with you.
- Someone to turn to when you want alcohol or drugs.

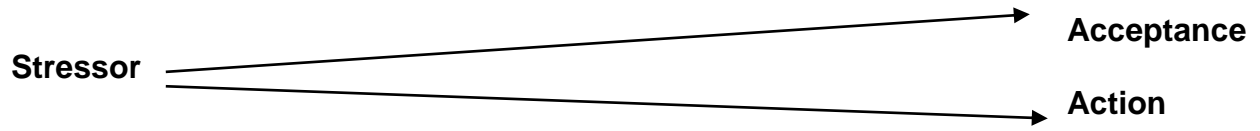
SESSION 6: IDENTIFYING WAYS OF COPING



*What parts of the problem must you accept?
What parts can you change?*

<i>Problem</i>	<i>Acceptance</i> <i>Parts I CAN'T Change</i>	<i>Action</i> <i>Parts I CAN Change</i>
Part 1: "I feel sick a lot."	I may feel sick sometimes.	I may be able to prevent some illnesses.
Part 2: "I don't know who will take care of my kids if I get sick or die."	I may not always be able to care for my kids.	I can develop plans to protect their safety and well-being.
Part 3: "I have to take a lot of pills."	Medicine sometimes has to be taken several times a day to work properly.	I can talk to my doctor and see if something can be adjusted.

SESSION 6: IDENTIFYING WAYS OF COPING



*What parts of the problem must you accept?
What parts can you change?*

<i>Problem</i>	<i>Acceptance Parts I CAN'T Change</i>	<i>Action Parts I CAN Change</i>

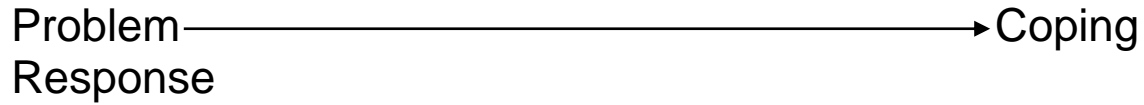
SESSION 6: IDENTIFYING STRATEGIES FOR ACCEPTANCE AND ACTION

Problem → Coping Response

What types of coping strategies can you use?

Problem	<i>Parts I CAN'T Change</i>	<i>Acceptance – Taking Care of My Feelings</i>
Ex. 1: "I feel sick a lot."	I may feel sick sometimes.	I can accept that I may feel sick. I can put this in perspective.
		I can practice relaxing when I feel nervous about my health.
		I can reach out for support when I feel frustrated and overwhelmed by my condition.
	<i>Parts I CAN Change</i>	<i>Action – Solving the Problem</i>
	I may be able to prevent some illnesses.	I can get medicine to help with pain and suffering.
		I can ask my family and friends for help so I can rest.
		I can practice good health habits.
I can communicate with my doctors to get better care.		

SESSION 6: IDENTIFYING TYPES OF COPING



What types of coping strategies can you use?

<i>Problem</i>	<i>Parts I CAN'T Change</i>	<i>Acceptance – Taking Care of My Feelings</i>
Ex. 2: “I don’t know who will take care of my kids if I get sick or die.”	I may not always be able to care for my kids.	I can pray for strength when I feel truly sad and angry.
	<i>Parts I CAN Change</i>	<i>Action – Solving the Problem</i>
	I can develop plans to protect my kids’ safety and well-being.	I will work with my relatives and my social worker to develop plans for my children’s futures.

SESSION 6: IDENTIFYING TYPES OF COPING

Problem → Coping Response

What types of coping strategies can you use?

<i>Problem</i>	<i>Parts I CAN'T Change</i>	<i>Acceptance– Taking Care of My Feelings</i>
	<i>Parts I CAN Change</i>	<i>Action – Solving the Problem</i>
<i>Problem</i>	<i>Parts I CAN'T Change</i>	<i>Acceptance– Taking Care of My Feelings</i>
	<i>Parts I CAN Change</i>	<i>Action – Solving the Problem</i>

SESSION 6 - AUTOGENIC HOMEWORK

I am at peace with myself and fully relaxed. (Repeat 4 times.)

My right arm is heavy. (Repeat 4 times.)

My left arm is heavy. (Repeat 4 times.)

My arms and legs are heavy. (Repeat 4 times.)

My arms and legs are heavy and warm. (Repeat 4 times.)

My heartbeat is calm and regular. (Repeat 4 times.)

My breathing is calm and regular. (Repeat 4 times.)

My stomach is warm. (Repeat 4 times.)

My forehead is cool and calm. (Repeat 4 times.)

I am refreshed and alert. (Repeat 4 times.)

If you experience discomfort when you turn your attention to your heartbeat, change the phrase to: “**I feel calm. I feel calm. I feel calm.**” If you have serious stomach problems, bleeding ulcers, or diabetes, change the phrase to: “**I am calm and relaxed. I am calm and relaxed. I am calm and relaxed. I am calm and relaxed.**”

SESSION 6 – SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

SESSION 7 - AUTOGENIC EXERCISES: HOMEWORK PRACTICE

Heaviness Theme:

Repeat the following verbal phrases five to eight sessions a day. Each time you say a phrase, say it slowly, taking about five seconds and then pause about three seconds. Repeat each phrase about four times. Always start with the arm that you write with. So if you are right-handed, you would start by repeating, "My right arm is heavy" four times, and then go on to the next phrase, "My left arm is heavy" and repeat it four times, etc.

My right arm is heavy.
My left arm is heavy.
Both of my arms are heavy.
My right leg is heavy
My left leg is heavy.
Both of my legs are heavy.
My arms and legs are heavy.
My neck and shoulders are heavy.

Note: If you have difficulty achieving a sensation of heaviness using the verbal phrases, you may want to add visual imagery. For example, you might imagine weights attached to your arms and legs gently pulling them down. Or you might want to think of your arms and legs as made of heavy lead sinking into the ground. Think of the heaviness along the entire arm from your shoulder down to the tips of your fingers.

Warmth Theme

My right arm is warm.
My left arm is warm.
Both of my arms are warm.
My right leg is warm.
My left leg is warm.
Both of my legs are warm.
My arms and legs are warm.
My arms and legs are heavy and warm.
My -neck and shoulders are heavy and warm.

Note: If you have trouble experiencing a feeling of warmth using the verbal phrases, try visual imagery. For instance, imagine your right arm lying on a warm heating pad. Feel the warmth of the pad through your hand and arm. Imagine yourself in a nice warm shower or bath with the warmth of the water all around you. Imagine your hand submerged in a comfortably warm pan of water. Envision yourself sitting in the sunshine, with the sun falling warmly on your arms and legs. Think about holding a nice, comfortably warm mug of your favorite hot drink in your hand.

AUTOGENIC EXERCISES: HOMEWORK PRACTICE (CONT)

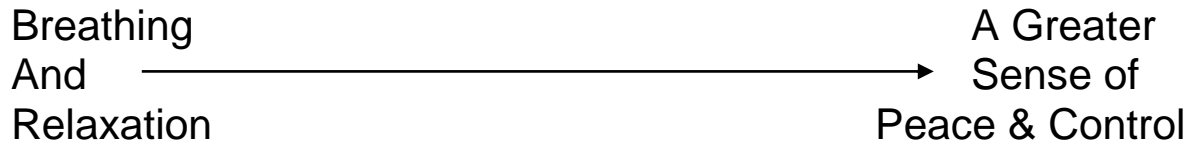
Think about the blood flowing gently through the fingertips of your hands and through your toes.

Take a few minutes for enjoyment.

Then say to yourself, "When I open my eyes, I will feel refreshed and alert." (say this four times). Then open your eyes, breathe a few deep breaths as you stretch and flex your arms. Be sure that you are not still in a trance-like state when you go on to your regular activities.

Try to practice these exercises at home two times a day with your breathing.

SESSION 7: SOFTENING – STRATEGIES TO HELP YOU ACCEPT DIFFICULT FEELINGS



Can you reduce your distress when you face tough situations?

In the first exercises, you picked a specific situation, a “slice of life”, that makes you very anxious or angry. Next, you identified the feelings you have when you face this situation. You recognized the parts of the situation you can change and the parts you may have to accept. This exercise helps you learn to accept your feelings so you don’t have to be defensive.

Step 1 – Practice your favorite relaxation exercise. Let yourself completely relax. Take at least 15 minutes to let yourself slow down and feel calm and peaceful.

Step 2 – Now think about the specific situation that made you anxious or angry. Imagine the face of a particular person involved in the situation or imagine the details of an interaction you have had a s part of this situation. Let the feelings you experienced in this situation – anger, sadness, anxiety, hurt – flow over your body. Keep BREATHING as you let the feelings wash over you. Inhale through your nose and exhale slowly, blowing the air through your mouth. Let yourself blow away tension. Just let the feelings flow through you and release the pain.

You don’t have to say anything or do anything. You don’t have to immediately “right the wrongs.” Just let yourself take time to relax and feel the feelings. Let yourself heal.

SESSION 8 - SELF-EVALUATION QUESTIONNAIRE ANGER AWARENESS

1. When my mother got angry she

2. When my father got angry he

3. What types of people, situations, and events tend to make you angry?

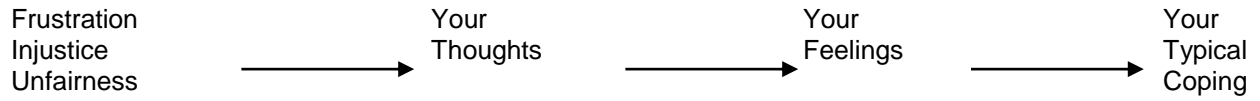
4. When I feel angry I

5. When someone gets angry with me I,

6. I've turned anger in on myself by

7. List some of the ways that anger has empowered you or ways you like to use your anger to generate changes in your life

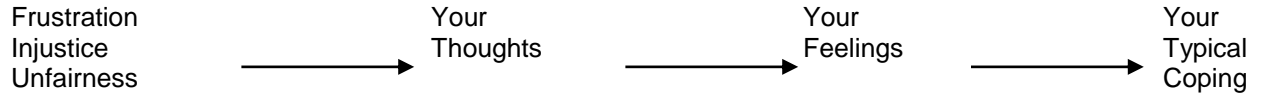
SESSION 8: ANGER ANALYSIS



What do you think and feel when something unfair or unjust happens?

Provocation	<i>Thoughts</i>	Feelings (How strong? 1-10)	Sensations	Your Typical Coping
Ex. 1: Boyfriend comes home late.	"He doesn't care."	Anger Sadness	Tired Tense	Giving up
	"He's out with someone else."	Anger Jealousy	Hot Tense	Blowing up
Ex. 2: The doctor cancels my appointment.	"She doesn't care about me."	Anger Frustration	Anxious Tense	Giving up
	"She doesn't respect me."	Anger Shame	Hot Anxious	Blowing up

SESSION 8: ANGER ANALYSIS



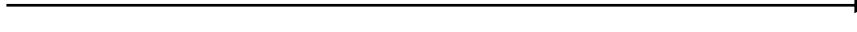
What do you think and feel when something unfair or unjust happens?

<i>Provocation</i>	<i>Thoughts</i>	<i>Feelings</i> <i>(How strong? 1-10)</i>	<i>Sensations</i>	<i>Your Typical</i> <i>Coping</i>

SESSION 8: REPLACING ANGRY THOUGHTS

Anger
Increasing
Thoughts

More
Reasonable
Alternatives

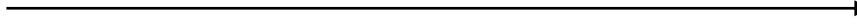


*Can you examine and change the way
you think about the situation?*

Provocation	<i>Thoughts</i>	Type of Thinking	Rational Thought Replacement
Ex. 1: My mother criticizes the way I'm raising my kids.	"I think I'll never be a good mother."	Catastrophic thinking Fortune teller	"My mother may not agree with me, but my kids are doing well, and I think I'm doing a good job."
	"My mother will never understand me."	Overgeneralization	"My mother may not understand some of the things I do, but I know I'm doing the best I can."
Ex. 2: My boyfriend or spouse criticizes my housekeeping.	"I'm a lousy wife."	Overgeneralization Mental filter	"I may not always keep the house spotless, but I do the best I can when I feel well."
	"He doesn't love me."	Mind reading Catastrophic thinking	"I know he loves me, he just gets frustrated sometimes."

SESSION 8: REPLACING ANGRY THOUGHTS

Anger
Increasing
Thoughts



More
Reasonable
Alternatives

*Can you examine and change the way
you think about the situation?*

<i>Provocation</i>	<i>Thoughts</i>	<i>Type of Thinking</i>	<i>Rational Thought Replacement</i>

SESSION 9: ANGER MANAGEMENT – PUTTING IT ALL TOGETHER

<i>Provocation</i>	<i>Thoughts</i>	<i>Feelings</i>	<i>Acceptance Parts I CAN'T Change and Coping Strategy</i>	<i>Acceptance Parts I CAN'T Change and Coping Strategy</i>
Ex. 1: My friend made a nasty remark about the way that I look.	"She is so mean. She is a really bad person."	Angry	She has a sharp temper and she can be mean sometimes, but she is also a lot of fun. <u>Strategy</u> - I can put this in perspective.	She may be willing to... <u>Strategy</u> - I can talk to her about the way I feel.
	"Maybe she's right. Maybe I look really awful."	Nervous	There may be days when I'll look bad. <u>Strategy</u> - I can recognize the truth that AIDS and my medication may change my appearance.	I can check to see if there are things that can be done. <u>Strategy</u> - I'll talk to my doctor about my worries and concerns.
	"I'll never find a really nice friend."	Sad	No one person will fill all my needs and I have to accept some faults with the good stuff. <u>Strategy</u> - I can accept that people have limitations.	I don't have to depend on anyone. <u>Strategy</u> - I can try to find other friends.
	"I am a weak and bad person for being upset by this."	Guilty	I'm going to get mad sometimes. <u>Strategy</u> - I can use softening to help me with my feelings.	I don't have to feel guilty. <u>Strategy</u> - I can talk to my support and learn from my mistakes.

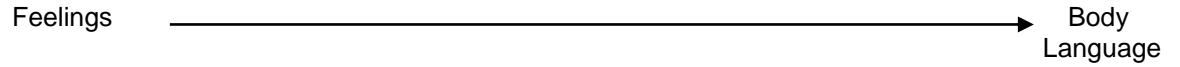
SESSION 9: ANGER MANAGEMENT – PUTTING IT ALL TOGETHER

<i>Provocation</i>	<i>Thoughts</i>	<i>Feelings</i>	<i>Acceptance Parts I CAN'T Change and Coping Strategy</i>	<i>Act Parts I CAN and Coping</i>
Ex. 2: My doctor doesn't return my calls.	"I can't stand being treated with disrespect."	Angry	Sometimes doctors behave rudely. <u>Strategy</u> - I can use softening and relaxation to help me manage my anger and distress.	I don't have to accept <u>Strategy</u> - I can control my feelings.
	"I don't know if this can ever change."	Frustrated	It will mean taking a risk to confront her. I will be anxious. <u>Strategy</u> – I can use relaxation strategies to help me calm down.	I can act in a hopeful way <u>Strategy</u> - I can talk to her and ask her to return my calls.
	"I could die if I need help and she isn't available."	Afraid	I have to deal with the problem because the situation is serious. <u>Strategy</u> – I'll pray for strength.	I can develop a backup plan <u>Strategy</u> - I can talk to my doctor to get an emergency contact.

SESSION 9: PUTTING IT ALL TOGETHER

<i>Provocation</i>	<i>Thoughts</i>	<i>Feelings</i>	<i>Acceptance Parts I CAN'T Change and Coping Strategy</i>	<i>Acceptance Parts I CAN'T Change and Coping Strategy</i>
			<u>Strategy</u> –	<u>Strategy</u> –
			<u>Strategy</u> –	<u>Strategy</u> –
			<u>Strategy</u> –	<u>Strategy</u> –
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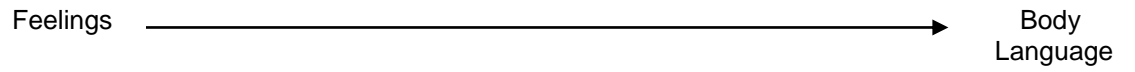
SESSION 9: BODY LANGUAGE AND FEELINGS



*How do your feelings affect your body language?
Does your body language change depending upon the situation and the other person involved?
Think about your power and the other person's power...*

Provocation	Feelings	Breath	Body Language	
			<i>Facial Expression</i> (e.g., eyes, mouth, jaw)	<i>Body Posture</i> (e.g. shoulders, arms, distance)
Ex. 1: Fight with my mother	Resentment Anger Fear	Breathing Hard	Frown Narrowed Eyes	Smaller Hands down
Ex. 2: Fight with my kids	Anger Overwhelmed	Breathing Hard	Openly angry eyebrows Frowning Mouth open	Bigger Hands up Shoulders back
Ex. 3: Fight with my doctor	Fear Anger Sadness	Controlled Holding In	Jaw Tightens Pursed Lips Flat Face	Smaller Arms crossed Tense
Ex. 4: Fight with my boyfriend or spouse	Anger Sadness Fear	Breathing Hard	Crying Lips Turned Down	Hands down Fists balled Tense

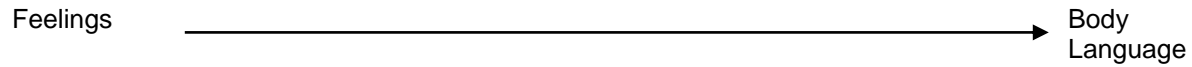
SESSION 9: BODY LANGUAGE AND FEELINGS



Try role playing a discussion with someone who makes you angry. How do you feel? How do you act?

<i>Provocation</i>		<i>Breath</i>	<i>Body Language</i>	
	<i>Feelings</i>		<i>Facial Expression</i>	<i>Body Posture</i>


SESSION 10: GATHERING SUPPORT



Who can you turn to for friendship, help, and guidance?

<i>Stressors</i>	<i>For Emotional Support</i>	<i>For Advice or Help</i>
Ex. 1: Problems with kids	My Mom My sister Other parents at the school	The kids' teachers My social worker/ psychologist
Ex. 2: Problems with spouse or boyfriend	My girlfriends My sister	My social worker/ psychologist A women's group
Ex. 3: Problem with health	My spouse A family member	My doctor The nurse in the doctor's office My pharmacist My social worker/ psychologist

SESSION 10: GATHERING SUPPORT

Feelings  Body Language

Who can you turn to for friendship, help, and guidance?

<i>Stressors</i>	<i>For Emotional Support</i>	<i>For Advice or Help</i>

SESSION 11 – NEGATIVE COGNITION GRID

COMMON REASONS FOR NOT EXERCISING AND SUGGESTED RESPONSES

(Adapted from Karpay, E. (2000). The everything total fitness book. Holbrook: MA: Adams Media Corporation).

NEGATIVE COGNITION	MORE RATIONAL RESPONSES
“I don’t have the time to exercise.”	“I don’t have to exercise in long blocks. I can take a 10-15 minute walk a couple of times a day.”
“Exercise is too hard. It hurts.”	“If done properly, exercise should challenge me. I should start out slowly and pace myself so I don’t get too hard.”
“It’s too expensive to exercise. I don’t have the money to spend on fancy gyms.”	“I don’t have to join a gym in order to exercise. I can go to the park or neighborhood with friends, I can play basketball or “tag” with my kids. I don’t need to buy fancy equipment.”
“Some days I feel too sick to exercise.”	“I will check with my doctor and see when I am not feeling well. I don’t need to exercise every day. I can just walk to the corner store.”
“I don’t like to get all sweaty when I exercise.”	“Sweating is the body’s way of cooling me down. It’s natural. Plus, it feels great to take a shower after having worked up a sweat.”
“I have more important things to do.”	“What’s more important to me than my health? If I don’t have the time to exercise, I may have more time to do other things because I will feel better and have more energy.”
“I can’t exercise—who will watch my kids while I’m working out?”	“I need to make exercise a priority so I will be able to watch my children. Maybe we can do something like a family walk. Maybe I can ask my neighbor if she can do babysitting so that she can have some time to exercise.”

SESSION 11 - PHYSICAL FITNESS GOAL SETTING: GETTING AROUND THE BARRIERS

FITNESS GOAL	POTENTIAL BARRIER	PLAN OF ACTION
Ex. To walk around the block three days per week	Rain/Snow	Walk around the local indoor mall; use the SMART exercise video; jump rope inside

SESSION 12 - NUTRITION ASSESSMENT SHEET

Think back to yesterday and try to remember everything you ate and drank all day. and try to remember:

- What you had at each meal.
- Any snacks you ate between meals.
- What you drank with meals and between meals
- What you ate for dessert.

For Each Question Below, Select The Number Of Servings You Had Yesterday.

1. How many servings of fruit did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1 small apple; 1 med. banana; 3/4 cup orange juice; 2 small plums; 1/2 cup of canned fruit packed in juice; 12 grapes. (Give yourself extra health points if most of your fruit was not juice.)

2. How many servings of vegetables did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1/2 cup cooked vegetables (such as broccoli, string beans, carrots or zucchini; etc.); 1 cup raw vegetables (such as green salad, tomatoes, cabbage, etc.) or 1 cup vegetable juice such as tomato.
(Potatoes, corn and lima beans are counted as starches; old fashioned V8 juice can be counted as a vegetable but not the new sweetened V8 juice line.)

3. How many servings of calcium-rich foods did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1 cup milk or calcium fortified soymilk; 1 oz cheese; 1 cup yogurt; 5 cups collard greens; 3 cans sardines (packed in water).

4. How many servings of whole grains or fiber-rich starches did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1 slice whole wheat bread; 1/2 cup brown rice; 1 small potato; 1/2 cup beans or peas.

5. How many servings of high-protein foods did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1 cup beans or peas; 3 oz. fish, poultry or meat; 2 oz. cheese, 1-2 Tbl. lowfat peanut butter.

6. How many servings of sweetened beverages did you drink yesterday?

0 1 2 3 4 5 6 7 8 9 10

1 serving = 1 cup soda; iced tea; or fruit drink (such as Snapple, KoolAid, or Hawaiian Punch).

7. How many servings of fats did you eat yesterday?

0 1 2 3 4 5 6 7 8 9 10
 11 12 13 14 15 16 17 18 19 20 21

1 serving = 1 tsp. butter; margarine; oil or mayonnaise. For every food that was pan or deep fried add 6 servings of fat.

SESSION 12 – RECIPES

Menu

Tofu or Chicken with stir-fried vegetables

Brown rice

Fresh fruit (optional)

Water, seltzer or iced herb tea

1. Tofu or Chicken With Stir-Fried Vegetables (Serves 6-9)

(Cut up most of the vegetables in advance; show how to cut up a few vegetables and then gently stir fry as described in recipe. Bring in cooked rice; heat on second burner or in microwave.)

2 onions, sliced

2 pounds extra firm tofu, cut in 1 inch cubes or

2 pounds chicken cutlets cut in 1 inch pieces

1 large zucchini, sliced

1 bunch broccoli, cut into 1" pieces

4 carrots, peeled and sliced

10 fresh mushrooms, sliced

2 teaspoons fresh ginger, peeled/grated

2 garlic clove, chopped

1 cup water

4 tablespoons soy sauce

2 tablespoon olive or peanut oil

black pepper, to taste

Heat the oil in a large, heavy frying pan. Gently fry the onion until they are nearly clear. Add the zucchini, broccoli, carrots, garlic and ginger and cook for 8 minutes over medium heat, stirring occasionally. Add the cubed tofu or chicken and heat gently for another 2 minutes. Serve over rice.

*Note: Many different kinds of vegetables can be substituted. Try string beans, snow pea pods or different combinations of vegetables. Small amounts of green peas, sweet peppers and spinach are good additions too. Three cups of cooked shrimp, beef or pork cut into 1 inch cubes can be substituted for the tofu or chicken, if desired.

2. Brown Rice

Use 1/3 to 1/2 cup raw brown rice for each participant. Most brown rices require approximately 1 1/4 cups of water for each cup of rice cooked. Bring water to a boil; pour in washed rice. Bring back to a boil and stir. Turn down heat to a simmer; simmer approximately 35-40 minutes until all water is absorbed. Let sit and additional 10-15 minutes before serving to fully plump up.

SESSION 12 - BENEFITS OF FOOD GROUPS

VEGETABLES

- High in minerals and vitamins
- The darker the green vegetable, the higher the mineral content
- Vitamins and minerals help the immune system; help us to stay healthy.
- Fresh and frozen vegetables are better than canned.

FRUIT

- Rich in vitamins and minerals-i.e.- oranges have Vitamin C
- Bananas have potassium, etc.
- Fruits have fiber- explain importance.
- Healthy source of natural sugar (to replace other "sweets")
- Easy to carry during day and many fruits do not need to be refrigerated
- Substitute fruit for juice as metabolizes more slowly and therefore will not raise blood sugar as quickly (especially for those with elevated glucose)

CALCIUM-RICH FOODS

- Helps maintain strong bones and teeth
- Especially important for women and children

GRAINS, ESPECIALLY WHOLE GRAINS, AND OTHER UNPROCESSED STARCHES

- High in fiber-can help control diarrhea
- Higher in nutrient value- including protein, and mineral
- Better for controlling blood sugar - (i.e. use brown rice in place of white rice)

HIGH-PROTEIN FOODS

- Helps to maintain and regain muscle mass
- Necessary to maintain functioning of human body

FATS

- Emphasize moderate amounts of healthier fats: fish, olive oil, canola oil, peanut oil, avocado, nuts
- Eat less fried foods
- Eat more foods that are steamed, baked or broiled
- Use lowfat dairy products such as skim or 1% milk or yogurt, lowfat soymilk, lowfat cottage cheese, lowfat hard cheeses to reduce saturated fat intake
- Soy products may substitute for dairy for those who are lactose intolerant

SWEETENED BEVERAGES

- Sodas, sweetened coffee and excess juice are low in nutrients ---- either displace more nutritious foods or may add too many calories
- Sugar causes tooth decay

SESSION 13 - REALITY FEMALE CONDOM

Tips on Using Reality Female Condom:

Q: What is the Reality Female Condom?

A: Reality is a soft, loose-fitting plastic condom that lines the vagina. It has a soft ring at each end. The ring at the closed end is used to put the condom inside the vagina and holds it in place. The other ring stays outside the vagina and partly covers the lip area.

Q: Why is the Reality Female Condom important?

A: When used right all the time the failure rate is low. Reality works very well in preventing the transmitting of HIV and STD's.

Q: How do you use the Reality Female Condom?

A: Before sex begins, the woman puts the ' female condom in with her fingers, almost like a tampon without an applicator. It is very important to read the instructions carefully first. Many women practice inserting the female condom once or twice so that they get the feel for how it works.

First, check the condom and make sure it is completely lubricated on the outside and the inside. While holding the condom at the closed end, grasp the soft, inner ring and squeeze it between your thumb and middle finger, the fingers that you snap with, so it becomes long and narrow. With the other hand, separate the outer lips of your vagina. Gently insert the inner ring into your vagina. You should feel the inner ring go up and move into place. Next, place your index finger on the inside of the condom, and push the inner ring up as far as it will go. Be sure the condom is not twisted. The outer ring stays on outside of your vagina.

Reality is now in place and ready for use with a partner. The condom sticks to the vaginal wall. It lines the vagina, fitting like a second skin. Gently guide the penis into the sheath's opening with your hand, to make sure that it goes in right. Make sure that the penis is not going through on the outside of the condom. It is important to use enough lubricant so that the condom stays in place during sex. If the condom is pulled out or pushed in, there is not enough lubricant. Add more to the inside of the condom or the outside of the penis. To take out the condom, twist the outside ring and gently pull the condom out. Try to do this before standing up, to avoid any spillage. Throw the condom out in the garbage.

Q: Is it easy to use?

A: Yes if you read the instructions carefully to understand how Reality works and use it correctly each time, you can expect it to work very well. Sometimes it takes 2 or 3 times to get used to using it. Once women get used to using it, many women like it because it feels warm, smooth, and natural. Some ladies like to have their partners put it in for them.

Q: When am I supposed to insert this condom?

A: You can put the female condom right before you have sex, or up to eight hours ahead of time.

Q: What is the inner ring for?

A: The inner ring is used mainly for putting the condom in, although it does help keep the female condom in place once the ring is past the pubic bone. Be sure the inner ring is pushed up as far as it will go past the pubic bone and that you use enough lubricant so that the penis slips easily in and out of the condom.

Q: Can the penis be used to place Reality?

A: No.

Q: Can the man feel the inner ring?

A: Most men do not, although some have reported that they do feel that it is there. Because the inner ring is not attached to the condom, it allows the penis to move freely inside the woman.

Q: Can I use the male condom and the female condom at the same time?

A: No, because neither one will work properly. The material used in condoms is designed to work next to skin. If the two condoms rub together, friction between them could cause the male condom to be pulled off or the female condom to be pushed in.

Q: What ingredients are in the lubricant? Can I use anything else with it?

A: It's ok to add N-9 reality is already lubricated with silicone. The extra lubricant is water based and will not kill Sperm or STD's. Because Reality is made from polyurethane, lubricants will not cause the sheath to disintegrate.

Q: Why is Reality more expensive than male latex condoms? Where can I get it?

A: Reality is available in drug stores, health centers, family planning clinics, and from other health providers. It costs more than a male condom. This is because Reality is made of polyurethane, a thin, strong, sensitive plastic that cost more than latex. Even though it cost more to make polyurethane have many benefits. For example, it rarely rips or tears, and can be used with any lubricant -water based or oil based, including lubricant N-9. In addition, polyurethane transmits heat once it is inside the body, so you can hardly feel it during sex.

Q: Is Reality covered by Medicaid?

A: The Female Health Company has filed for Medicaid reimbursement in 55 states and territories. As of February 1997, Reality is approved for Medicaid reimbursement or other similar state-funded programs in 37 states including Florida, New Jersey and New York. Call The Female Health Company at 1-800-635-0844 for the name of the person in your state who can tell you more about the details of your state's coverage.

Q: Will my partner fit?

A: If he fits into you, he will be able to fit into this condom. You will probably need a lot of extra lubricant though. The lubricant will make entry easier.

Q: Why can't I wash the condom out after having sex and re-use it? Do I need a new one for each time I have sex?

A: Just like a male condom, the female condom can only be used one time.

SESSION 13 - MALE CONDOMS

TIPS ON USING MALE CONDOMS:

1. CONDOMS FEEL TIGHT/ WON'T FIT

Use a larger brand like Trojan Magnum, Maxx, Pleasure Plus or Lifestyles Tuxedo. These bigger brands can fit anybody, no matter what size. Water based lube cuts down on the condom breaking. Make sure the ring is completely rounded around to the bottom of the penis. Unroll the condom all the way with your fingers like you would if you were putting on a sock or stocking. Be very careful not to tear the condom with your fingernails.

2. CAN'T FEEL ANYTHING

Try a thinner condom like Beyond Seven, Maxx, or Kimono. Condoms are a lot better these days and can be thin and still work well. A drop of water based lube in the tip of the condom will make things feel more natural. More play in the tip means more feeling in the most sensitive parts of the penis.

3. CONDOMS BREAK

You can't leave any space for air to be trapped at the tip of the condom. There should be a loose space at the tip (without air in it). To make the space, pinch the tip as you unroll the condom down to the bottom of the penis and work out any air bubbles by rubbing the penis down- Use good condoms, ones you know you can trust. Don't keep your condoms in a warm place and always check the expiration date before opening the package. If you are having an all-nighter, check to see if the condom is holding up and change it once in a while.

4. NO CONDOMS AROUND WHEN I NEED THEM

Keep your condoms where you can find them. Don't worry what people think if you're known for carrying around condoms. Your partner will be relieved that you thought of protecting both of you. Remember it's better safe than sorry.

5. HE'LL GO LIMP

This is usually a problem when there is a break while one of you goes to find a condom or has trouble getting the thing on. Nerves also play a part when you're with someone new. Condoms can be a turn-off when a person has had so many bad experiences with them. Practice by yourself or with your partner, make it fun. Practice makes perfect. Remember that your brain is your biggest sex organ. Make condoms a habit and put your mind at rest.

6. CONDOMS SLIP OFF

Hold the base of the penis when pulling out. There is a brand of condom called Mentor designed for heavy-duty use that sticks to the base of the penis. Don't let your partner stay inside of you once he comes, have him pull out before the condom gets loose and slips off.

7. SHOULD I USE CONDOMS FOR ORAL SEX?

A few people have been infected with HIV from sucking and swallowing cum or pre-cum, but that was from throat infections, bleeding, and cuts or sores in the mouth or throat. One way to

have safer sex is to not to leave your partners cum or pre-cum into your mouth. You can also avoid sucking the tip of the penis or use a non-lubricated condom like Lifestyles Kiss of Mint. Do not brush or floss your teeth right before sex to prevent cuts in your mouth. Use a mouthwash or gum to freshen your breath instead. Place a non lubed condom inside like a little cap over the head of the penis, but whatever way you try, try not to get the cum or pre-cum into your mouth. Have your partner to pull out and finish the job with your hands. If you get cum in your mouth, you need to swallow or spit, just don't let it sit in your mouth.

8. WHY ARE CONDOMS IMPORTANT?

Condoms are very reliable in preventing the transmission of the AIDS virus, HIV, when you use them right every time you have sex. Condoms also protect against getting burned.

9. CAN YOU KEEP A CONDOM FOR USE LATER, OR RE-USE CONDOMS?

Condoms have an expiration date on them and you shouldn't use it after that date. You should never re-use a condom.

SESSION 13 – NUTRITION CONTRACT

NUTRITION GOAL	SUPPLIES NEEDED	POTENTIAL BARRIER	PLAN OF ACTION
Ex. To bring lunch instead of eating fast food three days per week	Lunch bags, cut-up veggies, bread, peanut butter	Too tired in the morning to make lunch	Spend 10 minutes while cleaning up after dinner to make tomorrow's lunch

SESSION 14 - TALKING POINTS AND SPECIFICS ABOUT TOBACCO USAGE

Provided by The NYC LGBT SmokeFree Project

Health reasons:

- Individuals who smoke when infected with HIV progress to full-blown AIDS more rapidly. Once diagnosed with AIDS, the progression to death is faster in smokers than it is in non-smokers.
- Nicotine addiction should be considered a chronic disease; relapse is not uncommon.
- Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS COMBINED!!
- More than two thirds of smokers want to quit, and more than half try to stop every year.
- Proper counseling and appropriate use of nicotine replacement and other drug treatment can increase long-term quit rates from less than 10% to 30%.
- Reduce the chance of your children developing or suffering from worsened asthma, middle ear infections and bronchitis.
- Reduce the chance that your children will smoke.
- Reduce the chance that your family will develop cancer, heart disease, and other diseases related to breathing in second hand smoke.

Smokers are more likely to:

- get colds and flu
- become impotent
- have problems getting pregnant
- have gum disease and yellow teeth
- have shortness of breath and wheezing
- get cataracts in your eyes

Social Reasons:

- Less stress from friends, family and co-workers who are non-smokers.

Financial reasons:

- More money in your pocket! (A pack a day smoker can save more than \$2500 per year by quitting.)

Misc.

- There are over 4000 chemicals in tobacco smoke
- Smokers lose, on average, 14 years of life.
- Each week, a pack-a-day smoker loses one day of life.

SMART/EST RESOURCE LIST



DADE COUNTY:

South Florida AIDS Network (SFAN).....	(305) 585-5241
Positive Connections.....	(305) 891-2066
Penalver Clinic.....	(305) 325-3450
Health Crisis Network.....	(305) 751-7775
Health Crisis Network Hotline.....	(305) 751-7751
Haitian-American Community Association of Dade County.....	(305) 751-3429
Jackson Memorial Hospital Outpatient Mental Health Clinic.....	(305) 585-6211
The Salvation Army.....	(305) 637-6720
Miami Dade Health Department STD clinic.....	(305) 324-2436
Genesis House.....	(305) 856-1043
Food for Life Network.....	(305) 576-3663
Family Health Center.....	(305) 637-6400
Borinquen Health Center.....	(305) 576-6611
Care Resources.....	(305) 573-5411
MOVERS.....	(305) 754-2268
Union Positiva.....	(305) 644-0667
University of Miami Special Immunology Clinic.....	(305) 243-4598
Christ Crusaders.....	(305) 769-3044
North Dade Health Center.....	(305) 620-3758
Stanley Myers Community Health Center.....	(305) 538-8835
Switchboard of Miami Hotline.....	(305) 358-HELP
Center for Haitian Studies.....	(305) 757-9555
Miami Beach PET Center.....	(305) 535-5540
Camillus Health Concern.....	(305) 374-1065
Catholic Hospice.....	(305) 822-2380
South Beach AIDS project.....	(305) 532-1813
Mercy Hospital Special Immunology.....	(305) 285-2994

BROWARD COUNTY:

AIDS Info Line.....	(800) 342-AIDS
Center One.....	(800) 339-2815
Crisis Hotline.....	(954) 467-6333
Sunshine Health Center.....	(954) 921-0777