

# Minneapolis VAHCS Occupational and Physical Therapy I Choose Health DVD

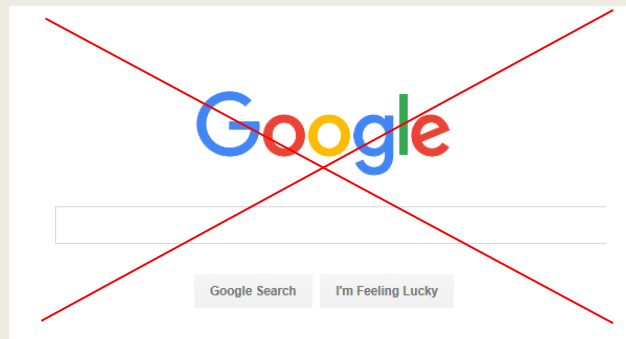
## How to: Access YouTube I Choose Health Videos

Type [bit.ly/IChooseHealthVA](https://bit.ly/IChooseHealthVA) into the **address bar** at the top of the browser window. Press Enter.



Note: the link is case sensitive and needs to be IChooseHealthVA not ichoosehealthva to work

If you enter the address into a search box or go right to YouTube, the link will not work.



The link will redirect you to a YouTube page. Watch the intro video to learn how to use this tool, then select from the options on the right to view videos about:



- Stress
- Breathing and Relaxation
- Sleep
- Nutrition
- Alcohol, Tobacco, and Nicotine
- Movement and Activity
- Goal setting



# Minneapolis VAHCS

## Occupational and Physical Therapy

### I Choose Health DVD

Many factors impact our health and trying to manage them all can be hard. Many people find that the more stress and medical issues they have, the less time and energy they have to put toward things like eating healthy and exercise. Other people struggle with poor sleep or high levels of stress which can result in low energy and mood issues.

Your therapist or health care provider feels that this video may help you achieve your goals. It will provide daily choices you can make to support your health and wellness. While it is best to watch the whole video as you may pick up a tip even in an area where you are doing well, your provider has marked the chapters they feel would be most helpful.

Title	Areas of Focus	Time	In this chapter you will learn:
Introduction	<input type="checkbox"/>	2 Minutes	... what you can expect from the video and how it may help you.
Impact of Stress	<input type="checkbox"/>	10 Minutes	...types of stress, the impact stress has on health, and tips for dealing with stress.
Breathing and Relaxation	<input type="checkbox"/>	10 Minutes	... why breathing is such an important part of dealing with stress and other relaxation options.
Healthy Sleep	<input type="checkbox"/>	8 Minutes	... how quality sleep can help our health, while poor sleep can have a negative impact on stress, mood, energy and well-being.
Nutrition	<input type="checkbox"/>	10.5 Minutes	... tips and tricks to help you meet your healthy eating goals, how some foods can impact health, and ideas to help you drink more water.
Caffeine, Alcohol, and Nicotine	<input type="checkbox"/>	3.5 Minutes	... how these substances can impact your health.
Movement and Activity	<input type="checkbox"/>	10.5 Minutes	...ways to help you move your body more often with exercise and day to day tasks in a way that fits your life.
Long-Term Change	<input type="checkbox"/>	2.5 Minutes	... ways to help you set goals and keep up with the changes you want to make over time.
Conclusion	<input type="checkbox"/>	1 Minute	...a review of the material and ways to include the ideas into daily life.



### **Impact of Stress**

In this chapter you can expect to learn about types of stress, the impact that short-term and long-term stressors have on health and wellness, & tips for how to respond to stress. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. List at least 2 positive and 2 negative sources of stress in your life.**

Positive (+)

Negative (-)

---

---

---

---

---

---

**2. The video lists many effects that stress can have on our body, mind, and mood. List at least 5 things that happen to you when you are under stress.**

Body: \_\_\_\_\_

---

Mind/ Mood: \_\_\_\_\_

---

**3. There are many ways, both healthy and unhealthy, that we respond to stress. List at least 3 examples of each from your life.**

Healthy

Unhealthy

---

---

---

---

---

---

**4. Write down at least 2 topics you want to follow up with your therapist or health care team about related to the impact of stress on your health.**

1. \_\_\_\_\_

2. \_\_\_\_\_



## **Breathing and Relaxation**

In this chapter you can expect to learn why breathing is such an important part of stress management and what we can do to help with managing the stress. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. List at least 2 reasons why someone could be helped by breathing and relaxation as stated in the video.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**2. The video lists many breathing skills. List at least 3 of these tools.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**3. There are many other skills that can be used to direct your energy away from stress. Please list at least 2 of these tools.**

1. \_\_\_\_\_

2. \_\_\_\_\_

**4. Write down at least 2 topics you want to follow up with your therapist or health care team about related to your use of breathing and relaxation.**

1. \_\_\_\_\_

2. \_\_\_\_\_



Minneapolis VAHCS  
Occupational and Physical Therapy  
**I Choose Health DVD**

**Healthy Sleep**

In this chapter you will learn about healthy sleep and how it can help our health, as well as how poor sleep can have a negative impact on stress, mood, energy, and mental and physical health. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. Put an "X" next to each of these tools you already use. Then circle at least 3 tools you could try adding to your routine.**

**Things to Avoid**

- Naps
- Heavy exercise before bed
- Alcohol, nicotine, or heavy meals before bed
- Caffeine at least 6 hours before bed
- Computer, TV, or cell phone before bed
- Keep the bedroom to sleep and intimacy only
- Keep pets and children out of your bed

**Things to Add**

- Keep a regular sleep schedule
- Deep breathing and relaxation
- Keep your bedroom cool and relaxing
- Keep a notebook by your bed to "park" any ideas for tomorrow
- Exercise during the day
- Get a lot of natural sunlight

**2. Put an "X" in the box next to each sleep position you use, then list at least 1 tip for each sleep position:**

Side Sleeping:  \_\_\_\_\_

Stomach Sleeping:  \_\_\_\_\_

Back Sleeping:  \_\_\_\_\_

**3. List at least 2 things that were talked during the video that you plan to try to improve your sleep:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**4. Write down at least 2 topics you want to follow up with your therapist or health care team about related to your sleep.**

1. \_\_\_\_\_

2. \_\_\_\_\_



Minneapolis VAHCS  
Occupational and Physical Therapy  
**I Choose Health DVD**

**Nutrition**

In this chapter you can expect to learn about tips and tricks to help you meet your goals about healthy eating. It also talks about how some foods can impact health and ideas to help you drink more water. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. It is best to make many, large changes to your eating patterns all at once if you want to make lasting change. True or False**

**2. List at least 3 tips you learned about buying healthy foods at the grocery store.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**3. What are 2 tips you can use to help you better control how much you are eating?**

1. \_\_\_\_\_

2. \_\_\_\_\_

**4. How many glasses of water do you drink in a day? \_\_\_\_\_ If you think it would help you to drink more water, what are 2 tips you learned that could help?**

1. \_\_\_\_\_

2. \_\_\_\_\_

**5. Write down at least 2 topics you want to follow up with your therapist or health care team about related to your nutrition.**

1. \_\_\_\_\_

2. \_\_\_\_\_



## Caffeine, Alcohol, and Nicotine

In this chapter you can expect to learn about some substances that impact your health. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. List the 3 substances that were talked about during this chapter. Put an "X" in the box next to any of them that you want to be using less of.**

1.  \_\_\_\_\_
2.  \_\_\_\_\_
3.  \_\_\_\_\_

**2. How much caffeine is it best to try to stay under in a day?**

\_\_\_\_\_

**3. The video talks about the effect substances can have on sleep. The following substances can get in the way of getting good quality sleep:**

Caffeine

Alcohol

Both

**4. Write down at least 2 topics you want to follow up with your therapist or health care team about related to your use of caffeine, tobacco, or alcohol.**

1. \_\_\_\_\_
2. \_\_\_\_\_



## **Movement and Activity**

In this chapter you will learn about ways to help you move your body more often with exercise and day to day tasks in a way that fits in with your life. It will also talk about ways be able to do more activity over time. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. List at least 3 reasons why movement and activity help your body.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2. List at least 2 things you can do in order to improve your motivation to exercise.**

1. \_\_\_\_\_
2. \_\_\_\_\_

**3. What are 2 tips you learned to help you pace out tasks over time?**

1. \_\_\_\_\_
2. \_\_\_\_\_

**4. What are 2 tasks at home, outside, or in your town that you want to do longer or more often? How could you change the task or your approach to make it work better?**

1. \_\_\_\_\_
2. \_\_\_\_\_

**5. Write down at least 2 topics you want to follow up with your therapist or health care team about related to your movement and activity.**

1. \_\_\_\_\_
2. \_\_\_\_\_





Minneapolis VAHCS  
Occupational and Physical Therapy  
**I Choose Health DVD**

**Long-Term Change**

In this chapter you can expect to learn about ways to help you set goals and keep up with the changes you want to make over time. Please fill out this guide as you watch the video to help relate the ideas to your own life and health needs.

**1. Goal setting works best when we set goals that work well for us. One tool we can use is to set SMART goals. What do the letters in SMART goals stand for?**

S= \_\_\_\_\_ M= \_\_\_\_\_ A= \_\_\_\_\_  
R= \_\_\_\_\_ T= \_\_\_\_\_

**2. Try writing a goal about doing more exercise- make sure that you will be able to tell when you have met it and that it is a goal you feel you could reach.**

---

---

**3. What are 2 things (people, activities, goals) in your life that mean the most to you? Could you use those things to help drive you to do any of your health goals?**

1. \_\_\_\_\_  
2. \_\_\_\_\_

**4. Identify 2 topics you want to set a personal goal about and talk to your therapist or health care team about. See if you can write a SMART goal about those topics.**

1. Topic: \_\_\_\_\_  
Goal: \_\_\_\_\_  
\_\_\_\_\_

2. Topic: \_\_\_\_\_  
Goal: \_\_\_\_\_  
\_\_\_\_\_