

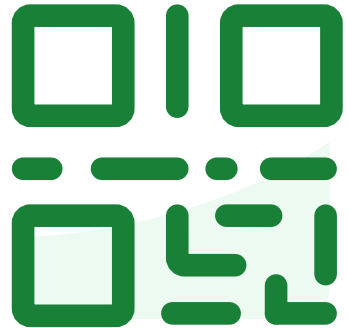


Healthy Choices

BE AN ADVOCATE

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Taking Charge of My Health Team

Edward Esbeck, UCEDD Self Advocacy Coordinator

Dayrin Lovan, UCEDD Community Outreach Coordinator

Laury Scheidler UCEDD Program Coordinator

Healthy choice

Healthy eating

Drinking water

Physical activity

The importance of sleep

Some health and safety tips

Mental health

Goals

Staying Healthy

Staying Healthy Between Doctor Visits



It is important to make healthy choices between doctor visits to help maintain your health and avoid long-term illnesses or problems in the future.



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What are some ways you stay healthy?

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Some ways to stay healthy:



- Eat healthy meals and snacks.
- Eat less unhealthy foods.
- Drink 8-12 cups of water a day.
- Be active for 30+ min/day.
- Get 7 hours of sleep per day.
- Take time to do things you enjoy.
- Practice good hygiene.
- Get regular doctor check-ups

Foods to Limit



Sweets: candy, cookies, cakes, donuts



Fatty Foods: french-fries, fried food, pizza



Salty Foods: chips, frozen meals, canned foods

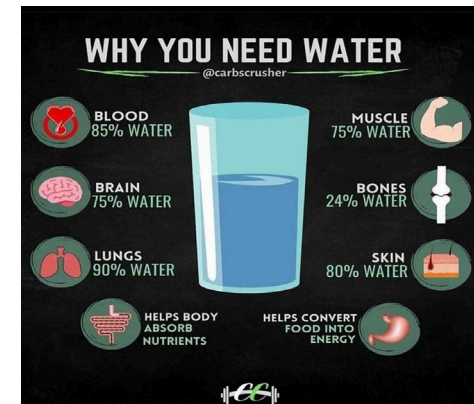


Soda and Sugary Drinks: Gatorade, energy drinks, soda

Drink 8 Cups of Water Every Day

WHY IS IT IMPORTANT TO DRINK WATER?

- Water helps our joints feel better.
- Helps our brain think better.
- Helps keep blood pressure normal.
- Helps carry oxygen through our blood.
- Helps control weight.
- Helps keep our body temperature regular.
- Helps our body get rid of wastes.



How to keep drinking water...

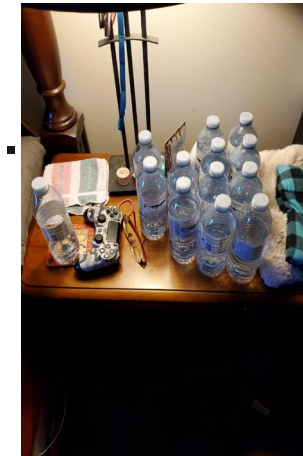
Have a glass of water when you wake up.

Have water with every meal and snack.

Keep water in your bag.

Keep water at your desk.

Eat fruits & vegetables-- most have water in them.



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Activity

- Activity for 30-60 min each day
- Lifting weights
- Walking/jogging with friends
- Swimming
- Riding a bicycle
- Gardening
- Chair yoga

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What do you like to do to stay active?

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The Importance of Sleep

A good night's sleep is good for your mental, emotional, and physical health!



Some ideas to help you sleep

- Go to bed and get up the same time every day.
- Get at least 7 hours of sleep.
- Turn off all electronics 30 minutes before bed.
- Be active during the day.
- Avoid caffeine, large meals, & alcohol before bed.
- Make sure your room is dark.
- Have your room at a comfortable temperature.

Other Tips for Health and Safety

- Wash your hands after using the restroom and before eating
- Brush your teeth twice a day
- Wear your seatbelt when in the car and a helmet when riding a bike
- Wear visible clothing and reflective gear when out at night
- Avoid smoking, vaping or chewing tobacco. If you do, seek help by talking with your doctor or other professional.
- Ask for help if you are struggling with drugs or alcohol

Mental Health

Life is busy.

It can be stressful at times.

It is important to take care of yourself.

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How do you take care of your mental health?

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Positive Mental Health

How can I encourage positive mental health?

- Connecting with others
- Being active
- Getting enough sleep
- Asking for help – **It is OK!**
- Having a positive outlook
- Prayer/meditation
- Eating healthy meals
- Watching a funny movie
- Being around loved ones
- Writing in a journal/diary/voice to text





Taking Care of Your Mental Health

- Set up your goals.
- Spend time with family and friends.
- Be engaged and involved in your community by volunteering or working.
- Keep a positive attitude and be thankful.
- Keep yourself calm.
- Do things you enjoy and try new things.

Reasons I May Need Help with My Mental Health

What are some reasons you may need to ask for help?

- Too much stress
- Difficult life experiences
- Not knowing how to cope with feelings
- Family history of mental health problems
- When a loved one dies or leaves
- Medical reasons
- History of trauma



Concerns about Mental Health



You might be concerned about your mental health if you are feeling what emotions for more than 2 weeks?

- Sad
- Confused
- Worried
- Scared
- Upset
- Angry
- Can't sleep
- Don't feel like eating
- Are feeling pain
- Stop showering
- Stop seeing friends
- Worthless

If the feelings are strong enough, you do not have to wait 2 weeks.

You may want to contact your doctor...

Or someone else, if:

- These feelings continue more than 2 weeks
- Keep coming back
- Keep you from living the life you want to live



What If I Need Help with My Mental Health?

Here are some professionals you could go to:

Psychologist

Therapist

Counselor

Social Worker

Other mental health care providers

Community leaders

Case worker



Other People Who Will Support Me

Besides a therapist or doctor, you can also find a person in your life who you trust and talk to them.

This person could be a:

- Family member
- Friend
- Advocate
- Staff person
- Another doctor
- Telephone crisis line worker





A Mental Health Emergency

One example of a mental health emergency is when my feelings are so strong that I want to commit suicide or harm another person.

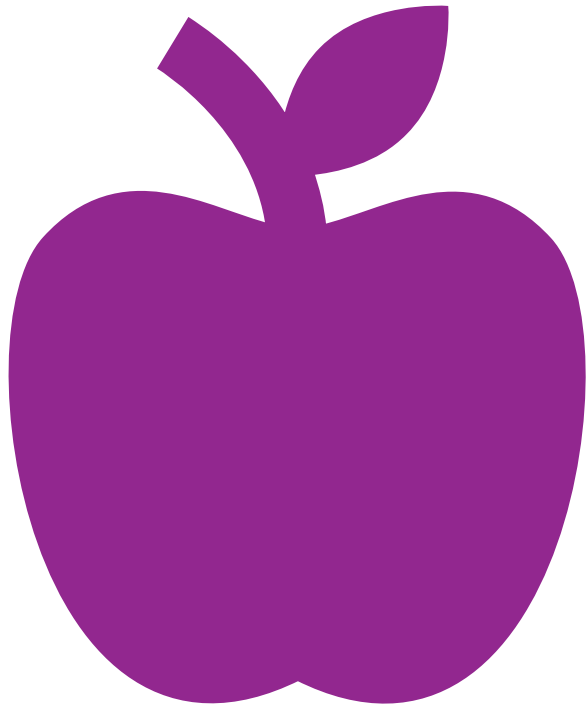
This type of emergency is called a **mental health crisis.**

What should I do?

Call the 24/7 crisis helpline at **988**

Call 9-1-1 for emergencies!

When you call someone will offer advice, such as telling you to go to the hospital. An ambulance may need to take you to the hospital.

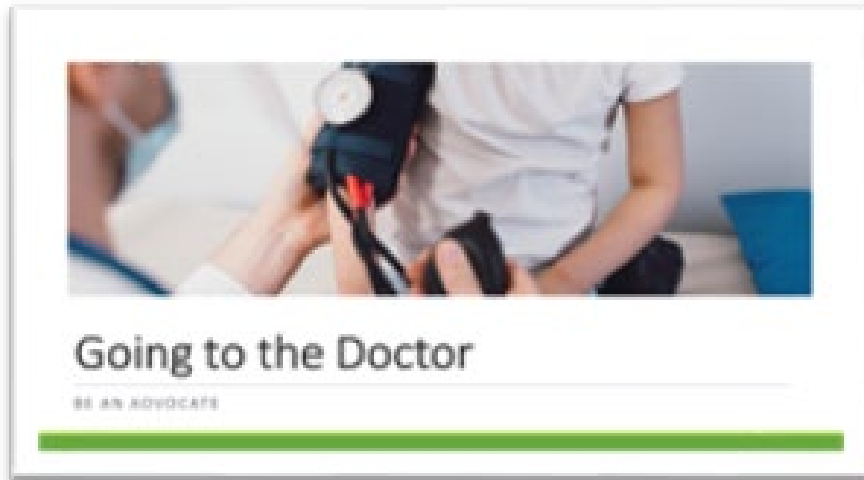


What we learned

- How to stay healthy
- Making healthy choices
- Healthy foods I should eat
- Food to limit
- Staying active
- The importance of sleep
- Mental Health

Questions and/or Comments

Upcoming Webinars



December 4, 2024
12:00pm – 1:00pm



December 11, 2024
12:00pm – 1:00pm

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Take Our Survey!



Acknowledgement

The Iowa Taking Charge of My Health (TCMH) curriculum, including power points, worksheets and fact sheets is inspired by Oregon's University Center for Excellence in Developmental Disabilities (UCEDD) Taking Charge of my Healthcare Toolkit which can be found at <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care>.

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The information provided is for general use and not medical advice or intended to address any individual situation.