

# LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH



## Recipe: Blueberry Lemon Yogurt Parfait



Serves 4  
Serving size: 1 Parfait

### Ingredients:

- 32 oz nonfat, plain Greek yogurt
- 2 small lemons, zested and juiced
- ¼ cup Splenda
- 1 tablespoon vanilla extract
- 1 cup fresh blueberries
- ¼ cup sliced almonds

### Directions:

In a medium bowl, whisk together yogurt, lemon zest, lemon juice and Splenda. Add ½ cup yogurt to parfait dish or small bowl. Top with ¼ cup blueberries, then another ½ cup of yogurt. Sprinkle with 1 tablespoon sliced almonds. Repeat with three more parfait glasses. Serve immediately or refrigerate.

## Action Planning

After the incredibly difficult task of making a decision, we typically know what direction that decision will take us, and we often know what we hope the end goal will be as a result of that decision. Sometimes, that goal can be overwhelming. But how do we achieve that goal? How do we take the right steps to not be overwhelmed by our big decisions and goals? The secret is to try not to do everything at once. Instead, look at realistic steps that can be accomplished within a (short) set time period. Thinking about and tracking those realistic steps is called action planning. One of the most important tools in self-management is action planning.

“Living a Healthy Life with Chronic Conditions” tells us that an action plan can help us do things that we know we should do. Here are some helpful steps that the book outlines for creating a realistic action plan. For more detailed information visit “Living a Healthy Life with Chronic Conditions: Fourth Edition” Chapter 2.

1. Decide what you will do this week.
2. Make sure plans are “action specific.”
3. Make a specific plan.
4. Exactly **what** are you going to do?
5. **How much** will you do?
6. **When** will you do this?
7. **How often** will you do the activity?

After these decisions are made and your action plan begins taking shape ask yourself, “On a scale of 0 to 10, with 0 being totally unsure and 10 being totally certain, how sure am I that I can complete this entire plan? If your scale is above a 7 this action plan is good to go! If it is below 7 revisit the plan and ask why you are unsure and solve the problems that come to mind or change your plan to fit your level of certainty. Once your action plan is complete, put it somewhere you will see it every day, and track your progress! On the back of this sheet, there is a blank outline of an action plan for you to use to try what you’ve just learned!



## SELF-MANAGEMENT TOOLBOX

### ACTION PLANNING:

We have all looked at a problem, or made a difficult decision. In those moments we often know what to do, but sometimes, knowing what to do is not enough. That is where goal setting, a very important step in action planning, comes in handy. Before we can take action to fix a problem or to face a difficult situation, we have to first decide what we want to do. We must set a goal that is both realistic and specific.

Sometimes our goals become overwhelming because they feel like far off dreams. They overwhelm us. It is helpful to list our goals and to then look and select the one that is most important to us, or the one that we want to complete first. When selecting a goal remember to think about alternatives. For example, if your goal is to travel across the country, and you know you can't fly, think about alternative travel options such as a train or bus.

There are many ways to reach a specific goal, and our job is to list the options for achieving a goal and then trying some of those alternatives out! After setting goals and trying alternatives, making action plans related to our goals becomes a little easier.

Source: "Living a Healthy Life with Chronic Conditions"

## ACTION PLANS

Goals are generally too big to work on all at once; they can be overwhelming. That's why so many have a hard time getting started on a goal. Action plans are probably your most important self-management tool. An action plan helps us reach our goals by helping us do what we know we should do, by starting with what we want to do!

### Create an action plan here:

1. What are you going to do? \_\_\_\_\_
2. How much are you going to do? \_\_\_\_\_
3. When are you going to do it? \_\_\_\_\_
4. How often are you going to do it? \_\_\_\_\_
5. On a scale of 0 (no confidence) to 10 (very confident) how confident are you about completing the entire action plan?

0 1 2 3 4 5 6 7 8 9 10

"Living a Healthy Life with Chronic Conditions"

### UPCOMING CLASSES / EVENTS:

- Jonesboro-Union Co. Courthouse, beginning April 19
- Sparta Community Hospital, beginning April 20
- Carbondale-Shawnee Health Care, beginning May 15
- Pinckneyville Community Hospital, beginning June 5
- Herrin- Logan Primary Care, beginning July 6
- Sparta Community Hospital, beginning July 13

**For additional upcoming "Live Well, Be Well" classes or to register visit: [www.hsidn.org/takecharge](http://www.hsidn.org/takecharge) or call 618.457.5200, ext. 67837**

## Spring into Fitness!

Recharge and wake up your body and mind with this easy walk combined with stress relieving techniques! After this walk you will feel renewed and energized, all while springing into physical activity to keep you active and healthy!

Step 1: Focus on your feet. As each of your feet rolls from heel to toe feel the firm ground beneath your feet. Try to hold this awareness of your feet for 2-3 minutes.

Step 2: Focus on your breathing. As you walk lift your torso to stand upright and increase lung space/ Inhale renewed energy, exhale tiredness and pain. As you breathe let freshness flow into your lungs.

Step 3: Mentally talk to yourself. Think *Fresh air in, stale air out* as you breathe to help you maintain focus.

Source: [www.prevention.com](http://www.prevention.com)

