

**WEEK 6: ACCESSING CORE
VALUES: CHOICE, ASPIRATION, AND
CHANGE**

**MTPC PATIENT WORKBOOK WEEK 6:
ACCESSING CORE VALUES: CHOICE, ASPIRATION, AND CHANGE**

Home Practice:

Formal Practice:

Choose your own sequence of these two practices:

- Mindfulness of Breath/Mindfulness of Sound without recording for 20 minutes a day (Set 20 minute timer).
- Giving and Receiving Compassion for 20 minutes.

Total formal practice of 40 minutes per day is encouraged.

Informal Practice:

- Practice at least 1 informal practice each day
- Complete "How Can I Best Care for Myself" (This is just for your benefit, we will not be collecting this).
- Record one gratitude each day in Gratitude Journal
- STOP ACHE GO – **G**rounding Values and **G**ratITUDE

Poems:

TALE OF TWO WOLVES

One evening, a grandfather told his
grandson about a battle that
goes on inside people.

He said, "My son, the battle is
between two 'wolves' inside us all.

One is evil. It is anger,
envy, jealousy, sorrow,
regret, greed, arrogance,
self-pity, guilt, resentment,
inferiority, lies, false pride,
superiority, and ego.

The other is good.
It is joy, peace, love, hope, serenity,
humility, kindness, benevolence,
empathy, generosity,

truth, compassion and faith."

The grandson thought about
it for a minute and then asked
his grandfather:

"Which wolf wins?"

The grandfather simply replied,
"The one that you feed."

MY CORE VALUES

My core values are (list 3-10 core values):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List three grounding core values that you want to cultivate:

1. _____
2. _____
3. _____

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HOW CAN I BEST TAKE CARE OF MYSELF?

1. We have provided on the next few pages a list of actions that people have found helpful for taking care of themselves. Please check off any of the following actions that could help you to take care of yourself.

For all:

General Wellness –

Managing Medications –

Managing Chronic Illness –

Skip to the following page if you are experiencing any of these symptoms or syndromes below:

Anxiety –

Arthritis –

Asthma –

Chronic pain –

COPD –

Depression –

Diabetes –

Difficulty controlling substance use-

Heart Disease –

Hypertension –

Insomnia –

Metabolic Syndrome –

Obesity –

2. Now, read over the actions that you checked. Think about which of these actions can best help you to:

- *Reduce stress*
- *Improve your health*
- *Improve your wellness*
- *Support your core values*

*Looking at these actions, please **circle the top 5 actions that** are most important for you. (Please try to pick actions that you could imagine doing in the next month.)*

(Note: The list is meant to help you generate ideas: If there are other actions that are not on this list, but you feel could help you reduce stress, improve health, improve wellness, or support your core values, then feel free to write them below in addition to the 5 circled on the following sheet.)

General Wellness

Sleeping Well:

- Getting 7-9 hours of sleep per night.
- Creating a schedule of going to sleep and waking up at the same time each day.
- Sticking to this schedule even on weekends.
- Finishing eating at least 2-3 hours before going to bed.
- Avoiding TV, computer, and texting for 1 hour before bed.

Being Physically Active:

- Setting a goal to be more active most days of the week.
- Exercising regularly. Trying to do some physical activity for at least 30 minutes each day. For example, start slow by taking a 10-minute walk, three times a day.
- Practicing mindful movement at least twice a week. This helps to keep the body flexible.

Eating Healthfully:

- Eating more fruits and vegetables.
- Eating more healthy protein. (Healthy protein is found in: lean meats, chicken or turkey without the skin, seafood, beans, and nuts)
- Switching to whole grains.
- Eating small portions.
- Eating less processed foods.
- Preparing my own food more often.
- Learning to cook more nutritious meals.
- Drinking more water.
- Drinking less juice, soda and sugary drinks.
- Cutting back on caffeine. For example, trying to have no more than 2 cups of coffee OR soda per day.
- Drinking alcohol only in moderation. Trying to have no more than 1 alcoholic drink per day.
- Eating enough fiber. This will help to have regular bowel movements.
- Sitting at the table to eat meals, avoiding eating in front of the television or computer or in the car

Managing Stress:

- Learning to recognize when I am becoming stressed.
- Doing a pleasant activity to reduce stress. For example: taking a walk, listening to music, or doing a hobby.
- Doing mindfulness exercises. For example -- awareness of breath, body scan, and mindful movement.
- Spending more time with people whose company I enjoy.

If feeling depleted from working long hours, try letting go of doing something if it is not necessary to your core values.

Asking for help if I feel down. Talking to a mental health counselor or support group.

Talking to a religious leader, friend, or family member.

Miscellaneous:

Brushing my teeth and flossing every day. This will help to keep my mouth, teeth, and gums healthy.

Stopping smoking. Asking for help to quit.

Recognizing my addictive behaviors and getting help to manage them

Spending more time engaged in activities which give me a sense of purpose

Spending more time outside in nature.

Managing Medications (if applicable)

Taking my daily medications *every day*. Taking them even when I feel good.

Understanding what my medications do. Knowing how I need to take them.

Talking with my PCP about any vitamins or supplements I take. They can let me know if there are any interactions.

Telling my PCP if I am not taking my medication. Talking with my PCP about the reason that I am not taking them. For example, if I cannot afford them, or if I have any side effects.

Keeping a journal. Writing down how often I take “as-needed” medications. Writing down when I take them. This can help me to recognize patterns of medication use.

Managing Chronic Illness (if applicable)

Talking about how my chronic illness management plan is working for me. Talking about this this every time I visit my PCP and my health team.

Visiting my PCP at least twice a year. Reviewing my management goals and progress together.

Asking my PCP and my health team if I have any questions about my chronic illness.

Telling my PCP and my health team right away if I have any changes in my health.

Anxiety (if applicable)

Keeping a journal of when I am feeling stressed or anxious. Looking for patterns.

This can help me notice what triggers my anxiety. This can also help me develop coping skills.

Setting aside a 15 minute period before bedtime for a “worry window” every night for 2 weeks. During this time, allowing myself to worry about anything on my mind and to write it down. Keep writing down worries until I have them all on paper, then putting it away for the night. If worries come up during the night or the next day, I can tell myself I can save it for the “worry window”. The next night I can add new ones that arise to the list of worries. I can try to create a plan to address each worry that can be addressed and I can try to accept those things that can’t be changed and need to be accepted.

Being aware of any negative thinking or judging. Working actively to be kind to myself.

Practicing being kind to myself. Trying self-compassion and mindful breathing exercises.

Getting a least 20 minutes of exercise a few times a week that breaks a sweat. Aiming to get at least 15 minutes of time outdoors each day. Taking a walk or having a beverage or a meal outside. Sitting out in the garden or people-watching on a bench.

Identifying what stress and anxiety feels like in my body. This can help me be aware of it at its beginning stages.

Practicing mindfulness exercises. Finding which mindfulness exercises work best for me. These can help when I feel anxious or notice stress in my body.

Cutting back on alcohol, and caffeine. Eating fewer sugary and processed foods.

Cutting back on nicotine. These can all make my symptoms worse.

Talking with my PCP about my symptoms. My PCP can give me support. My PCP can also rule out medical causes.

Talking with my PCP about how to get more help. My PCP can refer me to a licensed mental health provider. My PCP can also refer me to a support group.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Arthritis (if applicable)

Talking with my PCP to identify the type of arthritis. My PCP and I can create a plan to manage my specific pain symptoms.

Practicing low-impact exercises. Some examples are: walking, cycling, swimming, dancing, and mindful movement. These can help improve range of motion, and strengthen muscles. They can also increase flexibility and decrease stiffness.

Talking with my PCP to create a plan to manage my specific pain symptoms.

Stretching throughout the day. Standing up and walking around every half-hour or so, as I am able.

Using supportive devices like splints, braces, or shoe inserts. These can support my joints and bones and reduce pain.

Weight management to relieve stress from joints. Working with my PCP and health team to set realistic goals for weight loss. They can help me with my healthy eating and physical activity.

Stopping smoking. Asking for help to quit. Smoking can increase joint pain.

Applying hot or cold packs to my joints.

Integrative medicine techniques can help manage my pain. Examples are: acupuncture, chiropractic care and aqua therapy.

Keeping a journal of my chronic pain. Including a daily "pain score" from 1-10, and what activities I did that day. Looking for patterns. This can help me recognize which behaviors improve and which behaviors worsen my pain.. Reviewing this journal with my PCP. This can help us to both understand my pain symptoms. This can help us and figure out the best plans to manage my pain.

Monitoring my mood. Being aware of an increase in symptoms of anxiety or depression.

Practicing mindfulness exercises. Finding which mindfulness exercises work best for me. These can help when I notice pain in my body.
Appreciating the parts of my body that are well and are not in pain.
Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Asthma (if applicable)

Developing an Asthma Action plan with my PCP. This can monitor my symptoms and my medication use. This can help me recognize whether my breathing is under control. This can help me recognize when I need to make adjustments.
Keeping a list of my breathing triggers. Developing strategies to avoid or cope with these triggers. (Some common triggers: allergies, smoke, fumes, air pollution. Also: exercise, anxiety, stress, weather changes, etc.)
Keeping track of how well my lungs are working. I can do this by getting a peak flow meter from my PCP for use at home.
Understanding the medications I am using for my breathing. Understanding when to use which one. Taking the preventive medications even if my breathing is fine.
Talking with my PCP about ways to reduce my risk for respiratory infections. (For example getting shots each year for flu and pneumonia.)
Quit smoking. Encouraging and supporting those you live with to quit as well.
Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Chronic pain (if applicable)

Talking with my PCP to identify the type of chronic pain. My PCP and I can create a plan to manage my specific pain symptoms.
Practicing low-impact exercises. Some examples are: walking, cycling, swimming, dancing, and mindful movement. These can help improve range of motion, and strengthen muscles. They can also increase flexibility and decrease stiffness.
Talking with my PCP to create a plan to manage my specific pain symptoms.
Stretching throughout the day. Standing up and walking around every half-hour or so, as I am able.
Using supportive devices like splints, braces, or shoe inserts. These can support my joints and bones and reduce pain.
Weight management to relieve stress from joints. Working with my PCP and health team to set realistic goals for weight loss. They can help me with my healthy eating and physical activity.
Stopping smoking. Asking for help to quit. Smoking can increase joint pain.
Applying hot or cold packs to my joints.
Integrative medicine techniques can help manage my pain. Examples are: acupuncture, chiropractic care and aqua therapy.
Keeping a journal of my chronic pain. Including a daily "pain score" from 1-10, and what activities I did that day. Looking for patterns. This can help me recognize

which behaviors improve and which behaviors worsen my pain.. Reviewing this journal with my PCP. This can help us to both understand my pain symptoms. This can help us and figure out the best plans to manage my pain.

Monitoring my mood. Being aware of an increase in symptoms of anxiety or depression.

Practicing mindfulness exercises. Finding which mindfulness exercises work best for me. These can help when I notice pain in my body.

Appreciating the parts of my body that are well and are not in pain.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

COPD (if applicable)

Developing an COPD Action plan with my PCP. This can monitor my symptoms and my medication use. This can help me recognize whether my breathing is under control. This can help me recognize when I need to make adjustments.

Keeping a list of my breathing triggers. Developing strategies to avoid or cope with these triggers. (Some common triggers: allergies, smoke, fumes, air pollution. Also: exercise, anxiety, stress, weather changes, etc.)

Keeping track of how well my lungs are working. I can do this by getting a peak flow meter from my PCP for use at home.

Understanding the medications I am using for my breathing. Understanding when to use which one. Taking the preventive medications even if my breathing is fine.

Talking with my PCP about ways to reduce my risk for respiratory infections. (For example getting shots each year for flu and pneumonia.)

Quit smoking. Encouraging and supporting those you live with to quit as well.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Depression (if applicable)

Developing supportive relationships. Reaching out to trusted friends and family.

Asking a loved one to check in with me regularly.

Calling or emailing an old friend.

Scheduling a weekly dinner date.

Keeping up with social activities even if I don't feel like it. Going to the movies, lunch or coffee, concerts, or small get-togethers with friends.

Try volunteering, taking a class, or joining a club. This can help me build new relationships and discovering new hobbies.

Noticing when negative thoughts go through my mind. Working actively to be kind to myself. Following the negative with positive statements. Using self-compassion exercises.

Aiming to get at least 15 minutes of time outdoors each day. Taking a walk or having a beverage or a meal outside. Sitting out in the garden or people-watching on a bench.

Getting a least 20 minutes of exercise a few times a week that breaks a sweat.

Talking with my PCP about my symptoms. My PCP can give me support. My PCP can also rule out medical causes.

Talking with my PCP about how to get more help. My PCP can refer me to a licensed mental health provider. My PCP can also refer me to a support group.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Diabetes (if applicable)

Understanding what my various medical measurements mean. Understanding what range they should be in. (For example, my Hemoglobin A1C, blood pressure, kidney function and cholesterol numbers.)

Understanding how to eat and exercise to best control my blood sugars.

Understanding how to take my medicines and why I am taking them.

Understanding what my goals are for managing my diabetes beyond controlling my blood sugars. (This can be controlling blood pressure, visiting the eye doctor and dentist, getting my yearly vaccines).

If I have nerve problems, checking my feet every day for cuts, blisters, red spots, and swelling. Calling my PCP right away about any sores that do not go away.

Getting regular yearly eye exams. These can prevent effects of diabetes on eyes.

Keeping track of my blood sugar. Checking it several times a day if I'm on insulin.

Especially checking first thing in the morning or when I'm fasting.

Stopping smoking. Asking for help to quit.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Difficulty controlling substance use (if applicable)

Being willing to be curious and honest with myself about the consequences of my substance use (alcohol, tobacco smoking, prescription medication overuse [opioid painkillers, sedatives, and tranquilizers], cannabis, or illicit drugs).

Identifying my substance use triggers. (Some examples are: walking by a bar, seeing someone who is drunk or high or smoking a cigarette, getting paid, the end of a long workday, getting into an argument, being bored, etc.)

Developing coping skills. (This could be calling someone in my support network or journaling. This could also be removing myself from a stressful situation or person.

This could be practicing mindfulness exercises like RAIN.)

Practicing my coping skills often. Practicing even when there are not triggers present. This will help me to *respond* instead of *react* to triggers in the future.

Developing supportive relationships. Joining a support group or 12 step meeting.

Spending time with trusted friends or family members, who support my sobriety.

Talking with my PCP about my substance use. Talking with my PCP about any medical or mental health symptoms. My PCP can refer me to a licensed mental health provider. My PCP can refer me to a support group. My PCP can also refer me to a specialized substance use treatment program.

My PCP can refer me to a tobacco treatment program or a Quitline with regular coaching phone calls to help me keep from smoking.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Heart Disease (if applicable)

Choosing and preparing foods with less salt. Trying to limit total salt intake to 1500mg/day or less.

Maintaining a healthy weight. Asking for help from my PCP to plan to lose weight or maintain a healthy weight.

Being as physically active as possible, especially doing activities that get my heart rate up within a range that my team and I decide is safe (e.g. swimming, walking, cycling, dancing)

Knowing what symptoms to look out for and when to call my PCP's office. For example: chest pain, trouble breathing, weight gain, leg swelling.

Taking my medications the way that my PCP recommends.

Stopping smoking. Asking for help to quit.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Hypertension (if applicable)

Taking my medicines for blood pressure every day. Taking it even if my blood pressure is normal or I feel fine.

Making sure my blood pressure is monitored frequently. Learning to use a self-monitor at home. Visiting my PCP to monitor when needed.

Choosing and preparing foods with less salt. Trying to limit total salt intake to 1500mg/day or less.

Maintaining a healthy weight. Asking for help from my PCP to plan to lose weight or maintain a healthy weight.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Insomnia (if applicable)

Keeping a journal of my sleep patterns and symptoms. Reviewing this journal with my PCP.

Not drinking alcohol before bed.

Avoiding large meals and spicy food before bed. Avoiding large amounts of sugar or fluids before bed.

If medicine keeps me awake, taking it in the morning instead of before bed.

Avoiding coffee after noon.

Stopping smoking. Asking for help to quit.

Aiming to get at least 15 minutes of time outdoors each day. Taking a walk or having a beverage or a meal outside. Sitting out in the garden or people-watching on a bench.

Getting a least 20 minutes of exercise a few times a week that breaks a sweat.
Not exercising for 4 hours before bed.

Avoiding naps during the day which can disrupt my nighttime sleep.

Avoid electronics with bright screens at least 30 minutes before bedtime and if I wake up in the middle of the night. The light can interfere with sleep patterns.

Creating a regular, relaxing bedtime routine, for example: taking a hot bath, drinking warm herbal tea/milk, listening to soothing sounds, writing in a journal, or practicing a body scan.

Develop habit of practicing body scan meditation if lying in bed awake at night (if the mind remains mindful and calm all night, then you will usually get the rest it needs).

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Metabolic Syndrome (*if applicable*)

Working with my PCP and health team to set realistic goals for weight loss. They can help me with my healthy eating and physical activity.

Keeping a journal of what I eat and what I'm doing to be active. This can help me recognize my current habits. This can also help me identify behaviors that I can change.

Creating strategies to help me stick to my healthy eating plan. For example, eating only at the dining table, and not eating while watching TV. For example not keeping unhealthful foods at home, and trying to bring lunch to work with me.

Creating strategies to help me stick to my physical activity plan. For example, scheduling exercise into my week. For example, putting out workout clothes at night as a reminder to exercise in the morning. For example bringing a change of clothes to work and going to exercise right after work.

Meeting frequently with my PCP and health team to track my progress. Discussing what is and isn't working. Refine my goals together.

Taking care of my body by developing a routine of self-care. Using behaviors from the list of General Wellness.

Obesity (*if applicable*)

Working with my PCP and health team to set realistic goals for weight loss. They can help me with my healthy eating and physical activity.

Keeping a journal of what I eat and what I'm doing to be active. This can help me recognize my current habits. This can also help me identify behaviors that I can change.

Creating strategies to help me stick to my healthy eating plan. For example, eating only at the dining table, and not eating while watching TV. For example not keeping unhealthful foods at home, and trying to bring lunch to work with me.

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