**Managing my mental health symptoms**

**IRPRV**

**Monday**

**10:15am to 11:00am**

**Christine Wnorowski**

**TEXT: Nutrition and Diet, Managing Social Anxiety, Achieving Mind, Body, and Spirit Connection**

**Online:**

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| **DATE** | **PAGES** | **LESSON** |
| **5/1/17** | Nutrition and Diet Therapy pgs. 92-93 | The group members will discuss the functions and distribution of body water and the benefits of drinking water. |
| **5/8/17** | Nutrition and Diet Therapy pgs. 8-94 | The group will discuss the importance of minerals, water, and the body processes and identify the appropriate levels of mineral consumption for a healthy diet. |
| **5/15/17** | Nutrition and Diet Therapy pgs. 25-28 | The group will discuss the factors affecting food consumption, such as certain behaviors, poverty, and appetite. |
| **5/22/17** | Nutrition and diet therapy pgs. 49-54 | The group will discuss and identify carbohydrates and fats and how high consumption contribute to other medical issues |
| **5/29/17** | Nutrition and Diet Therapy pgs. 162-165 | The group will discuss and identify the certain foods that are not compatible with certain medications. |
| **6/5/17** | Managing Social Anxiety pgs. 63-66 | The group will discuss their origins of social anxiety and how it effects their life. |
| **6/12/17** | Managing Social Anxiety pgs. 79-84 | The group will discuss and identify the debilitating thoughts that can cause anxiety and the relationship with their feelings |
| **6/19/17** | Managing Social Anxiety pgs. 103-112 | The group will discuss and identify automatic thoughts and thinking errors and coping strategies to utilize to help them manage their symptoms. |
| **6/26/17** | Managing Social Anxiety pgs. 175-190 | The group will discuss and identify how to overcome their fears of doing activities in front of other people. |
| **7/3/17** | Achieving the mind-body-spirit connection pgs. 74-81 | The group will discuss and identify ways on how to create a positive mind set. |
| **7/10/17** | Achieving the mind-body-spirit connection pgs. 88-98 | The group will discuss the importance of assertive behavior and creating healthy boundaries. |
| **7/24/17** | Achieving the mind-body-spirit connection**,** pgs. 123-135 | The group will discuss and identify additional supports and coping skills to help manage their symptoms. |
| **7/31/17** | Achieving the mind-body-spirit connection. Pgs. 136-138 | The group will wrap up and discuss how utilizing healthy coping skills every day is vital for their recovery, as well as socializing.  |