

FACILITATOR GUIDE TO

Sharing Circle for Healthy Living



Government of
Northwest Territories

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Introduction

Our culture shapes who we are as individuals. In our own journey as we work towards healthy living, we have to be mindful not only of the “now” of how we are living, but also of what came before that may have contributed to us in the present moment. Personal reflection will guide us as we take our next steps. Our voices, our stories, sharing our experiences in our families, and remembering stories we have heard from grand/great grandparents and others in the community, all help to guide us. Learning about our histories, how people lived, the struggles, the strengths and the way of life will help to build a strong foundation for healthy living. Honoring our relationships is important. We are all connected in ways we may not fully understand, and by starting the conversation, we will be able to learn from each other as we continue our life journey making healthy choices for healthy living.

This session will help you to gain an understanding of:

- The purpose of the healthy living sessions
- An Elder’s Story of culture, life experiences, and traditional way of living
- How sharing your voice can be a way to find your way and rediscover your culture, beliefs, and values
- The value of personal reflection on our ways of healthy living as individuals, with our families, in our communities
- The benefits of healthy living to live true to ourselves

Preparation

Arrange for an Elder in the community to be present for this session to share the stories of life and healthy living.

Sharing Circle

Elder - Opening Prayer

Facilitator:

- a) *Getting to know one another* – Share your name and something about you and wellness that you strongly believe or value.

- b) Attend to all housekeeping items (agenda, breaks, etc.).
- c) Share the purpose of the session.

Elder – Share stories of culture, life experiences and traditional way of living

Guest - Share own stories of rediscovery of one's own culture, values, beliefs

Facilitator – There are many benefits of healthy living in our lives, our family and in our community. Help me to name them and I will write what you share on a flipchart. We will have this posted for you to see and you can refer to it throughout the day as we continue to share.

In Reflection

Was this session meaningful?

Module 1: Physical Activity

“Life is a precious gift; you really have to make the most of it!”

(Dan Daniels, 2014)

Dan Daniels shares that “the overall quality of a person’s life is better when doing regular activity because it’s not just the physical activity you benefit from, it’s also the time you spend with others, the healthy relationships with friends who are on the same journey to maintaining good health.” In this film Dan Daniels shared his own story of being physically active. So today we will share about what we do to stay physically active.



Purpose of this session is to engage in storytelling to:

- Describe own way of being active
- Give voice to what we know and do to be physically active
- Reflect on ways of keeping active in living, with our family, in our community
- Explore the benefits of physical activity

Preparation

View the Health and Social Services Film: Physical Activity.

Print a copy of the NWT Physical Activity assessment and the Physical Activity toolkit from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Sharing Circle

- ❖ Circle only one question at a time. Facilitator is to share a summary of what the group has said after each sharing circle and ask for other comments as well. Link to what you know of the community.

1. When we say “be active” what does it mean to be active?
2. What do you do to stay active?
3. What can you remember about activities you used to do that required physical efforts?
4. What about your parents and your family, what activities did they do to stay active?
5. Do you see benefits for yourself if you become more active?
6. What benefits will you experience if you keep up your level of physical activity for 5 years?
7. What else can be done to encourage this type of storytelling of your life experiences?

Reflection

Take some time now to write down some comments to the questions below. Share with others in the group.

What will you take from this session to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your plan?

When and how will you carry out your plan?

Who can you count on to provide support or guidance to make these changes?

Session Activities

Ask participants to complete the physical activity self-assessment (see handout). Following the activity ask to share what they understand from their assessment.

- ❖ Your health benefit score may be excellent but if you spend a large amount of time sitting (6hours in your work day) then this can lead to ill health. Each person has their own level of physical activity. Individuals may also have different reasons for becoming more active. If you know what motivates you, this can help you to stay on your path of being physically active. The need to get up and get moving is not new - being physically active to live and survive every day was and is a way of life. Reclaiming a purpose to become more physically active can have positive lasting effects on your physical health, your mental and emotional health, and your social wellbeing.

Start working through the booklet (Physical Activity toolkit) with participants if this is a group session. In each section, ask participants to complete the workbook section indicated below. If they are not able to do so, ask the questions so that they can talk through the steps in the following activities in a sharing circle format.

Taking the first step: Deciding to be physically active

- A1 – Your reasons to be more active
- A2 – Finding your motivation

Making a physical activity plan

- B1 - Step 1-Why, what, where, when, who
- B2 – Step 2-Write out your physical activity plan
- B4 – Step 3-Adding details to your plan

Setting goals

- C1 – What are you doing now?
- C2 – What activities would you like to try?
- C4 – Your own SMART chart
- C6 – Setting your own small goals

What stop you from being physically active?

- D3 – What stop you from being more active?

Benefits of physical activity

- E1 - What benefits are important to you?
- E2 – How would being active improve your life?

Physical activity and your blood pressure

- F2 – What aerobic activities would you like to do?
- ❖ The facilitator is to review the next few sections in the workbook with the participants regarding the benefits of physical activity in relation to blood pressure, diabetes and healthy weight.

Module 2: Healthy Eating & Weight Management

“Eat food that is rooted!”

(Gladys Norwegian, 2014)

Gladys Norwegian’s wish to pass on to others and especially to her grandkids is that “each person is responsible for their own journey. The food you put in your body affects everything else in your life: the way you think, the way you act, your sleep, energy levels and your relationships.” In this film Gladys Norwegian shared her own story of healthy eating and healthy living. We will be sharing our experience of eating healthy?



Purpose of this session is to engage in storytelling to:

- Describe own way of nourishing our bodies
- Give voice to what we know and do to eat healthy
- Reflect on ways of eating in our lives, with our family, in our community
- Explore the benefits of eating healthy

Preparation

View the Health and Social Services Film: Healthy Eating

Print a copy of the healthy eating assessment and healthy eating and weight management guide from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Sharing Circle

- ❖ Circle only one question at a time. Facilitator is to share a summary of what the group has said after each sharing circle and ask for other comments as well. Link to what you know of the community.

1. What does it mean to eat healthy?
2. What kind of things would you normally eat in a day?
3. Where do you get your food from? Do you get your food from the land/water/store/others?
4. How often do you eat home cooked meals, store bought prepared foods or restaurant foods?
5. What about your parents and your family, did they do the same or did they eat differently (or was their diet different)?
6. Do you think there are changes you can make in your diet to improve your health and if so what would these changes be?
7. What benefits can you see for yourself if you eat healthy?
8. What benefits will you experience in the long term if you continue to eat healthy?

Reflection

Write down some comments to the questions below. Share with others in the group.

What can you take from this session to make changes to promote healthy living?

What is your plan?

How will you do it?

Who can you count on to provide the support or guidance to make these changes?

Session Activities

- ❖ Depending on where we live in the North, it can be challenging to obtain fresh affordable, healthy foods. We need to reflect on Northern People's ways of living before we became so dependent on the convenience of prepared package foods and eating out. Was the diet then any different than today? When we work toward a healthy weight we can prevent diseases such as cancers, heart disease and diabetes. Each person has unique needs and eating healthy takes care of our bodies. There are many benefits to ourselves, our families, and the communities we live in.

Facilitator Note:

Ask participants to "complete the healthy eating assessment (handout)". "What does this show you?"

If this is a group session, start working through the guide with participants. Go through the guide and information about impacts on healthy eating and healthy weight. Ask participants to complete the workbook section indicated below as you work through one section at a time. Or lead a discussion by asking the questions so that participants can talk through the steps in the following activities:

What foods and drinks will you choose for good health? Write down some ideas in table below. Facilitator is to comment on response. (Refer to Healthy Eating Guide - Page 7)

Food & Drink	Choose most often	Choose sometimes	Choose least often
Vegetables and fruit			
Grains			
Milk & alternatives			
Meat & alternatives			
Drinks			

What are some reasons why people gain weight? Facilitator is to comment on response. (Page 5)

Each person is to write down 5 ways to eat better. Share with others.

- 1.
- 2.
- 3.
- 4.
- 5.

In large group, circle these questions one at a time.

- Are you already doing some of these things?
- Is there something you may want to try?
- Did any suggestions surprise you?

Facilitator is to comment on response. (Refer to Healthy Eating Guide - Pages 8, 9)

How do you know what and how much to eat during meal times? Facilitator is to comment on response. (Refer to Healthy Eating Guide - Pages 10, 11)

Do you read nutrition labels on food you buy from the store? How can these help you to make healthy choices?

Let us look at page 12 together. Facilitator is to discuss what is on this label.

- ❖ Refer to Healthy Eating Guide - Pages 13 & 14 provides sample menus for women and men.

Do you use Canada's food guide to plan your meals? Is this helpful or do you have some other way to make sure you are choosing from the various food groups to have a balanced diet? (Refer to Healthy Eating Guide - Page 15)

- ❖ Keeping track of what you eat for 3 months you will help you to pick up on your pattern of eating and drinking. This can be done if you keep a journal.

Write down in the table provided your daily intake of food and drink for yesterday.

- What can you share about what have you noticed that you do well?
- Is there something you may want to consider changing?

Was there anything that surprised you as a result of journaling? (Refer to Healthy Eating Guide - Page 17)

Daily Intake Record

Time	Food or drink	How much?	Where did you eat or drink? Mood/thoughts?	Activity

People who decide on their actions and write them down are more likely to reach their goals. Start here!

Write out a plan to change one thing to promote healthy eating. (Refer to Healthy Eating Guide - Page 19)

- How confident are you that you will complete this plan, on a scale of 0 to 10? Who will keep you accountable?

What tips or suggestions can you use to change habits and thoughts and stay on your path of eating healthy and making healthy choices? Facilitator is to comment on response. (Refer to Healthy Eating Guide - Page 20)

What are some triggers for overeating? Facilitator is to comment on response. (Refer to Healthy Eating Guide - Page 21)

Eating healthy is taking the first step. What else can you can do to promote a healthy weight? Facilitator is to comment on response. (Refer to Healthy Eating Guide - Page 22)

Facilitator is to review the section of the Healthy Eating Guide pages 23 - 29.

There are benefits to eating healthy foods together with family and friends.



Module 3: Tobacco Cessation

“Put yourself around people who will encourage you!”

(Roy Erasmus, 2014)

When Roy Erasmus began smoking, cigarettes were everywhere. “People didn’t know about the harmful effects of it.” 20 years later when he finally decided to quit, “it was a known fact that smoking was definitely bad for you. There are over 4,000 chemicals in cigarette smoke, many of which are known causes of cancer and chronic diseases. Quitting is like anything else, if you want to do a good job you need to prepare for it.”

Purpose of this session is to engage in storytelling to:

- Describe own use of tobacco
- Give voice to what we know about the misuse of tobacco
- Reflect on how to live tobacco free in our lives, with our family, in our community
- Explore the benefits of tobacco free living

Preparation

View the HSS Film: Tobacco Cessation

Print a copy of the Quit Plan from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Sharing Circle

- ❖ Circle only one question at a time. Facilitator is to share a summary of what the group has said after each sharing circle and ask for other comments as well. Link to what you know of the community.
1. What is your understanding of tobacco free living?
 2. What about your parents and your family, what practices did they do to live tobacco free?
 3. Do you think there are changes you can make to improve your health and if so what would these changes be?

4. What benefits can you see for yourself if you quit using tobacco?
5. What benefits will you experience in the long term?
6. Have you learned any new ways to make changes to promote healthy living?
7. Hearing your own voice, and the voices of others, what will be your new plan?
8. How can you put these changes into action? Complete the quit plan (handout).
9. Who can you count on to provide support or guidance to make these changes?

Reflection

Write down some comments to the questions below. Share with others in the group.

What can you take from this session to make changes to promote healthy living?

What is your plan? (Use the quit plan handout)

How will you do it?

Who can you count on to provide the support or guidance to make these changes?



Module 4: Alcohol Management

“Healing from the inside one heart at a time!”

(George Tuccaro, 2014)

George Tuccaro shares his journey of alcohol recovery. “For years I had been inside of this cocoon, holding all my hurts and pains so tight to my chest, not letting anyone know about it. When I made the decision to change, I began to let go of all that garbage and forgive myself for hanging on to it for so long. Even if you have just a glimmer of hope today, tomorrow will take care of itself. And it starts with healing from the inside.”

Purpose of this session is to engage in storytelling to:

- Describe own journey of alcohol use/misuse
- Give voice to what we know and do to not misuse alcohol
- Reflect on ways of managing the use of alcohol in our lives, with our family, in our community
- Explore the benefits of alcohol management and/or recovery

Preparation

View the Health and Social Services Film: Alcohol Management.

More information is on the following Website: www.hss.gov.nt.ca

Sharing Circle

- ❖ Circle only one question at a time. Facilitator is to share a summary of what the group has said after each sharing circle and ask for other comments as well. Link to what you know of the community.

What does it mean to be healthy in relation to alcohol misuse?

What is your understanding of alcohol management or alcohol free living?

What about your parents and your family, what practices did they do to live healthy?

Do you think there are changes you can make to improve your health and if so what would these changes be?

What benefits can you see for yourself if you quit alcohol use or misuse?

What benefits will you experience in the long term?

Have you learned any new ways to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put the new changes into action?

Who can you count on to provide support or guidance to make these changes?

Reflection

Write down some comments to the questions below. Share with others in the group.

What can you take from this session to make changes to promote healthy living?

What is your plan?

How will you do it?

Who can you count on to provide support or guidance to make these changes?



Module 5: Healthy Relationships

“Believe and you will find your way!”

(William Apsimik, 2014)

William and his wife Eva Apsimik have lived in many communities all over the north and have been married for 59 years. They have learned some important rules to maintain a healthy relationship.

Purpose of this session is to engage in storytelling to:

- Describe own way of relating with others
- Give voice to what we know and do to build and keep relationships
- Reflect on ways of living meaningful healthy relationships in our lives, with our family, in our community
- Explore the benefits of healthy relationships

Preparation

View the Health and Social Services Film: Healthy Relationships.

More information is on the following Website: www.hss.gov.nt.ca

Sharing Circle

- ❖ Circle only one question at a time. Facilitator is to share a summary of what the group has said after each sharing circle and ask for other comments as well. Link to what you know of the community.
1. What is your understanding of healthy relationships?
 2. What about your parents and your family, what practices did they do to live healthy and have healthy relationships?
 3. Do you think there are changes you can make to improve your relationships and if so what would these changes be?
 4. What benefits can you see for yourself if you have healthy relationships?
 5. What benefits will you experience in the long term?

6. Have you learned any new ways to make changes to promote healthy living and healthy relationships?
7. Hearing your own voice, and the voices of others, what will be your new plan?
8. How can you put the new changes into action?
9. Who can you count on to provide support or guidance to make these changes?

Reflection

Write down some comments to the questions below. Share with others in the group.

What can you take from this session to make changes to promote healthy living?

What is your plan?

How will you do it?

Who can you count on to provide support or guidance to make these changes?

