CLINICA family health

Diabetes Group Visit Curriculum: Stress and Relaxation

1. Patient handouts needed for this class	Patient Diabetes Log (English and Spanish) Diabetes and Stress Handout (available in English and Spanish) Diabetes&StressEN_Clinica.pdf Diabetes&StressSP_Clinica.pdf Awareness of Breath Self-Assessment Sheet Relaxation Exercises Handout GAD-7 PHQ-9 SAS Stress and Relaxation Eng SAS Stress and Relaxation Spa SMG Action Plan Eng SMG Action Plan Spa All additional handouts in folder are adjunct handouts to be used if appropriate during session or for patient educational material for patients to review at home.
2. Special supplies needed for this class	Big post its Markers Pens for patients Raisin and Raisin Script: Mindfulness Exercise Raisin Eating Relaxation CD in English and Spanish with 2 tracks: 1) Muscle Relaxation/Relajacion Muscular 2) A Flower Garden/Un Jardin de Flores CD player or disk drive from computer (if available at clinic and using CD) Massage tools (if available at clinic and doing massage tool exercise)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	BHP can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Warm up choose one to practice with group: Awareness of Breath exercise using handout or guided by BHP Guided Imagery with Relaxation CD (Un Jardin de Flores in Spanish) or English version Relaxation Body Scan using handout or guided by BHP (English and Spanish)

CLINICA FAMILY HEALTH
COPYRIGHT 2017
ALL RIGHTS RESERVED

CLINICA family health

Diabetes Group Visit Curriculum: Stress and Relaxation

5. Completion of Self-Assessment Sheet (SAS)	Distribute Self-Assessment Sheet Relaxation Exercises Handout, GAD-7, and PHQ-9 when patient's walk-in the room. SAS Stress and Relaxation Eng.pdf SAS Stress and Relaxation Spa.pdf
6. Questions to ask group participants to begin facilitated group discussion	Activity 1: Put 4 big post-its around the room with the following questions: (you can write the answers patients give you to each as you go around the papers OR you can have patients walk around the room and put their answers on each sheet, then review with group). • When you hear the word stress, what does it mean to you? • How does stress feel in your body – physically and emotionally? • How does it affect your life and relationships? • What do you do to decrease or manage your stress? Activity 2: Experiential ways to relieve stress choose one or two to practice with group: • Relaxation Body Scan with CD or guided by BHP (handout and CD available in Spanish, see above) • Guided Imagery Meditation (handout in English) • 54321 Technique (handout in English) • Chair Yoga practice (handout in English - practice 1-2 yoga chair exercises) • Mindfulness Exercise Raisin Eating (handout in English) • Mindfulness Exercise Breathing, Body, Thoughts (handout in English) • Peaceful Meadow Visualization (handout in English) • Meditation on Lovingkindness (handout in English) • Massage Tools – pair up with someone and use massage tool to do back massage
7. List important topics to cover – takeaways for group participants	See above #6 • Definition of stress • Stress symptoms (physical and emotional) • How stress affects your life and relationships • How you manage stress • Teaching different stress management techniques
8. Goal setting	I will apply *one method* from the activity to relieve my stress.

CLINICA FAMILY HEALTH
COPYRIGHT 2017
ALL RIGHTS RESERVED

Diabetes Group Visit Curriculum:
Stress and Relaxation

	SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Share one thing you will try to do for yourself before the next meeting

CLINICA FAMILY HEALTH
COPYRIGHT 2017
ALL RIGHTS RESERVED