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HOWDY & WELCOME

WISEWOMAN would like to welcome some new folks to the program. Please put your hands together for:

- **SARAH RAY.** Sarah is an intern from Central Michigan who will be doing Lifestyle Counseling with the women in District Health Department #10. Also joining the Lifestyle Counseling ranks in DHD #10 is **KRISTEN GAUNT.** Kristen is an intern from the University of Michigan. Both Sarah and Kristen started with WISEWOMAN in January.
- Public Health Delta Menominee also has two new Lifestyle Counselors. **ERIN DAVIS** is working at the Hannahville Indian Community Health and Human Services. In addition to Lifestyle Counseling, Erin is a practicing Registered Dietitian and Diabetes Coordinator. Doing lifestyle counseling at the Escanaba office is **SHANNA HAMMOND.** Before joining WISEWOMAN, Shanna worked as an AmeriCorps VISTA member at a neighborhood family resource center in Green Bay, Wisconsin. Both Erin and Shanna started in mid-December of 2008.

Motivational Interviewing Corner: THE BASICS PART III

OARS is the acronym used to define the basic approach to interactions in motivational interviewing: (1) Open-ended questions, (2) Affirmations, (3) Reflective listening, and (4) Summaries. Last month we talked about open-ended questions. This month we're looking at reflective listening.

OARS: REFLECTIVE LISTENING

Reflective listening is a tool for engaging others in relationships, building trust, and fostering motivation to change. Reflective listening appears easy, but it takes hard work and skill to do well.

It is important to learn to *think* reflectively. This includes having a genuine interest in what the person has to say and respect for the person's inner wisdom. Reflective listening is meant to ensure that communication breakdowns don't occur. Try these standard phrases:

- So you feel...
- It sounds like you...
- You're wondering if...

There are three basic levels of reflective listening that may deepen or increase your relationship with the WISEWOMAN participant. In general, the depth should match the situation. Examples of the three levels include:

- **Repeating or rephrasing:** This is when the listener repeats or substitutes synonyms or phrases that reflect what the speaker has said.
- **Paraphrasing:** Here, the listener makes a restatement in which the speaker's meaning is inferred.
- **Reflection of feeling:** With this, the listener emphasizes the emotional aspects of communication through feeling statements. This is the deepest form of listening.



Keeping Your Brain Alive with "Neurobics"!

By: Erika Van Dam
Health Department of Northwest Michigan

Believe it or not, the adult brain has enough power to produce its own "Brain Food", called neurotrophins. These neurotrophins grow brain cells to keep the brain younger and stronger and help fight off the effects of mental aging. "Neurobics" are a unique set of brain exercises to help stimulate the production of neurotrophins. Common brain exercises are a variation of doing puzzles or logic riddles, but the neurobic exercises listed below are more related to lifestyle. Try these neurobic exercises at home to keep your brain younger and stronger!

Involve one of more of your senses in a fresh context. You can use additional senses to do an ordinary task or combine two or more senses in unexpected ways.

- **Get dressed for work with your eyes closed.** Your other senses become more active when you can't use sight.
- **Eat a meal in silence with your family — Use only visual clues.**
- **Listen to a specific piece of music while smelling a particular aroma.**
- **Smell new odors in the morning.** For example, instead of associating the smell of coffee with morning, use the smell of vanilla.
- **Brush your teeth with your non-dominant hand.** This activates a whole series of connections on the other side of your brain that you don't normally use.
- **Find your house key and fit it into the lock using only your sense of touch, rather than sense of sight.**
- **Light a scented candle while cleaning the dishes.**
- **Start listening to music, or try new music while you clean the house.**

Engage your attention. To stand out from the background of everyday activities, something has to be unusual, fun, surprising, or evoke one of your basic emotions like happiness, love, or anger.

- **Go camping for the weekend.**
- **Take a class or try a new hobby.** Try a cooking class or nutrition classes through MSU Extension, sign up for pilates, or look into free community classes or events where you learn something new, like knitting.
- **Read a new magazine.** Read a magazine that you normally wouldn't choose that's on a topic that you don't know much about. As you read, relate to what you are reading and learning to what you already know.
- **Shop at a new place, like the farmer's market, instead of the super market.** This will get you to think to find your way around, and you may even meet a farmer whose produce you really enjoy!
- **Meet new people by attending a community event or signing up for a local walking club.**

Break a routine activity in an unexpected, original way.

- **Take a completely new route to work.** It doesn't have to be a longer route — just different.
- **Completely rearrange your desk at work.** This forces you to form a new mental map so you don't just unconsciously reach for things.
- **Garden!** Gardening, if you haven't been doing it regularly, meets all three criteria for a good neurobic exercise.
- **Change where everyone sits at the dinner table.** Young kids need predictability, but this would be fun with older children or if it's just you and your spouse. Your conversation will flow differently, and you'll be engaged in a new, interesting, way.

Meet Lifestyle Counselor: *Jackie Anderson, RN, BSN*

Agency:

District Health Department #2



WISEWOMAN Affiliation:

14 months

Professional Experience:

I have worked as a Cardiac Rehab Nurse and as a case manager for HealthKey. Both of these positions were similar to what I do as a lifestyle counselor and that is one of the reasons that I wanted to be involved with WISEWOMAN. For 2 years I worked at HealthKey, a grant funded health access program for those who are uninsured or under-insured. Along with another RN, I coordinated the disease management program. We worked with clients who were diagnosed with hypertension or diabetes. My job was to provide education and counseling much like a Lifestyle Counselor. We were always looking for ways to motivate clients, so I was thrilled to be able to attend Mike Stratton's Motivational Interviewing Training last spring.

Favorite WISEWOMAN Success Story:

I spoke with a client recently who has quit smoking. But, more importantly, we provided her with the services required for follow-up of a "bad" pap. She ended up requiring a hysterectomy that was done in December.

Lifestyle Counseling Tip:

I believe it really helps that I am in the same place as our clients. I am over 40 and trying to make healthy lifestyle changes myself.

Special Skills:

As a woman, I bring understanding and empathy to our clients. I do believe that I am a good listener and think of myself as a caring person. I try to utilize those qualities to help our clients develop self care skills. I've also learned a great deal regarding preventative care in regards to heart healthy life skills from my cardiac rehab experience.

More about Jackie:

I have been married to my husband Tom, a high school teacher, for 32 yrs. We have four children and a dog. My oldest son, Ian, is 28 yrs old and lives in Oscoda. Number 2 son, Kyle, is 27 and has been married to Chantel for 2 years. He is active duty Air Force and they live in Florida. My only daughter is 23. She's a LPN and a Michigan State University student living in Okemos. My youngest son, Alex, is 21 and is in the Michigan Army National Guard.

Help Yourself Over Exercise Hurdles



It's the time of year when those New Year's Resolutions are getting more difficult to keep, and the winter weather isn't making it any easier. Don't be dismayed! The good news is that there are plenty of helpers to get you over those exercise hurdles.

HURDLE: "I don't have enough time to exercise."

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- Take your gym bag to work and exercise during lunch. Having your gear with you will also make it easier to go straight to the gym after work.
- Exercise in smaller intervals of time. Three 15-minute "mini workouts" spread throughout the day can be just as effective as one 45-minute session. Try to fit in a mini workout first thing in the morning, during breaks, at lunch, and after dinner. Don't have 15 minutes? Any interval (even 5 minutes) is better than none.
- Do your workout first thing in the morning, when you are less likely to be distracted by other daily tasks.
- Find ways to squeeze extra activity into your normal routine. Take the stairs instead of the elevator, stretch at work, or ride the stationary bike while watching TV. Do crunches and other strength exercises during commercial breaks.
- Instead of meeting your friends for lunch this weekend, meet them for a leisurely walk or nature hike.
- Spend time with your family and kids doing fun activities. Instead of going to dinner and a movie, try miniature golf, riding bikes, playing at a park, ice skating, playing in the snow, or practicing your child's favorite sport with them.

HURDLE: "I'm discouraged since I don't see immediate results."

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- Set challenging, yet attainable, short-term and long-term goals.
- Track activity on a daily basis (what you ate, your activity level), but measure results (weigh-in, inches lost) every week or two in order to accurately observe progress.
- Use more than just weight loss to measure success. For instance, look for positive changes in your energy, stress, endurance, strength, blood pressure, and cholesterol levels. All of these should improve when you implement healthier habits.
- Set rewards for meeting daily, weekly, and monthly goals. Whether it's a massage, video rental, or a vacation, pick something that is meaningful (and financially affordable) to you.

HURDLE: "I'm experiencing 'burnout' on my current program."

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- Change your routine! Workout in the morning or midday instead of the evening. If you usually exercise outdoors, bring it inside and try a new piece of cardio equipment or fitness video. Take a class at your gym. Even just changing the order of your exercises can fight boredom.
- Set simple goals at first — ones that may even seem easy like walking for 5 minutes. Gradually build up by adding more difficult goals. Increase activity (time, distance) and intensity (speed, resistance, incline) as you gain success and momentum.
- Do things you enjoy! Exercise doesn't have to be a "work" out. Play soccer, basketball, or another game instead of just jogging or riding the stationary bike.

HURDLE: "I don't have the support of my family and friends."

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- Ask a co-worker, friend, neighbor, or fellow gym member to be your workout buddy.
- Speak positively about your healthy nutrition and exercise routine.
- Develop a reward system for yourself. If others won't congratulate you, congratulate yourself!
- Tell them how important these changes are to your health and happiness — and how that affects their lives too. Your loved ones should be there to support you, not sabotage you. Ask them for support, even if they may not be willing to change their own habits.

Lessons for All Walks of Life: Basics for Success

If there were dreams for sale, what would you try to buy? No matter what you "purchase" – find a better job, run a marathon, lose ten pounds, learn a new skill – motivation usually makes the difference between success and failure, misery and fun. These tips will help get you started:

- **Surround yourself with friends who think positive.** The beliefs and attitudes of your peers are contagious.
- **Learn from your mistakes.** All things of value are created from experience, including failure. Mistakes can give you insight into yourself and others. Don't ever be afraid to go for it.
- **Have a plan B and C and D.** What will you do if things don't work? With an alternative plan, you can relax knowing even in the worst case you'll be prepared.
- **Write down good ideas** the moment you think of them. Keep a notepad handy. We all get good ideas, but only a few of us save them and more importantly, execute them.
- **Be realistic** about your work habits and needs. Are you a morning person? Do you need quiet? Do you prefer being a team member or going solo? Do you have the time? Can you make the time?
- **Bribe yourself.** So what are you going to do just for you as a reward when you have reached your goal?
- **Use your dreams.** Right before you go to sleep, think about your goals. Get a strong mental image in your mind. If you do this night after night, your dreams will offer insights and you will sleep better.
- **Wallow in your greatness.** Make a list of everything you've accomplished, big and small, in the past day. Then do this for the past week. You'll realize you are a very motivated person who does hundreds of small things every day. You simply forgot, or worse, took them for granted. Realizing what a motivated person you are already will inspire you to take on bigger tasks.
- **Set priorities.** If you don't make a plan, then you plan to fail. Do you actually spend time working on reaching your goals? Or do you let everything and everyone take precedence. Balance all your demands as best you can.
- **Stop sabotaging yourself.** If you don't feel motivated, maybe it's because you have an internal conflict. What would you lose if you reached your goal? For example, if you took a new job, would your friends be envious? If you slimmed down, would you lose an excuse for being unhappy? Be sure that you own your dream and you really want everything that comes with it. Don't do something to please someone else.
- **Make it fun to get started.** Do you like looking at the big picture first or the details? Do you like seeking advice from "coaches" or friends? Do you like to start with what's familiar or do you prefer novelty? Organize the tasks to fit your lifestyle
- **Get rid of negative self-talk.** Some of the things we say to ourselves we would never say to our best friend. Why then is it part of our internal chatter?
- **Catch your children's enthusiasm.** Children may not have all the skills but they have excitement and no fear of failure. Approach your goals with a childlike spirit. This kind of energy could make a difference. Special note: if you don't have any children, borrow some for a day.
- **Tell a friend you're starting the project.** This type of disclosure to a peer may help keep you accountable to yourself.

