

The page is decorated with various colorful elements. In the top left, there is a slice of watermelon with a green rind and red flesh. In the top right, there is a slice of orange. On the left side, there is a whole pineapple with a green crown. On the right side, there is another slice of watermelon. Scattered throughout the page are several small red and yellow dots, and larger yellow and red squiggly lines.

LESSON 4

SUPPORTING YOUR WELLNESS

Lesson 3 Review

My name is : _____

PLEASE WRITE A REFRAMED THOUGHT

RIGHT NOW I'M GRATEFUL FOR...

MY FAVORITE PROTEIN
FOODS ARE:

LATELY MY FRUIT
INTAKE IS:

- MORE THAN USUAL
- LESS THAN USUAL
- ABOUT THE SAME

Name: _____

My Support System

Please write down who you would contact in these situations. The same person or resource may be listed more than once, but try to vary your answers if possible!

If I need to laugh:

If I need someone to just listen:

If I need some advice:

If I need help with work or school:

If I'm running low on groceries:

If I need help with child care:

If I need help understanding my finances:

If I feel lonely:

If my stress isn't going away:

If I'd like to go for a walk:

If I want to participate in my favorite hobby:

If I'm confused about my health:

ASKING FOR HELP

Name _____

How do you ask for help?

HOW DO YOU FEEL ABOUT ASKING
FOR HELP?

WHAT COULD MAKE IT EASIER FOR
YOU TO ASK FOR HELP?

WHAT WOULD BE HELPFUL FOR
YOU SUPPORT SYSTEM TO KNOW
ABOUT YOU?

HOW DO YOU FEEL WHEN OTHER
PEOPLE ASK YOU FOR HELP?



GRAINS

My name is : _____

Try using the list below to create a sample day of eating, where at least **half** of the grains you choose are whole grains! Don't forget to add i your protein, dairy, and fruits and vegetables as well.

	Breakfast	Lunch	Dinner	Snacks
Grains				
Protein				
Dairy/Calcium				
Veggie/Fruit				

WHOLE GRAINS

REFINED GRAINS

Pasta	Whole wheat pasta	White pasta
Rice	Brown or wild rice	White rice
Bread or buns	Whole wheat or whole rye bread or buns	White bread or buns
Tortillas	Whole wheat or corn tortillas	White flour tortillas
Crackers or snacks	Whole wheat crackers or pretzals	White flour crackers or pretzals
Oats	Rolled, steel cut, or instant oats	
Pancakes/Waffles	Whole wheat pancakes, waffles, or muffins	White flour pancakes, waffles, or muffins
Pizza crust	Whole wheat pizza crust	White pizza crust
Other grains	Quinoa, farro, bulgur, buckwheat	Couscous, grits, matzo, naan, ramen noodles, pita bread
Desserts		Most cookies, cakes, pie crust, or sweets



Sites for Additional Resources



Tips for a healthy pregnancy as well as tools and resources to use as your child grows all the way to their teenage years. Available in English and Hindi. <https://www.momjunction.com>



Information for your entire pregnancy, including a step by step what to expect throughout your trimesters. Fully equipped with tools such as a baby registry finder, baby name search engine, and community board. <https://www.thebump.com>



Great tips on staying active physically and mentally during your pregnancy, along with tips surrounding life post-partum. <https://www.fitpregnancy.com>



Resources and information on breastfeeding education, awareness and support. Blog available for help from other mothers, struggling with the same issues you might be! <http://www.bestforbabes.org>



A U.K. based site, which allows mothers to track the growth of their child on a weekly basis, with comparative sizes such as fruits and vegetables.

<https://www.motherandbaby.co.uk/pregnancy-and-birth/pregnancy/pregnancy-week-by-week>



A community based website allowing you to search parenting skills, watch information videos, and even see products and gear you might need for your new arrival.

<https://www.babycenter.com>



More to Think About

Nine Steps to Being an Effective Self-Advocate

Sometimes you may feel as if you have lost control over your life, your rights and your responsibilities. Regaining your sense of control by successfully advocating for yourself will give you hope and support.

1. Believe in Yourself

You are a unique and valuable person. You are worth the effort it takes to advocate for yourself and protect your rights. You can do it!

2. Know Your Rights

You have rights. It may be helpful to put systems in place so others can help make the choices you would make for yourself

3. Decide What You Need and Want

Clarify for yourself exactly what you need. This will help you set your own goals and help you be clear to others about what it is that you want and need for yourself.

4. Get the Facts

When you advocate for yourself, you need to know what you are talking about or asking for. The internet is an excellent source of information. However, you will need to check its accuracy by looking at several different references to see if they agree. Check with people who have expertise in what you are considering. Ask others who have issues similar to yours.

5. Planning Strategy

Using the information you have gathered, plan a strategy that you feel will work to get what you need and want for yourself. Think of several ways to address the problem. Ask supporters for suggestions. Get feedback on your ideas. Then choose to take action using the one that you feel has the most chance of being successful.

6. Gather Support

In advocating for what you need and want for yourself, it is helpful to have support from family members, friends and other people who have similar issues.

7. Express Yourself Clearly

When you are asking for what you need and want for yourself, be brief. State your concern and how you want things changed. If the other person tries to tell you reasons why you cannot achieve what it is you want for yourself, repeat again what it is you want and wait until they either give it to you, help you get it, or refer you to someone else who may be able to give you what you need. If you feel this may be difficult for you, you may want to role-play different scenarios with a supporter or a counselor.

8. Assert Yourself Clearly

Speak out, asking for what you need and want and then listen. Respect the rights of others, but don't let them "put you down" or "walk all over you."

9. Be Firm and Persistent

Don't give up! Keep after what you want. Always follow through on what you say. Dedicate yourself to getting whatever it is you need for yourself.

The following is an excerpt from [WRAP Plus](#) (Copeland, M., Dummerston, Vermont)



Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label
Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



2 Look for the word "whole" at the beginning of the ingredients list
Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

3 Choose whole grains at school
Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



4 Find the fiber on label
If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?
People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness
Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it
When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



8 Buy what you need
Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up
Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



10 What's the shelf life?
Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.