



Life Skills Curriculum: Health and Wellness

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Health & Wellness: Activity Checklist

In this guide we talk about different things to know about staying healthy in the U.S.

Which topics are you interested in?

- ☐ Making health appointments
- ☐ Health insurance
- ☐ Medical history
- ☐ Taking medicine
- ☐ Living a healthy lifestyle
- ☐ Wellness

Are you interested in other health and wellness topics?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Health & Wellness:

Glossary

| Terms | |
|-----------------------|--|
| Habit | Something that someone does regularly that adds up over time (like going for a 10-minute walk every day at the same time). |
| Medical appointment | A scheduled meeting with a healthcare provider (such as a doctor) at a healthcare facility. |
| Health insurance | A program in which someone pays an insurance company every month and then has part or all of their health expenses paid by that insurance company. |
| Medical emergency | When someone has serious health problems that may be life-threatening and needs to see a healthcare provider right away. |
| Medical history | Someone's health past, such as any conditions they have or conditions that family members have had. |
| Urgent | An emergency. |
| Routine | Regular health care. Tests and health visits that should be repeated throughout the year or every year so that someone stays healthy. |
| Prescription medicine | Medicine that a doctor or other prescribing healthcare provider approves for the individual to take. |

Health & Wellness:

Glossary

| Terms | |
|---------------------------|---|
| Doctor | A physician who takes care of someone's physical health for routine health and emergencies. |
| Pharmacist | A professional who fills a prescription. |
| Pharmacy | A place where pharmacists work, where someone can get their prescription medicine. |
| Exercise | Moving your body so that your heart rate increases. |
| Stress | Mental or emotional strain due to circumstances. |
| Hygiene | Ways to stay healthy and prevent disease. |
| Work and life balance | Having a mix of work tasks and fun or relaxing tasks in someone's life. |
| Wellness | Practicing healthy habits regularly so that you can feel well overall in your life. |
| Over-the-counter medicine | Medicine that you can buy without a prescription. |

Health & Wellness

Which picture goes with each word?



Appointment

Prescription



Over-the-counter
medicine



Doctor



Pharmacist

Hygiene



Stress

Exercise



Health & Wellness

Activity 1: Appointments, Insurance, and History

Contents:

- Introduction..... 6-7
- Link to ReWA lesson and instructions..... 8-9

Goals & Objectives:

1. Practice making a medical appointment (or, if relevant, make a real medical appointment).
2. Name 3 different types of medical insurance.
3. Fill out the sample health information form on page 13.
4. Name 1 example of a health emergency and where to go for an emergency.
5. Name 1 example of a routine illness/injury and appropriate action to take.

Needed materials:

- Device to access ReWA Life Skills Curriculum and worksheet
- (optional) Printed activities from ReWA module

Health & Wellness:

Activity 1: Appointments, Insurance, & History

Conversation Questions: (Switchboard, 2019, p. 1)

1. What has worked for you before with going to the doctor in the U.S.?
2. What does not work for you with doing to the doctor in the U.S.?
3. What might work for you for your situation now?



Health & Wellness:

Activity 1: Appointments, Insurance, & History

For this activity, please go through the information and complete the discussions/activities in the following lessons in the ReWA Health module, linked **here**.

Lessons:

- Making Appointments/Health Insurance (pp. 2-8)
- Medical History (pp. 9-17)



Health & Wellness:

Activity 1: Appointments, Insurance, & History

Activity: Urgent vs. Routine Scenarios

Sometimes having an injury or being sick is **urgent**, and sometimes it is **routine**.

Urgent means that it is an emergency and needs something done about it right away.

Routine (in this example) means that it happens sometimes and is not an emergency, but may still need to have action taken when you can.

Look at these examples. Which are urgent, and which are routine?

Where would you go for an emergency?

How would you get there?

Where would you go for a small non-emergency injury?

Where are these places located in your community?

Health & Wellness

Activity 2: Medicine

Contents:

- Introduction..... 10-11
- Link to ReWA curriculum and instructions..... 12
- Medicine Safety..... 13
- Medicine Habits..... 14
- Discussion and Activity..... 15-16

Goals & Objectives:

1. List any current medications.
2. Name 1 habit to help with remembering to take medicine.
3. Name 1 way to be safe with medicine.

Needed materials:

- Device to access ReWA curriculum
- (optional) pill organizer
- (optional) paper and writing utensil for listing medication

Health & Wellness:

Activity 2: Medicine

Conversation Questions: (Switchboard, 2019, p. 1)

What has worked for you before with getting and taking medicine?

What has not worked for you with getting and taking medicine?

What might work for you for your situation now?



Health & Wellness:

Activity 2: Medicine

For this activity, please go through the information and complete the discussions/activities in the ReWA Medicine lesson (pp. 18-26) in the "Health" module, linked **here**.

The lesson addresses:

- Where to get prescriptions
- Medicine that you take
- Reading an OTC label
- Reading a prescription label



Health & Wellness:

Activity 2: Medicine

It is important to be safe with medicine.

- Keep medicine in a high cabinet, away from children.
- Follow the directions and dose on the bottle.
- Only take prescription medicine with your name.
- Ask the pharmacist to print the label in your language.
- Keep a list of the medicine that you take.
- You always have the right to ask your doctor what medicine you are prescribed and why.
- Don't stop taking prescriptions unless your doctor tells you to.

Health & Wellness:

Activity 2: Medicine

Do you currently take medicine? How do you remember to take your medicine?

If you would like ideas for remembering to take your medicine, here are some ways to help you remember:

- Use a pill organizer to separate the pills you need to take each day. This helps you remember if you took all of your medications.
- Set an alarm on your phone for taking medication.
- If you take a lot of prescriptions, you can ask your pharmacy if they offer pre-sorted packs of your pills.



Health & Wellness:

Activity 2: Medicine

Discussion

If you take medicine, what do you already do to keep your medicine safe?

Is there anything we talked about that you want to try?

Do you have any other ideas for keeping medicine safe?

Have you tried any of the ways for remembering to take your medicine?

Have any of them worked for you or not worked for you?

Do you think that you want to try any of the things that we talked about?



Health & Wellness:

Activity 2: Medicine

Activity: Medicine Safety

If you named something that you want to try for keeping medicine safe, do that together with your mentor.

Some examples:

- Move medicine to a high cabinet
- Get a simple cabinet lock from Dollar Tree
- Write a list of medications

Activity: Medicine Habits

If you named a habit that you would like to try, start that habit with your mentor.

Some examples:

- Get a pill reminder box from Dollar Tree
- Set alarms on your phone to remind you to take medicine
- Move your medicine to a place that will remind you to take it (that is also away from children)

Health & Wellness

Activity 3: Healthy Lifestyle

Contents:

- Introduction..... 17-18
- Link to ReWA lesson and instructions..... 19

Goals & Objectives:

- 1.Name 2 healthy habits.
- 2.Name 1 unhealthy behavior.
- 3.Identify 1 way to manage stress.

Needed materials:

- Device to access ReWA curriculum

Health & Wellness:

Activity 3: Healthy Lifestyle

Conversation Questions: (Switchboard, 2019, p. 1)

What has worked for you before with staying healthy?

What does not work for you with staying healthy?

What might work for you for your situation now?



Health & Wellness:

Activity 3: Healthy Lifestyle

For this activity, please go through the information and complete the discussions/activities in the ReWA Healthy Lifestyle lesson (pp. 27-36) in the "Health" module, linked **here**.

The lesson addresses:

- Exercise
- Healthy and unhealthy activities
- Stress
- Hygiene
- Work and life balance



Health & Wellness

Activity 4: Wellness

Contents:

- Introduction..... 20-21
- Learning about the 8 areas of wellness..... 22
- Wellness Inventories..... 23
- Ideas for promoting wellness..... 24
- Implementing 1 habit to promote wellness.... 25-26

Goals & Objectives:

1. Identify 1 current strength within an area of wellness.
2. Identify 1 area to improve on within an area of wellness.
3. Identify 1 habit or activity to try for the upcoming week.

Needed materials:

- Device for accessing worksheets and booklets
- (optional) Printed materials and a writing utensil

Health & Wellness:

Activity 4: Wellness

Conversation Questions: (Switchboard, 2019, p. 1)

What has worked for you before with staying well?

What does not work for you with staying well?

What might work for you for your situation now?

We have talked a little bit about health in the activities before this one.

In this activity, we are going to talk about wellness.

Have you heard of the word wellness before?

What does wellness mean to you?

Is wellness important to you?

Health & Wellness:

Activity 4: Wellness

"Wellness is not the absence of illness, stress, or disability, but rather the presence of balance and wholeness. Being well means that, even when we have setbacks or experience stress, we are resilient. We have the strengths, resources, and support of others to survive and thrive"
(Swarbrick et al., 2014).

To learn more about the eight areas of wellness, read pages 3-5 of **this booklet**, and/or watch **this video**.

Did any of the areas of wellness stand out to you?

- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical
- Intellectual
- Environmental

Health & Wellness:

Activity 4: Wellness

If you want to think about the 8 areas of wellness in your life, **here is a checklist** for looking at each area within your own life.

If you want more questions, **here is an inventory** for looking at each area within your own life.

Both quizzes ask questions about each of the 8 areas of wellness.

After you think about each area, you can find areas where you feel very good and other areas where you might want to make changes.

You do not have to do all of the questions at once. Go at your own pace. If you feel stress while answering the questions, you can stop the activity.

Health & Wellness:

Activity 4: Wellness

What is at least 1 area of wellness that is going well for you?

What is 1 area of wellness that is not going the way you would like?

In this section of the activity, we can look at some tips for increasing wellness in the 8 wellness areas.

Here are some ideas for the 8 areas of wellness.

Here are some more ideas for areas related to physical wellness.

Did you find any ideas that you would like to try?
If so, make a plan to try 1 idea this week using the wellness daily planner, below.

Health & Wellness:

Activity 4: Wellness

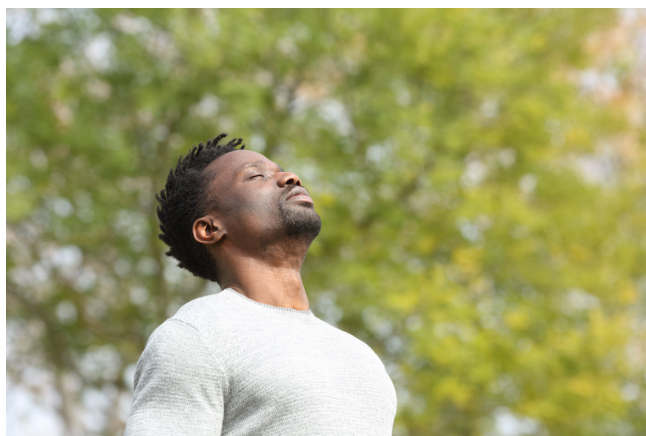
Here is a **daily schedule** that lists out the 8 areas of wellness.

Where can the activity that you would to try fit into your week?

To use the planner, list the activity under the wellness category on the left.

(For example, "going for a walk" or "breathing exercises" would go under the physical category).

Then during the week, mark each day that you do the activity.



Health & Wellness:

Activity 4: **Wellness**

After you try the activity for 1 week, think about how it went:

Did you like the activity?

Did anything change after doing the activity?

Is this an activity that you would like to keep doing?

Does anything about this activity need to change?



Resources

- The Cultural Orientation Resource Exchange has several activities about navigating health and healthcare in the U.S. [here](#).
- The Settle In app has information and resources available in different languages about navigating healthcare in the U.S. [here](#) (app available on desktop and mobile devices).
- The [Wellness Institute through the Collaborative Support Programs of New Jersey](#) has several resources for supporting wellness.

References

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