

Values: For Success In Jobs

‘3 X H’ For Success!

1. **Hopeful:** Stay positive; engage in training and peer-support groups; learn the required job skills
2. **Healthy:** Take time to develop and maintain healthy lifestyle, and wellness habits, including disease prevention
3. **Happy:** Learn coping and thriving skills, interact with others, give back to your communities and set a personal goal to **Live Your Best Life!**

Hopeful: for Life's Journey



**Life is a Journey; Your Journey;
You Have Choices; Make Them Wisely!**



Stay Positive: to be Hopeful

✦ The Desert
Willow Can
Thrive In the
Desert !

✦ Positive
Thoughts
Will Generate
Positive
Actions



Thriving During Hard Times



Resilience

Happiness And Resilience

- Requires Daily Effort And Practice;
- And Especially, During Difficult Times

Have You Ever Wondered How?

Beautiful Flowers Can Still Grow In The Desert?

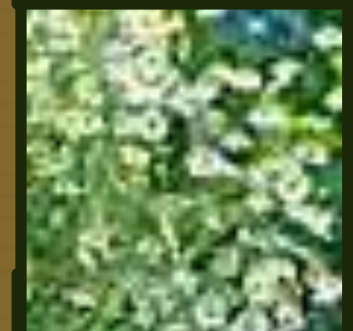
Learning is Empowering



It is Yourself That You Owe the Most in Life

Remember Your Purpose

- ✦ Reasons to learn
- ✦ Setting goals and with our support, develop a Plan to achieve your goals
- ✦ You can even share your life stories with others, who can learn from them while giving back to your community
- ✦ You improve your ability to cope, learn new skills and make small changes to improve your wellness and quality of your life



Pay Attention to Details



Ask about SCSEP Requirements



Topic For The Week

IPDC SCSEP Join the Class



Developing Coping Skills

Weekly Peer Support

- ✦ Don't be caught up in thoughts of the past, or have anxiety about the future
- ✦ Use your breath to relax
- ✦ Breathe, as you stop the worry
- ✦ Focus on your breath
- ✦ Move forward, what is bothering you
- ✦ Accept where you are and
- ✦ Take one small step towards change



How I Relax

Sharing

Maria Chooses 3 Challenges

✧ **Maria identifies the following 3 areas to work on:**

1. **Negative thoughts** about diabetes “there’s no way I can do this for the rest of my life”
2. **Fear and Denial:** “If I don’t see my blood sugar then I don’t have to worry about it”
3. **Feelings of Hopelessness:** Obsessive Feelings of guilt, failure and poor quality of life: “my whole family: parents, brother, sister, uncle, grand parents all died from diabetes; I am doomed!”

**3 Months
Action Plan**

Month 1

Month 2

Month 3



Join Our Online or Phone Classroom
During COVID-19



Take Small Steps Everyday

- **Walking Can Be A Great Solution**
- **When You Are Feeling Down**
- **Walk Where it is Safe,
or Walk With Someone.**
- **Make Walking Connections**
- **In Our Peer Support Groups**



Stay Motivated !

