

# Wellness Engagement (WE) Petersburg 2.0

## *House Chat Leader Workbook*



# HOUSE CHAT WEEK 1

## *Introduction to Small Changes*

### **Learning Objectives:**

*Participants will be able to:*

1. Develop a clear understanding of the structure and weekly schedule of both the house chat and the walking group.
2. Understand the principles of the small changes approach, including how making small changes in daily habits can contribute to improved heart health and weight management.
3. Learn practical tips for how to include these small changes in your lifestyle (nutrition, physical activity...)
4. Set personable and achievable goals that you can really do to build long-term habits that stick for a healthier heart and weight.

### **I. Opening (10 minutes)**

Welcome and Icebreaker

"Hi everyone! I'm thrilled to be here with you all. For those I haven't had the pleasure of meeting yet, I'm [Your Name], and today marks the beginning of an exciting journey together. Whether you're new to this group or a familiar face, I'm genuinely looking forward to our time together. Our goal is to create a supportive and positive space where we can share, learn, and grow. So, without further ado, let's dive in and make this experience enriching for each and every one of us. Welcome!"

Let's start by reflecting on our personal health journeys.

- Why does staying healthy matter to you? What keeps you motivated?
- Imagine a healthier version of yourself. How does that fit with what's important to you?
- Think about one area of your life that would improve with positive health changes. What comes to mind?

Feel free to express yourself openly. This icebreaker helps us understand our shared motivations and sets the stage for our health-focused discussions. Who would like to kick things off?

### **II. House Chat 101 (5 minutes)**

- Purpose of the House chat:
  - Before we jump in, let's hear from all of you. What do you think the House chat is for? Your thoughts are important!
  - \*Fill in Gaps:
    - The purpose of the HC is to give everyone a chance to help and encourage one another in making healthy changes to our lifestyles. It's like having a known group of community members and support where we can all share ideas and solve problems together. We understand each other's situations, like what's going on around us and our culture. It's a special place where

we create a healthy and happy community. So, in our House chat we're like a team, working together to make our lives better!

- Structure of the House chat:
  - 1 hour per week for 12 weeks for the house chats
    - Informal group conversations with guided discussions/activities, videos, and content
  - Walking groups: 2x per week; 30 mins each.
- Other Housekeeping Items
  - Privacy/Confidentiality
  - Respect & Group Rules

### **III. Week 1 House chat Topic & Video (5-10 mins)**

*Title: Introduction to Small Changes*

- Review Learning Objectives
- Play Session Content Video

### **IV. Group Discussion and Activities (30 minutes)**

#### **Key Points**

- Small changes approach is about making tiny, small changes to achieve positive outcomes.
- The small changes model is proven, it has worked in other research studies - and is consistent with what Petersburg residents told us they wanted in WE 1.0.
- Small changes are less overwhelming than drastic ones, making them more sustainable.
- Small changes lead to bigger changes over time.
- Small changes target specific behaviors, making them easier to track and modify.
- Small changes allow for flexibility and can be tailored to individual preferences and lifestyles.
- While multiple factors affect our health, we can focus on our health behaviors, and those aspects that are within our control to create habits that contribute to larger goals.
- Examples of small changes: incorporating a short daily walk, swapping fries for veggies as a side, calling a friend, drinking more water, splitting a dessert with a friend, or dedicating a few minutes to mindfulness.
- We can set realistic goals to help us make small changes.
- When setting small changes goals, make them Specific, Measurable, Achievable, Relevant, and Time-Bound (SMART) to increase the likelihood of success.

#### **Discussion Questions**

- What aspects of the small changes approach resonated with you?
- How do you think making small daily changes to your eating and activity can positively impact your heart health and weight management?
- Can you think of a time when you changed something little, and it made you feel good? What was it?

- What small changes do you want to make in what you eat, how you move, or your daily routines?
- How can your friends or family or others in this group help you make these changes?
- Why is it important to you personally to make changes that you can keep doing for a long time?
- How will you know if you're doing better with your goals? What can you use to check?

## V. Closing (10 minutes)

### A. Summary

- Summarize key sessions from the session.
- Reiterate the importance of lifestyle interventions in promoting positive change based on small changes.

### B. Closing Activity: "Commitment Circle"

- Reflect on today's discussion about personal health values.
- Write down one specific health commitment using language like "I commit to..."
  - Ensure it aligns with your values and what you want to do!

→ In the next 2 minutes, take the opportunity to share your commitment goal with 1-2 individuals nearby. Try to connect with someone you haven't met before. This quick interaction allows us to encourage one another and build new connections. Ready, go!

### Next Week Prep:

- Please come ready to discuss progress with your commitments next week and remember... this is a supportive space; go at your own pace.

### C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.  
*"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."*