

A pair of hands is shown from the wrist down, cupping a white paper cutout of a house. The house has a simple roofline and a window with a cross-paned design. The background is a soft, out-of-focus grey.

M O D U L E

O4

CARING FOR YOURSELF
& YOUR HOME

Life Skills & Employment Success

Module 4 - Caring For Yourself & Your Home

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MODULE 4

CARING FOR YOURSELF & YOUR HOME

PAGE 3 - SECTION 1 - HOME & HYGIENE

PAGE 14 - SECTION 2 - ORAL HYGIENE

PAGE 24 - SECTION 3 - EATING WELL

PAGE 40 - SECTION 4 - RENTER RIGHTS & RESPONSIBILITIES

PAGE 51 - SECTION 5 - UNDERSTANDING TRAUMA

PAGE 64 - SECTION 6 - TAKING CARE OF YOURSELF

PAGE 77 - SECTION 7 - ILLNESS AND FIRST AID

PAGE 85 - SECTION 8 - WHAT'S COOKIN'?

PART 1 - STOCKING YOUR KITCHEN

PART 2 - BASIC COOKING SKILLS

Module 4
Section 1

HOME & HYGIENE

Keeping your body and living space
clean shows respect for yourself and
others.

IN THIS SECTION YOU WILL:

Learn about what it takes to keep your living space clean and organized.

Understand the benefits of daily, weekly, and yearly cleaning schedules.

Discover why personal hygiene is important for staying healthy and making others feel good.

Explore why good hygiene is good for your emotional and social life.

Find out how the basics of daily hygiene.

HOME & HYGIENE

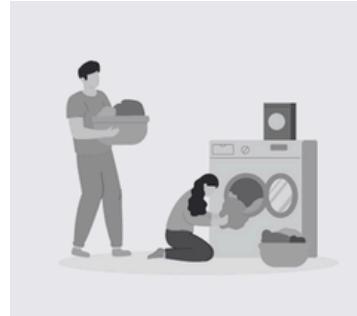
Maintaining Your Home

Keeping your home clean and organized is important. It can help to not feel so overwhelming if you follow a schedule. Some things should be done every day, some things can be done every week, and some things need to only be done once a year.

Daily cleaning

Here are a few cleaning tasks that you should get done every day. It might seem like a lot but once you keep your home maintained on a regular basis, you'll find that you can get this list done in less than a half hour.

- Make your bed in the morning.
- Wash the dishes or load/unload the dishwasher.
- Clean kitchen counters, dining tables, and bathroom sinks.
- Put away things that are out of place.
- Quickly sweep or vacuum areas like the kitchen and living room.
- Take out the trash when it's full.



Weekly cleaning

Some cleaning jobs need to only be done once a week. If you assign one or two of these tasks for each day of the week, it makes it very manageable. Make a schedule that works for you. For example, every Monday you do your laundry and change your bedding. On Tuesdays, you clean the floors, etc. Here's a list of weekly chores:

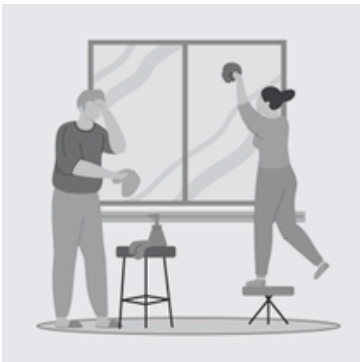
- Dust furniture, shelves, and light fixtures.
- Thoroughly vacuum carpets and rugs; mop hard floors.
- Clean toilets, showers/tubs, sinks, and mirrors. Also, replace towels.
- Change your sheets and pillowcases. (Do this at least once a month)
- Wash, dry, fold, and put away clothes and linens.
- Clean appliances like the microwave, stovetop, and fridge exterior.
- Clean mirrors and glass surfaces.
- Wipe down and disinfect garbage cans.

Once a year cleaning tasks

During different seasons, there are special tasks to do. Many of these tasks you can do any time of the year, but this list can help you stay organized. Doing annual cleaning jobs at certain times of the year consistently can help you remember what needs to be done. Have you ever heard of "spring cleaning"? That is a time when people want to air out their home and get certain things done after a long winter. Let's start with...

Spring

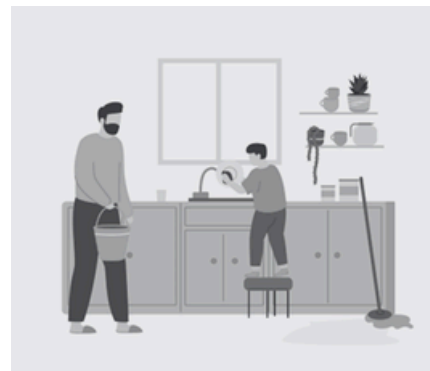
- Consider renting a carpet cleaner or hiring professionals to deep clean carpets and upholstery.
- Clean the inside and outside of windows, including sills and tracks.
- Wash or vacuum curtains and wipe down blinds and lampshades.
- Go through closets, drawers, and storage areas to declutter. Donate or discard unused items.
- Clean and prepare outdoor furniture and spaces.



There will be more seasonal tasks to do if you live in a house compared to living in an apartment. Spring, fall, and summer are all busy times of year for outside work and home maintenance.

Summer

- Sort through items and create an organized storage system in the garage or basement.
- Test and replace batteries in smoke detectors if needed.
- Clean refrigerator coils, oven, and other large appliances.
- Focus on cleaning grout, tiles, and hard-to-reach areas in the bathrooms.



Fall

- Remove leaves and debris from gutters.
- Check and clean heating systems and replace filters.
- Rake leaves, and trim trees and shrubs in the yard.
- If you have a fireplace, inspect and clean the chimney to make sure it's safe.

Winter

- Clean inside cabinets, pantry, and behind appliances in the kitchen.
- Inspect windows and doors for drafts and insulate as necessary.
- Rotate and flip mattresses to help maintain their shape and comfort.
- Get Ready for the Holidays: Keep your decorations in order by putting them away neatly and labeling the boxes so you can find them easily.

Tips for success

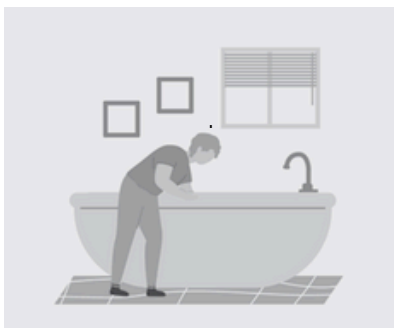
To help you be successful in keeping a tidy and organized living space, follow these helpful tips.

Make a Plan for Cleaning: Break down your tasks into smaller parts and assign specific days for each task.

Use a Timer: Set aside a certain amount of time each day to work on cleaning.

Ask for Help: If you live with other people, give them tasks to help lighten the load.

Get Good Cleaning Supplies: Having the right tools can make cleaning easier and better.



Cleaning Supplies

It's nice to have a cleaning caddy to store cleaning items for when you go from room to room. Below is a list of basic supplies to keep handy to help you keep your living space clean.

- Window cleaner
- Furniture polish
- Disinfectant cleaner
- Toilet cleaner and brush
- Paper towels
- Ajax or similar type cleanser
- Magic Eraser
- Scrubber
- Old toothbrush for cleaning tight spots
- Broom and dustpan
- Bucket and rags
- Squeegee
- Vacuum cleaner
- Swiffer cloths for dusting

DIY Cleaners

If you want to save some money, you can make your own cleaners. These recipes are on the follow page and also found in this course in Module 2, Section 4 - Living on Less.

By following this cleaning plan, you can keep your home clean and organized all year long without feeling overwhelmed.

Money Saving Do it Yourself Recipes

All Purpose Cleaner

This recipe costs only \$0.24 to make an 8 oz. bottle.

Add 1 cup Vinegar and 1 cup water to a spray bottle.

- a) Use everywhere except on granite
- b) Add essential oils for scent
- c) Infuse citrus or pine into vinegar for scent, leave in bottle for 6 weeks

Use 1 to 2 cups of vinegar/water solution or vinegar infusion in hot water to mop floors.

Laundry Stain Remover

With this recipe, an 8-ounce bottle only costs \$0.62 to make.

Hydrogen peroxide, $\frac{3}{4}$ bottle (6 oz.)
Dawn dish soap, remaining $\frac{1}{4}$ bottle (2 oz.)
Spray bottle

Dawn Powerwash

Instead of paying \$4 or \$5 dollars, you can make your own for \$0.44 per bottle.

Use empty bottle or a 16 oz. glass bottle.
Fill with:
2 oz. dawn dish soap
1 oz. rubbing alcohol
Fill the rest with water.

Laundry Detergent

Make your own laundry detergent with this money saving recipe. This recipe makes 9 pounds and in 2024, costs about \$20 to \$25 dollars. It's enough to last up to a year for a family of 4.

2 lbs Borax
2 lbs baking soda
2 lbs washing soda
1 $\frac{1}{2}$ bars Fels- Naphtha or Castile bar soap
1 small container of Oxyclean

Mix together in a large container.
Use 1 - 1 $\frac{1}{2}$ Tablespoons per load.

Shower/ Tub/ Toilet Cleaner

Costs \$0.63 to make an 8 oz. bottle.
 $\frac{1}{3}$ cup Dawn dish soap
 $\frac{2}{3}$ cup white vinegar

Spray in tub let sit 5 to 30 minutes then scrub clean

Personal Hygiene

Personal hygiene is really important for a lot of reasons. It helps keep us healthy and also keeps other people healthy. Here are some important things to know about personal hygiene and why it matters so much:



Physical Health

- **Preventing Diseases:** When we practice good hygiene, like washing our hands, we can stop the spread of sicknesses. Washing our hands can help keep our stomach, digestive tract, and lungs healthy.
- **Taking Care of Our Skin:** When we keep ourselves clean and moisturized, we can avoid skin infections, acne, and other skin problems.
- **Taking Care of Our Teeth:** Brushing and flossing our teeth every day helps prevent cavities, gum disease, and bad breath.

Mental and Emotional Well-being

- **Feeling Good About Ourselves:** When we take care of our personal hygiene, it can make us feel more confident and good about ourselves. Being clean and fresh helps us feel comfortable when we're around other people.
- **Taking Care of Our Minds:** Having a routine that includes personal hygiene can help us feel more organized and normal, which is good for our mental health.

Social and Professional Life

- **Being Accepted by Others:** People expect us to have good hygiene, so if we don't, it can make us feel left out and different. It shows respect of others when we keep ourselves clean. It makes it easier and nicer for them to be around us.



- **Looking Professional:** When we're in professional places like work or meetings, it's really important to have good personal hygiene. It shows that we pay attention to details and respect our coworkers and clients.

Public Health

- **Helping Our Community:** When we practice good personal hygiene, we can stop the spread of diseases in our community. This helps our healthcare system because there won't be as many sick people.
- **Controlling Epidemics:** When there are outbreaks of contagious diseases, it's really important to practice good personal hygiene. This means washing our hands and keeping things clean to stop the spread of germs.

Practicing personal hygiene

While not everyone washes their hair or takes a shower every day, it's important to make sure you do when your body or hair gets dirty (or when you start to smell!). Brushing your teeth and keeping your hands clean should be an everyday deal. Here are the basics in personal hygiene:

- **Washing Our Hands:** We should wash our hands with soap and water often, especially before we eat, after we use the bathroom, and after we've been in public places.
- **Taking Care of Our Teeth:** We need to brush our teeth at least two times a day, floss, and go to the dentist regularly.
- **Keeping Our Bodies Clean:** We should take regular baths or showers, keep our nails clean and short, and wear clean clothes.



- **Taking Care of Our Hair:** It's important to wash our hair often and keep our scalp clean.
- **Keeping Our Nails Clean:** We need to make sure our nails are clean and short so that dirt and germs don't get stuck under them.

In conclusion, personal hygiene is really important for our health and the health of others. It helps prevent diseases, makes us feel good about ourselves, and helps us fit in with others. By practicing good personal hygiene, we can keep ourselves and our communities healthy.

Taking care of your body is really important for staying healthy. It helps protect you from getting sick and helps you feel good about yourself. When you practice good hygiene, you are also more likely to be accepted by others and do well in your job. By keeping yourself clean and healthy, you can make a positive impact on the people around you.

NOTES

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1

Why is it important to have a clean and organized home?

2

What problems can occur when your living environment is messy or dirty?

3

How does having a clean and organized living space make you feel?

4

How can having good personal hygiene affect your physical and emotional health?

5

How does practicing good personal hygiene show care and respect for others?

6

How do you practice personal hygiene in your daily life?

Christ-centered Corner

Extra encouragement from a Christian perspective

It is important to keep ourselves and our homes clean. This is because our bodies are special places for God's Spirit, and when we take care of our personal hygiene, we show respect for our bodies and honor God. Keeping clean also helps us stay healthy and avoid getting sick, which allows us to better serve God and help others.

Taking care of ourselves not only benefits us, but it also shows kindness to those around us. We don't want to make others uncomfortable with bad smells or spread germs. As Christians, we believe that we should take care of the things God has given us, including our homes. Keeping our homes clean is part of being responsible and showing good stewardship.

The Bible tells us to be welcoming and kind to guests, and a clean home can make people feel welcome and loved, just like God loves us. Additionally, having a clean and organized home can help us feel peaceful and happy. The Bible teaches us to do things in an orderly way, and having a clean home can reflect a heart and mind focused on God.

Following biblical principles of cleanliness not only includes physical cleanliness, but also being pure and clean in all parts of our lives. Being clean helps protect those who are vulnerable, like kids and older people.

As Christians, we believe that taking care of ourselves and keeping our homes clean are important. These practices show respect for our bodies, responsibility, kindness to others, and create a peaceful and welcoming environment. By doing these things, we honor God and contribute to our communities.

Module 4
Section 2

ORAL HYGIENE

It's about your teeth and so much more!

IN THIS SECTION YOU WILL:

Learn the basic knowledge and techniques of proper oral hygiene.

Learn about oral disease and discover the importance of oral health and its relationship to overall health.

Find out about proper nutrition and its relationship to oral and overall health.

ORAL HYGIENE

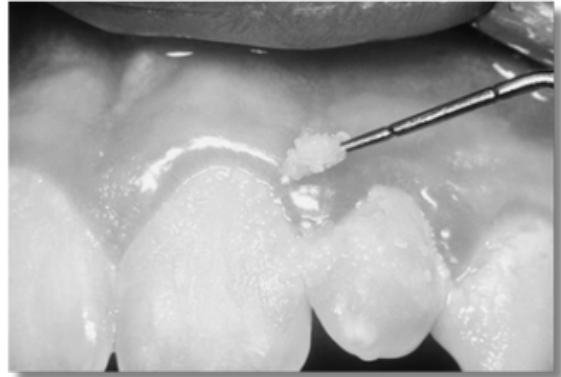
True or False?
Cavities and gum disease are
contagious.

It's TRUE! Be careful who you swat spit with! Bacteria – either cavities or gum disease - can spread.



Purposes of oral hygiene

Taking care of your teeth is important for many reasons. One reason is that it helps remove dental plaque. Dental plaque is a sticky film made of bacteria and food that can cause tooth decay and gum disease. When plaque is left on our teeth, it hardens into something called calculus. This can lead to bad breath and more problems with our gums.



Benefits of Taking Care of Your Teeth

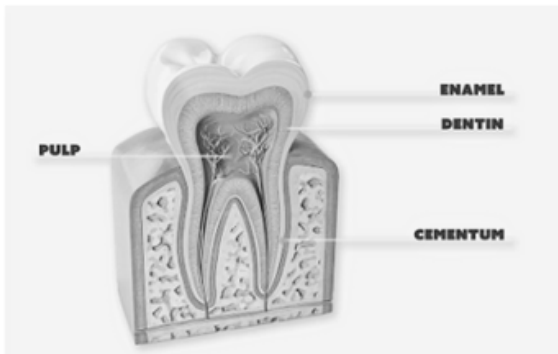
When we take care of our teeth, there are many benefits. It helps us speak clearly, taste and chew our food, and swallow it easily. Taking care of our teeth also makes us feel good and confident when we smile or make facial expressions. And did you know that having a healthy mouth can even help our overall health?



What are Cavities?

What is the hardest part of our body? Bones, fingernails, or the enamel on our teeth?

The answer is enamel.



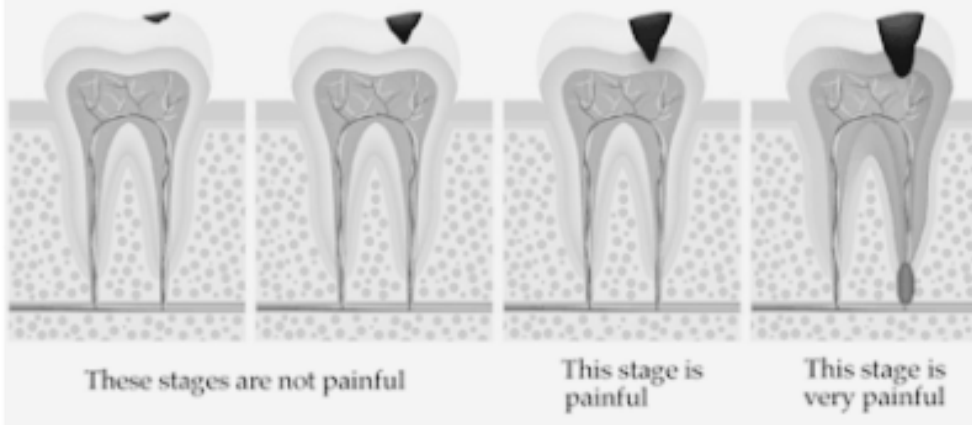
Cavities are weak or soft spots on our teeth. They happen when our teeth are attacked by acid over and over again. Tooth decay, or cavities, can cause a lot of problems if they aren't taken care of. It's one of the most common health problems. Cavities are caused by sugars and carbohydrates that turn into sugar, along with bacteria that naturally live in our mouths and become acid.

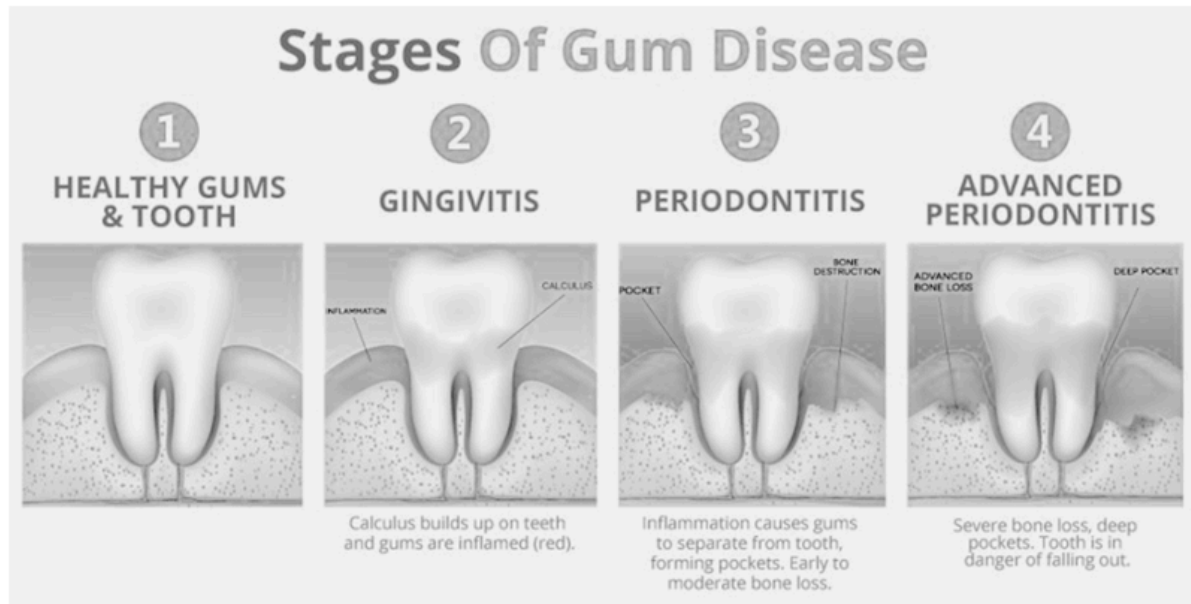


Stages of tooth decay

Figure 2

1. Decay in enamel 2. Advanced decay 3. Decay in dentin 4. Decay in pulp





What is Gum Disease?

Gum disease happens when plaque builds up near our gums. Did you know that half of the population has gum disease? It can cause redness, irritation, and swelling in our gums. If it's not treated, it can lead to serious problems like bone loss.

Taking Care of Your Teeth

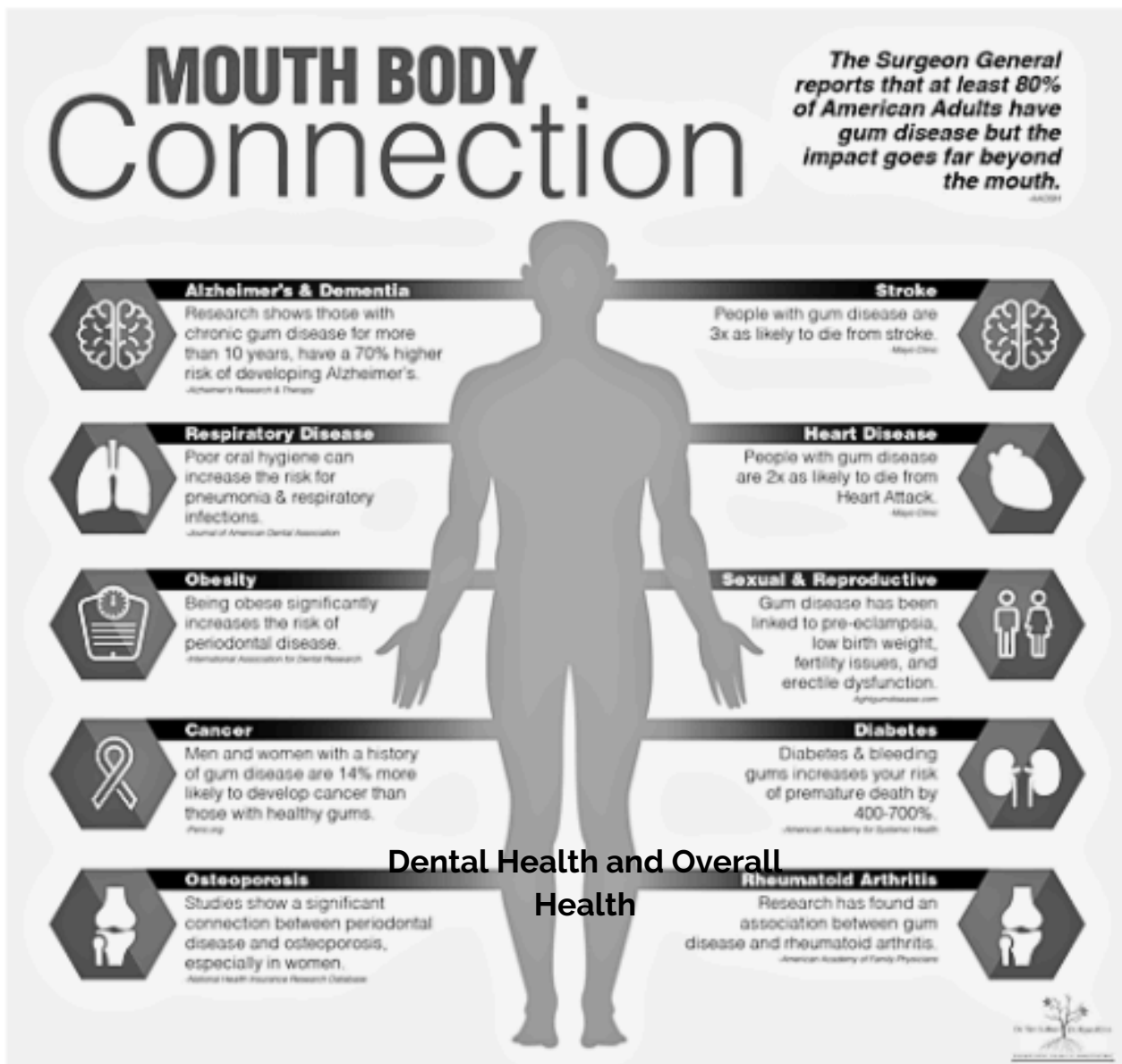
Here are some things you can do to take care of your teeth:

- Brush your teeth two times a day for two minutes each time. Make sure to brush all of your teeth, including the ones in the back and your tongue.
- Use toothpaste with fluoride. Fluoride helps strengthen the outer surface of your teeth, called enamel.

- Angle your toothbrush towards your gum line and use circular motions when brushing. Make sure to brush all surfaces of your teeth.
- Use string floss every day to clean between your teeth. Flossers or flosser sticks can be helpful too.
- Mouth rinses are good, but brushing is the best way to remove plaque. Even if you don't have toothpaste, brushing still helps loosen plaque and rinsing your mouth well is important.



Our mouth and body health are connected. Researchers have found that our oral health can affect our overall health, and vice versa. Some health conditions in our body can also cause problems in our mouth. For example, diseases like diabetes, heart disease, stroke, respiratory illness, and cancer can all have connections to our oral health.



DID YOU KNOW?

When you eat a carbohydrate/sugar, an acid attack happens on your teeth for the next 45 minutes.

Nutrition

Drinks that are acidic are not good for your teeth. That's why it's important to eat less sugar and snack less. Acidic drinks (like citrus acid and additives) are tough on teeth. Enamel is strong but can wear away. Just like wind and rain wear away the soil on Earth, acid and sugars wear away the enamel on teeth. Enamel is not a living cell (like skin), so it can't naturally grow back or regenerate.



Tips to keep your teeth healthy:

- Use moderation: It's important to not drink too many acidic drinks or eat too much sugar.
- Rinse with water: After drinking an acidic drink or eating sugar, rinse your mouth with water to get rid of the acid.
- Reach for a straw: Using a straw can help keep acidic drinks away from your teeth.
- Don't brush right after drinking: Wait for an hour after drinking an acidic drink before brushing your teeth.
- Build healthy habits: Making changes to your routine can help your teeth stay healthy. Using a reusable water bottle can help you avoid acidic drinks and save money.
- Consume dairy: Eating dairy products can protect your teeth from cavities.
- Chew sugar-free gum: Chewing gum that doesn't have sugar can make your mouth produce more saliva, which is good for your teeth.
- Practice good dental hygiene: Brush your teeth for two minutes, twice a day. Use floss or a water flosser to clean between your teeth once a day.
- Talk to your dentist: If you're not sure what to do, ask your dentist for advice. They can help you make good choices for your teeth.

NOTES

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DISCUSSION QUESTIONS

1

How do you take care of your teeth?

2

Why is it important to brush your teeth every day?

3

What are some ways you can keep your teeth healthy?

4

What are the consequences of not taking care of your teeth?

5

How does oral health affect overall health?

6

Why is it important to visit the dentist regularly?

RESOURCES

<https://www.nidcr.nih.gov/health-info/oral-hygiene>

<https://www.greatoralhealth.com/blogs/news/what-are-the-three-layers-of-a-tooth>

<https://www.drjenkinsdentist.com/blog/what-is-a-cavity>

<https://www.mayoclinic.org/diseases-conditions/cavities/symptoms-causes/syc-20352892>

https://www.facebook.com/HowardFarran/photos/picture-shows-process-that-teeth-undergo-in-developing-cavities-and-tooth-decay-/866240390085015/?paipv=0&eav=AfageXK3jFk6DHarNJSmgt5_JGnFVJf-45l5bdZAdpJcv3ZYuys5sKzjegGQ7JE_koo&_rdr

<https://dentalworld.co.uk/gum-disease-causes-and-treatment/> <https://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=medlineplus&v%3Asources=medlineplus-bundle&query=gum+disease>

<https://www.nidcr.nih.gov/health-info/oral-hygiene>

<https://fostoriadentist.com/oral-systemic-link/>

<https://www.colgate.com/en-us/oral-health/threats-to-dental-health/how-acidic-drinks-affect-teeth#>

Module 4
Section 3

EATING WELL

Keep your body healthy by eating nutritious foods, even on a tight budget.

IN THIS SECTION YOU WILL:

Discover what it means to eat well and healthy.

Explore the three main nutrient categories.

Learn tips on how to eat well on a tight budget.

Understand the importance of how you eat.

EATING WELL

Hello and welcome to your Eating Well on the Go! Dietitian Jamie is here to help you eat healthy without spending too much money. She'll also give you some tips on meal planning so you can stay energized throughout the day. Eating well is not only good for preventing diseases, but it also helps with thinking clearly and managing stress.

Many people think healthy food is expensive. When you're on a tight budget, grocery shopping and planning meals can be stressful. While it's true that food prices are going up, Jamie is confident that she can teach you some things that will help you make the most of your money when it comes to food.

So what does it mean to eat well and eat healthy? It means eating mostly whole foods that have a good balance of carbs, protein, and fat, as well as vitamins and minerals. You also need to eat enough calories to have energy throughout the day. If you eat too little, you'll feel tired, get headaches, feel hungry all the time, and have weak muscles. If you eat too much, you'll feel bloated, have energy crashes, and gain too much weight. Luckily, your body has built-in regulators to help you eat the right amount. Sometimes, we ignore these signals, but with a little practice, you can learn to trust your body again.



Eating well doesn't mean eating perfectly all the time. It means making healthy choices most of the time that align with your goals. Many people think that eating well is expensive, but the truth is, with some planning, cooking, and reducing waste, you can eat well without breaking the bank.

Proteins, Carbohydrates, & Fats

Let's start with the basics. You may have learned about healthy eating from a pyramid in school. But since we don't eat off of pyramids, let's simplify it for you. There are **three main categories of nutrients: protein, carbohydrates, and fat**. Let's begin with protein. Protein is the most filling nutrient and can be found in foods like meat, fish, eggs, dairy, yogurt, nuts, seeds, and legumes (like lentils and beans).



Proteins are an important part of our body. They help us build muscles and repair injuries. It's a good idea to have protein at every meal, especially in the morning. What we eat in the morning often affects what we crave throughout the day. So, if you start your day with a donut, you might crave sugar all day long. But if you start with a savory egg bake, those sugar cravings will stay away for a long time! Breakfast usually doesn't have much protein, but it would be better if it did.



Now let's talk about **carbohydrates**. This is where a lot of processing comes in. There are different kinds of carbohydrates, like white and whole grains. Some snacks have a lot of carbs, but fresh fruits are a better choice. Carbs give us energy and help our brains work. We shouldn't get rid of carbs completely, but we should choose less processed ones and eat more fresh or frozen ones.

The last category is **fats**. We used to think that all fats were bad, but that's not true. There are fats that are good for us and help our bodies in many ways. They help us think clearly, keep us warm, and even help our bodies use vitamins and minerals from food. For example, low-fat dressing is not as good as regular dressing.



Here are some tips for eating well on a tight budget:

1. Whole foods are usually cheaper than processed foods. Buying in bulk is also cheaper than buying single servings. But we should also think about convenience so that we don't waste food.

Oats are cheaper than cereal. Buying a block of cheese is cheaper than buying shredded cheese. Buying a bag of rice is cheaper than buying ready rice.

Whole foods are more nutritious and filling than highly processed foods.

Chips cost about the same as a bag of apples, but apples will keep us full for longer and take longer to eat.

2. We don't need to worry too much about buying organic food. While organic food has less pesticides, the nutrition content is similar to non-organic food. Both organic and non-organic foods are good for us. Local food might even be better.

3. We don't need to spend a lot of money on superfoods. All whole foods are super. While foods like spirulina, fresh dates, chia seeds, and bee pollen are great, we can still have a variety of healthy foods without spending too much.

4. Frozen food is healthy. Freezing is a way to keep food fresh for longer. It helps preserve the nutrients in the food. Bacteria can make food go bad. When food is fresh, it can lose some of its nutrients over time. The longer it has been since the food was picked, the more nutrients it can lose. Frozen food loses less nutrients, but still some.

5. Buy in bulk. If you have enough space to store it, buying food in large amounts can save money.

6. Buying dry food, like beans and rice, is usually cheaper than buying canned food. The same is true for pasta and herbs.

7. Root vegetables like potatoes and beets are healthy and filling, and they can go with any meal. These are "good carbs" that provide satisfaction and

energy for several hours after a meal. They can also go in soups or main dishes.

8. Some cuts of meat that are not as popular can have more nutrients. With whole chicken, bone in means more nutrition.

9. Include plant-based meals. Adding lentils to taco meat or beans to chili can make the meal less expensive.

10. Before you buy new food, check what you already have so you don't buy the same thing twice. This also helps reduce food waste.

11. No need to worry about name brands when it comes to food. All manufacturers must follow the same food standards and regulations.

12. Planning your meals ahead of time can save money. You can make a lot of meals at home for the same price as one meal at a restaurant.

13. Eating similar meals with different toppings or using the same ingredient in different ways can be fun and save money.

14. Buy what's in season. It is less costly than out of season. More in season can also be more local and fresher. If you have the storage space, freeze for later.

15. Limit food waste by freezing for later. Pasta sauce can go in tomato soup. Leftover cooked veggies can go in an egg bake or roasted and tossed on a salad the next day.

16. It's important to pay attention to how much you eat. Eating more than you need can cost more money. Using a smaller plate and listening to your body's hunger and fullness signals can help you eat the right amount.



HOW you eat is important too.

Eating well isn't just about what you eat, but also how you eat. These habits don't cost anything and can help you save money on expensive diet-specific foods.

Your body has two states: rest and digest, and fight or flight. This is important to remember when thinking about food.

The cross-over between food tolerance and mental health can be confusing. Some people try to solve their stomach problems by cutting out certain foods or entire food groups. But this approach

can have serious consequences.

Instead, try some simple mindfulness practices to calm your body and help with digestion. A calm body while eating results in increased enzyme production, better nutrient absorption and less inflammation. Take a few deep breaths before eating, chew your food slowly, and use all five senses while eating. Being grateful and enjoying your meals in a nice place can also help.

Limit multi-tasking at meals and be present whenever possible. This will also help you know when you've eaten enough, lightening the burden of digestion on your body.

Now if you have an allergy or persistent digestive disorder you may need to eliminate some foods. Even so, focus on what you "can" eat instead of what you need to avoid. Try not to buy expensive alternatives such as "gluten free" or 'dairy free" items. Appreciating what you can eat keeps your brain happier and helps you not to think you are missing out.

In conclusion, it IS possible to eat well without a large grocery budget. Some meal planning skills and cooking skills take time to learn but just remember, everything is complicated before it's easy! It just takes practice before it becomes a habit. The benefits include clear thinking, maintaining a healthy weight, and having more energy. I hope you learned something new today and that it helps you reach your health goals in a sustainable way.

NOTES

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DISCUSSION QUESTIONS

1

What are some ways you can eat healthy on a tight budget?

2

How can you practice gratitude during meals and why is it important?

3

What are some strategies you can use to incorporate more whole foods into your diet?

4

How can meal planning help you eat healthier and save money?

5

What are some ways you can reduce food waste and save money?

6

How can mindful eating practices benefit your overall health and well-being?

nourish and heal HEADSTART GUIDE



What is in this guide:

- Learn how to simplify meals with proteins, fats + carbs
- Find out which fats to enjoy + which to avoid
- Begin to trust yourself with food again
- Build a foundation of balanced blood sugar throughout the day



Carbs

non-starchy vegetables (1-3 c serving)

asparagus	kale
brussels sprouts	leafy greens
broccoli	mushrooms
cabbage	peppers
cauliflower	spinach
celery	tomatoes
cucumber	turnips
Eggplant	zucchini

starchy veggies (1/2 c serving)

beets	potatoes
carrots	pumpkin
corn	squash
peas	yams

fruit (1/2 c serving)

apple	kiwi
banana	melon
berries	peach
cherries	pear
grapefruit	pineapple
grapes	

whole grains + beans (1/2 c serving)

beans	oats
bread	pasta
brown rice	quinoa
couscous	tortilla
lentils	wild rice

Protein

2-4 oz. serving

beef	lamb
bison	seafood
chicken	tofu
cottage cheese (1/2 c.)	tuna
eggs (2-3)	turkey
greek yogurt (1/2 c.)	venison
fish	whey (= 20g)

Fats

at least 10g/serving

almonds (16)	mayonnaise (1-2 T)
avocado (1/2)	olive oil (1 T)
butter (1 T)	olives (10)
cheese (1 oz)	peanut butter (2 T)
coconut milk (1/4 c)	pecans (20)
coconut oil (1 T)	pistachios (2 T)
cream (2 T)	seeds (2T)
macadamia nuts (6)	walnuts (8)

EATING FOR NOURISHMENT

- Build a balanced plate - choose to include 1 serving of protein, 1-2 servings of fat, and 1-2 servings of carbs at every meal
- You can ALWAYS have more non-starchy vegetables. They are an excellent source of fiber and minimally impact blood sugar levels.
- Think of snacks like "mini meals". Avoid eating carbs alone.
- Remember, this isn't about counting calories, carbs, or fat. It's about providing *predictable nourishment* to keep your blood sugars stable throughout the day.
- Pack meals and snacks ahead of time to grab on your way out the door!
- You don't need to eliminate favorite foods! Limit indulgences to to create *balance*. Think 80% nourishing foods, 20% fun foods without guilt.

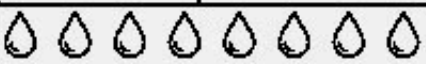
Track your progress

	protein	carbs	fat
breakfast			
lunch			
supper			
snack			






	protein	carbs	fat
breakfast			
lunch			
supper			
snack			






	protein	carbs	fat
breakfast			
lunch			
supper			
snack			






Nourishing Fats

Healthy fats support metabolism, improve brain function, reduce hunger, and help keep blood sugar levels stable which helps prevent type 2 diabetes and heart disease.

Enjoy healthy fats like these at every meal + snack:

almonds
avocado
butter
cheese
coconut milk
coconut oil
cream

cream cheese
macadamia nuts
mayonnaise
olive oil
olives
peanut butter
pecans

pistachios
seeds
walnuts



Refined Fats

Refined fats create inflammation all over the body, they can lead to poor immune function, memory problems, heart disease, type 2 diabetes and more.

Always read your labels! Limit fats found in these foods:

chips
coffee creamer
corn oil
cookies
cool whip
cottonseed oil

hydrogenated oils
margarine
miracle whip
nuts roasted in oil
partially hydrogenated oils
store-bought baked goods

shortening
soybean oil
trans fat
vegetable oil
safflower oil



How to measure progress:

- Are you pooping more?
- Do you have more energy?
- Do you have less brain fog?
- Are you less constipated?
- Have you lost your "puffiness?"
- Are your clothes fitting
- Are you sleeping better?
- Do you feel stronger?
- Do you FEEL better?



Bonus Mindset minute

Sustainability is KEY.

Stick to the basics and commit to learning balance.

Step out of the yo-yo cycle and feel better, for *GOOD*.

Swap out that all-or-nothing for a mindset of "always something".

You get to choose.

You get to be curious.

You get to choose kindness towards your body today and every day.

Curious about working together?



Reach out to me directly at hello@dietitianjamie.com to book a complementary 15 minute call to chat about how 1:1 coaching can bring clarity and acceleration to your nourishment goals.

dietitianjamie

PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

- Put together a few sample meals including proteins, carbohydrates, and fats.
- Create a sample meal plan of a breakfast to batch, a soup/salad for lunches, and three dinner ideas for the week ahead.
- Practice mindfulness techniques with a small treat or packet of trail mix.
- Discuss 5 senses during the snack.

RESOURCES

- Jamie's Instagram: @dietitianjamie
- Healthy Eating, God's Way: Weight Loss Devotional and Challenge
By: Cathy Morenzie
Guiding Light Publishing / 2021
- Nutrition: Food & Healthy Eating, Grades 4-6
By: Brenda Croft
Rainbow Horizons Publishing / 2003
- The Satisfied Guide to Eating Well: A Healthy Plan for Your Spiritual Journey
Toward Food Freedom
By: Dr. Rhona Epstein
Dexterity / 2024

Christ-centered Corner

Extra encouragement from a Christian perspective.

Our bodies are the temple of the Holy Spirit as it says in 1 Corinthians 6:19-20: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

This means we should take good care of our bodies. We can do this by exercising, eating healthy food, and not putting harmful things into our bodies. We can also show respect for our bodies by keeping them clean, washing our hair, wearing clean clothes, and taking care of our teeth.

When we eat food, it's important to think about where it comes from and be thankful for it. (1 Timothy 4:4-5) This can help us have a better relationship with food and make healthier choices. The Bible also tells us to be careful not to eat too much or over-indulge. Think about how the food we eat affects our health. (Proverbs 23:20-21)

To take care of our bodies, it is important to eat a balanced diet. This means eating lots of fruits, vegetables, whole grains, and lean proteins. It is best to try to avoid eating too many processed foods, sugary drinks, and unhealthy fats. Unhealthy food and drinks can harm our teeth and bodies.

When we take care of our bodies, we can use our energy and strength to serve God and help others. We should treat our bodies with respect and remember that they are gifts from God to be used for His glory.

Module 4
Section 4

RENTER RIGHTS & RESPONSIBILITIES

Looking for housing, keeping your housing.
Know your rights and responsibilities.
Be a good neighbor and tenant.

IN THIS SECTION YOU WILL:

Explore helpful tips in finding a place to rent.

Understand the importance of your lease and move-in inspection.

Discover how to handle renters' insurance and necessary repairs.

Learn about evictions and steps to moving out.

Examine tenant law changes in 2024.

RENTER RIGHTS & RESPONSIBILITIES

Finding a place to live

Finding a place to live and keeping it can be hard. It's important to know how to find housing, be a good renter, and know your rights.

Let's start with where to look for housing. You can check rental sites like Zillow, HotPads, Trulia, and Rent.com. You can also go to local housing agencies in your city or county for help.

Be careful with sites like Marketplace and Craigslist. Some posts on those sites might be scams. How can you tell if it's a scam? If a property manager asks for money before you meet them or see the place, that's a red flag. Never give out your banking information. A reputable company won't ask for it.

When looking for housing, ask yourself these questions:

- Is it close to transportation if you need it?
- Is it close to school if you have kids?
- Is it close to your job if you walk or use public transportation?

When you talk to a property manager, be curious and confident. Don't share too much personal information. Ask them if

they work with barriers, have evictions, or a criminal history. Also, ask if they accept housing vouchers. These are important questions to consider.

When you visit a unit, ask these questions:

- Are the grounds clean?
- What does the building look like?
- Is the unit clean and in good shape?
- Does the neighborhood seem nice and safe?

Ask about how they handle repairs. There are rules for apartment repairs. While waiting for an answer on your application, don't call the property manager too often. It might make them think you'll be a problem tenant.



When you sign a lease, ask what you need to bring beforehand. Make sure you bring any documents they asked for.

Do you need to show how much money you make? Do you need money? If someone is helping you with money, did they send a letter promising to help?



Signing a lease

Before you sign the lease, make sure you walk through the place one last time. Look at everything and make sure it's in good shape. If you see anything broken or any stains on the carpet, make sure you write it down and sign it. Have the person who manages the property sign it too. Take pictures. This is always a good idea. It will help you when you move out and want your security deposit back.

Always ask questions. If your lease doesn't say when it ends, ask about it. Always get a copy of your lease that you and the property manager both have signed. It has important information on it. This protects you and has all the information you need to be a good renter. It also tells you all the rules so you can follow them and be a good renter. It is extremely important to have proof to protect yourself. This is important for your lease and any money you pay.

Never pay in cash. A property owner or manager should never ask you to pay in cash. You can pay with a special check from the bank. You can pay with a regular check. You can pay with a money order. Never pay cash. Always get a receipt for any money you pay. This protects you because most people are honest, but some are not. Mistakes can also happen and things can get lost. This protects you.

If you pay through a website for tenants, always get a confirmation. It's best to take a picture of the confirmation every month to prove you paid your rent, just in case you ever have to go to court.



Inspect your home or apartment

When you move in, again, always walk through the place before you move in. This protects you when you move out and helps you get your security deposit back. If you don't write down any problems when you move in, there's no proof that something was already broken or damaged. You have no proof unless you write it down before you move in.

Look at when your lease ends. Always ask how long you have if you plan on

moving out at the end of your lease. Do you have 30 days? Do you have 60 days? Always ask how much notice you have to give before your lease is up.

You should be given the opportunity to renew your lease at least one month and one day before the end of your lease. They may give you the option of renewing your lease at an increased price. They may only give you the option of going month to month. They can give you a non-lease renewal if they give you 30 days plus one month and one day that can give you a non-lease renewal. Just keep in mind if you decide to do a month-to-month lease, there usually is an extra charge for that.



Moving in

When moving in, be courteous. Ask them the best route into the building or onto the property. Try not to scuff walls. Remember that you have neighbors. Try not to be overly loud. If you're in an upstairs apartment, remember that you have neighbors underneath you that may be used to quiet and just be courteous of your neighbors.

Other questions to ask

Ask about utilities. Who pays the utilities? How do you get the utilities in your

name? Are the utilities paid by the tenant? Are they paid by the property owner? Ask whose responsibility it is to get these utilities into your name.

Where are you supposed to park? Is there off-street parking? Do you have a garage? Where is your garage located? Is there a fee for your garage? If there is off-street parking, ask if there is a charge for it because that is something that property owners are doing now is charging for off-street parking.

Make sure that you know what day that your rent is due. Is your rent due on the 1st? Is there a grace period at all? If your rent is going to be late, is there a late fee? Ask them the date that it is late after the 5th? Is it late after the 3rd? Is it expected right on the 1st? Make sure that you know how much that late fee is.

Communication is key

Always communicate with your property manager if you are having trouble paying your rent. If you communicate, they are going to be much more willing to work with you. Never assume that a property manager is going to just wait for their rent and that they are going to just be okay with you paying late. Make sure to communicate.

Renters' Insurance

Let's take a look at renters' insurance. Why do we need renters' insurance? Bottom line, you need renters' insurance to cover your stuff. If something bad happens, like a flood or a fire, the property won't pay for your things.

It will be your responsibility. Nowadays, most properties require you to have renters' insurance when you move in.

When something needs repair



When you need something fixed, write it down. Always write everything down, take a picture, and then ask your property owner or manager how they want you to let them know about the repairs. Do they want a text message or a phone call? Do they live in the building? Do they want you to knock on their door? But always put it in writing. Once it's written down, they have 14 days to fix non-emergency issues. If they don't, you can put your rent money in a special account. If you have questions about this special account, you can go to your local courthouse or look it up online.

For emergency repairs, like if you don't have heat, electricity, a fridge, running water, or a toilet, they have 24 hours to fix it. If they don't, you can also go to the courthouse and ask for help right away.

Evictions

No one wants to have an eviction on their record. It is good to understand why and how they happen. A property owner can only kick you out for certain reasons. They can evict you if you don't

pay rent, if you break the lease, or if you don't move out when the lease ends. But they can't evict you without going to court. If you have to go to court to fight an eviction and you want to stay in your place, be on time, bring all the papers you need, bring the money, and also be ready to pay the court fees. They will give you up to seven days to pay those fees. A property manager can never lock you out, change your locks, or turn off your utilities while you're still renting or going through an eviction.

Moving out

How do you get your security deposit back? Always make sure you get proper notice. This should be clearly stated in your lease. Most places now require 60-day notice. If not, always give at least one month and one day. Also, leave a new address where they can send your deposit. Leave the place in good condition, just like it was when you moved in. Property managers and owners have 21 days to give your deposit back. Make sure to give them your new address so they know where to send it.

If you don't get all of your security deposit back, the landlord must give you a list of reasons why. They can only charge you for things like painting, cleaning the carpet, and fixing holes. They can't charge you for normal wear and tear.

If you need to move because of domestic violence, give as much notice as you can. Try to give them some kind

of proof, like police reports or an order of protection, but you don't have to. The landlord can't ask you who hurt you. They can't kick you out or tell anyone that you're a victim of domestic violence.

New laws in 2024

Laws change and here are new ones in 2024. The landlord can't surprise you with fees after you sign the lease. Any fees must be written on the first page of the lease. If you have a pet or an emotional support animal, they can't make you declaw or devocalize them. The landlord must let you do a walkthrough before you move in and before you move out. They have to give you a written notice 24 hours before they come into your apartment for non-emergency reasons. If it's an emergency, they don't have to give notice. If you have a good relationship with the landlord, you can try to make other arrangements with them. They usually have from 8 a.m. to 8 p.m. to come into your place, but you can ask for a different time.

Now let's talk about the new marijuana laws. It is okay to smoke marijuana at your home, unless you live in subsidized housing. Subsidized housing is a federal program, and it is not legal to smoke marijuana there. The people in charge can tell you that you cannot smoke in common areas or in your own place. If they have a rule that says no smoking, they can tell you that you can't smoke inside your place or in any common areas. But you can smoke outside. They might make you leave the property if you

smoke. They have to give you a notice 14 days before they try to make you leave.

What are some places you can go for help? HomeLine is a really good place for tenants to get help.

They have lawyers who work just for HomeLine. They can answer any questions you have and sometimes they can help you in court. You can also talk to your local legal aid or your local housing agencies. They can help you if you have a legal problem with the place you live.

Final thoughts and review

Here are a few important things to remember:

- Always tell the truth on your application.
- Always get things in writing.
- Get a signed copy of your lease with the property manager's signature.
- Get receipts for your payments.
- Don't pay with cash.
- Get proof of your online payments.
- Be a polite and considerate neighbor.
- Keep an open communication with your landlord.

NOTES

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DISCUSSION QUESTIONS

1

How do you think finding a place to live might be hard for some people?

2

What are some things you can do to be a good renter?

3

Why is it important to ask questions and get things in writing when renting a place?

4

What are some potential red flags to look out for when searching for housing?

5

Why is it important to communicate with your property manager if you're having trouble paying rent?

6

What are some steps you can take to protect yourself and your security deposit when moving out of a rental property?

RESOURCES

<https://homelinemn.org/>

HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. They work to improve public and private policies relating to rental housing by involving affected tenants in the process.

<https://www.nlc.org/>

The National League of Cities (NLC) is an organization comprised of city, town and village leaders that are focused on improving the quality of life for their current and future constituents.

With nearly 100 years of dedication to the strength and advancement of local governments, NLC has gained the trust and support of more than 2,700 cities across the nation. Their mission is to relentlessly advocate for, and protect the interests of, cities, towns and villages by influencing federal policy, strengthening local leadership and driving innovative solutions.

<https://www.hud.gov/>

HUD provides housing support and uplifts communities.

Christ-centered Corner

Extra encouragement from a Christian perspective.

Being a good neighbor and tenant means following the teachings of Jesus Christ and showing love, kindness, respect, and responsibility. Jesus said we should love our neighbors as ourselves, which means caring about them and being kind. We should treat others the way we want to be treated, by being considerate and showing compassion.

Respecting and honoring other people is important because they are just as important as we are. When we rent a place, it's like taking care of something that belongs to someone else, so we need to take care of it. Being friendly and helpful to our neighbors creates a community where everyone feels supported. We should help others without expecting anything in return, just like Jesus showed us by serving others.

Being honest and open with our neighbors and landlord is really important. If there are any problems, we should let them know. We also need to keep our promises, like paying rent on time and following the rules in our lease agreement. When there are disagreements, it's important to talk calmly and respectfully to solve problems peacefully. We should forgive others when they make mistakes, just like God forgives us. This helps bring harmony to the community.

Being generous and hospitable is another way to be a good neighbor and tenant. We can share what we have with others who need it, like food or clothes. It's also important to welcome and help new neighbors or tenants, making them feel included and supported.

By following these principles, Christians can show their faith and make their communities better places to live. When we love, respect, and help others, we create a community where everyone feels valued and cared for.

Module 4
Section 5

UNDERSTANDING TRAUMA

Trauma affects the body and mind.
Understanding how stress and trauma
impacts you can help empower you to
move towards vitality and thriving instead
of just surviving.

IN THIS SECTION YOU WILL:

Explore how trauma affects us.

Understand the importance of listening
to your body.

Discover how stress can affect our
body and brain.

Learn about attachment styles and
trauma.

Examine what Epigenetics is about and
how to rewire the brain.

UNDERSTANDING TRAUMA

How trauma affects us

In the past, we thought of trauma as something that was scary, stressful, and hard to handle. It was something that happened to us and was out of our control. But now we understand that trauma is not just the event itself, but also how it affects us inside. It's like an imprint that stays with us because of what happened.

When something traumatic happens, we may not have the tools or support to process the energy that comes up. This is especially true for kids, who rely on their caregivers for regulation. If our caregivers don't have good ways to handle their own emotions, they can't help us process our trauma. So whether or not a traumatic event becomes stuck trauma depends on the resources we have and the support we receive. Here's a visual that comes from the Polyvagal Theory by Dr. Steven Porges.

Fight or Flight

Sometimes we feel connected and safe, and that's when we are in the ventral vagal part of our nervous system. In this state, it's easy to be curious, open, grounded, mindful, and compassionate. But life can be challenging and stressful

things happen. When stress happens, ideally, we can deal with it and go back to feeling calm and safe. Learning something new can also be stressful because our brain is not familiar with it. A little bit of stress is normal and can help us build resilience. However, if we can't go back to feeling calm, we might activate the fight-flight response and feel worried, concerned, frustrated, irritated, anxious, or even fearful, panicked, enraged, or angry.

Now one of the important things about this state is that we still feel like we can do things. We believe that we can figure things out, run away from problems, and fight against them. We have a sense of control in this state.

Freeze

But sometimes we can't run or fight. In those situations, our best option for survival is to go into a different part of our nervous system called the dorsal vagal. This is called the freeze response. Our body starts to shut down and we begin to feel numb because we can't handle the overwhelming distress. It's like our body is trying to protect us by making us feel nothing.

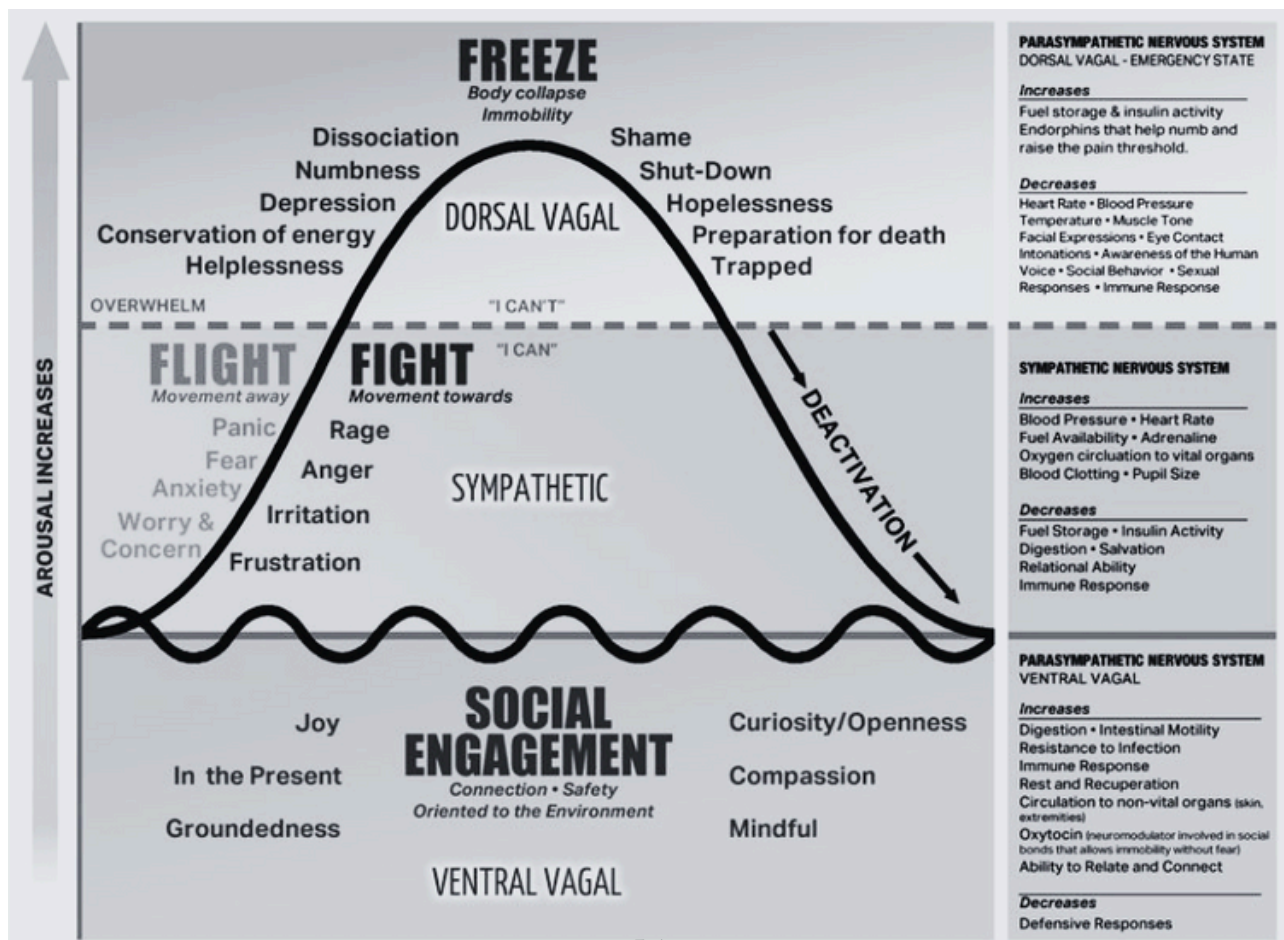
In this state, we might feel emotions like depression, helplessness, hopelessness,

and feeling trapped. It's like we're closing ourselves off from the world. Our energy becomes more contracted, and our muscles get tight. It's hard to move and we feel frozen.

It can be helpful to think about our energy and how our muscles feel. Are they tight and constricted, or do we feel open? By tuning into our body a few times a day, we can see if we're in a good place (green), feeling stressed (red), or feeling frozen (blue). Based on that, we can figure out what might help us feel better and bring us back to a good place.

One more thing to mention is that when we go from the frozen state back to feeling good, we often have to face the things that made us feel overwhelmed in the first place. If we don't have the right support or resources, we might end up going back to feeling stressed again. It's like we're stuck in a cycle of fight, flight, freeze, fight, flight, freeze. This is called the trauma cycle.

And that's why it's important to have support from others and take care of ourselves. It helps us feel calm and open and makes it easier to connect with others and feel happy in the present moment.



When we go through difficult experiences and don't have the resources to handle them, we tend to shut down. If the pain is in our body, we stop paying attention to how our body feels. If it's emotional pain, we ignore our feelings. And if it's about our thoughts, we lose track of what we're thinking.

The more we shut down these parts of ourselves, the harder it is to connect with others and the world around us. Our bodies are like tools that help us connect with others.

Listen to your body

Think of the body's language as sensations. It's important to be aware of the sensations we feel on our skin, inside our bodies, and the support we feel from the floor. Our bodies are constantly sending us messages through these sensations. The question is, do we listen?

Sometimes, when we've experienced a lot of traumas, we don't listen to our bodies. This can be challenging for two reasons. First, it can make us overly alert and think there's danger everywhere. Second, it can make us unaware of actual danger and put ourselves in harmful situations.

I think of the mind's language as our thoughts. Our thoughts come from the things we experience and the way our families and society teach us. Our brains are like a computer program that gets created through these experiences. This programming happens a lot when we are between the ages of zero and five.

During this time, our beliefs and how we see the world start to form. Our brains are very flexible and open to learning at this age. We want to understand the world and figure out how to survive in it.

Sometimes, if we go through traumatic experiences or have a lot of stress, our brains get wired to be constantly worried. This can make us feel anxious because we are always thinking about what might happen in the future. Our brains are trying to protect us, but it can be tiring to always be anxious.

On the other hand, if we have experienced something really painful in the past, our brains might keep replaying those memories. It can be hard to be in the present moment because we are stuck thinking about the past.

Our brains also try to predict what will happen based on our past experiences. When we are not focused on the present, our brains start guessing what might happen next.

Sometimes when I'm not paying attention, my brain makes predictions about things. Like when I take a bite of an apple, my brain already knows what it will taste like. This helps me save energy and stay safe. But if my brain is always focused on past traumas and survival, it's hard for me to be present and learn new things.

Dissociating

When we have a lot of unprocessed traumas, we might dissociate. This

means we're physically here, but our minds are somewhere else. We're not in the past or the future, we're just checked out. When we're dissociating, our brains don't process information like they should. This makes it hard to remember things. We might have big parts of our lives that we can't remember.

Dissociation makes us feel like we're not really living. We miss out on both the hard and beautiful parts of life. We can't enjoy the love of a family member, the colors of a sunset, or the taste of delicious food. Anxiety, depression, and dissociation take us away from the present moment.

The heart and mind are connected

We talked about the body and the mind. The body speaks through sensations, the mind speaks through thoughts, and the heart speaks through emotions. Emotions are how our heart communicates with us.

It's interesting because the heart and mind are closely connected. When something happens, like if someone cuts me off in traffic, I might have a thought like, "They're a jerk!" This thought creates an emotion. But if I thought, "They must be in a hurry. I wonder what's happening to them," it would create a different emotion. Our thoughts and emotions are linked.

Sometimes we feel an emotion and then

our mind creates a story about why we feel that way. It's important to understand how our mind and heart are connected and how they affect each other.

In our society, many of us weren't taught how to handle emotions like fear, anger, grief, and sadness in healthy ways. Our ancestors had ways to help process those difficult emotions, but we don't have good ways now. We need to learn how to work with these emotions in better ways, in our families, communities, and the world.

Sometimes we just know things without really thinking about them or feeling a connection. But when something bad happens and it stays with us, it can make it hard to think clearly or feel connected to the world around us. It can be hard to appreciate the beauty of nature or feel its energy. This is important because when we can't understand ourselves, it's difficult to connect with others in a genuine way. It's important to reconnect with ourselves, so that we can connect with others.

Stress affects our body

Let's see how stress affects our bodies and brains. This is important to know because it can help us understand how we're feeling. When we start to feel stressed, our bodies go into survival mode. Our hearts beat faster, we breathe faster, and our muscles get ready to run or fight. Our digestion slows

down because our body is focused on surviving. Our brain doesn't know the difference between physical danger and emotional stress, so it reacts the same way in both situations.

When we feel stressed, our body goes into fight-flight mode. This takes a lot of energy. Digestion also takes a lot of energy. So, if our body thinks we are in danger, it stops digesting food. Our immune system also gets ready to protect us in case we get hurt. But this also takes a lot of energy. So, our immune system gets weaker when we are under a lot of stress. That's why people who are always stressed often get sick. They can get sick for a long time or get sick many times. These are some things that happen to our body when we are stressed.

There are also chemicals in our body that are related to stress, like adrenaline and cortisol. If we are always stressed or have had a lot of bad experiences when we were younger, our body gets used to having these chemicals. It's like an addiction. Some people even become addicted to the feeling of adrenaline.

They always want to feel that rush. This happens because their body and brain were wired to be in fight-flight mode because of what happened to them when they were kids. It's important to understand this.

Our bodies were not made to be under stress all the time. They were made to handle stress for about 20 minutes at a

time. That was enough time for our ancestors to run away or fight when there was danger. But now, in our society, we are often under stress for a long time. This can lead to sickness, disability, and even early death. Studies show that people who have had a lot of bad experiences when they were young and haven't had a chance to heal from them can die 20 years earlier than people who had no bad experiences. Living with constant stress or being constantly in fight-flight mode can cause sickness, disability, and even early death.

Stress affects our brain

Our brain develops in a certain order, starting from when we're in our mother's womb. The spinal cord and the base of the brain are there, but they aren't fully connected until after we're born and start having experiences. When information comes into our brain, it travels from the bottom to the top. If the amygdala and hippocampus, which are parts of the brain, see it as a threat, we "flip our lid." This means that the thinking part of our brain shuts down because our brain thinks we're in danger and need to act quickly. This response has helped humans survive in the past, but in today's world, where we have a lot of unresolved traumas, it's easy for us to get stressed and make it hard to think clearly and make good choices.

We also looked at different ways our bodies respond to stress, like fighting, running away, freezing, feeling faint, or feeling disconnected.

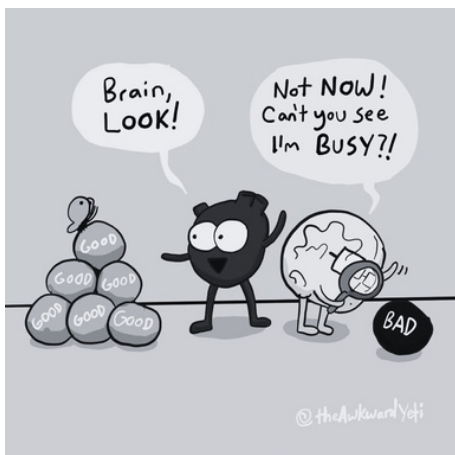
When we are constantly in this fight or flight mode, our brain focuses on short-term survival instead of long-term connections. Long-term connections help us thrive as individuals and as a group. Trauma stops us from forming these long-term connections and healthy relationships that help us thrive.

One interesting thing to note is that all of this is about survival, not whether things are good or bad. It's important to understand how our brain is wired to keep us alive.

Negative Bias

We also have something called a negativity bias. This means that our brain tends to remember bad things so we can avoid them in the future and stay safe. Because of this bias, we have to make an extra effort to notice the good things.

When we have experienced a lot of trauma, our brain is always looking for threats, danger, scarcity, and other bad things. This makes it difficult to notice and feel safe when there is actually something good happening.



Attachment and trauma

When we are babies, we rely completely on our caregivers and the experiences we have shape our brains.

If our caregivers are not very present and our needs are not met often, we may develop an **avoidant and dismissive** attachment style. This means we believe we don't need other people and that they can't be relied on, so we prefer to do things on our own. This is called hyper independence, and it happens because people haven't been reliable for us.

For kids who grow up with caregivers who sometimes take care of them and meet their needs, but other times don't, those kids can feel really **anxious**, or they might try really hard to please others.

It's like they think, "If this person is happy, then I'll probably get what I need. If this person is happy, then I'll probably be safe." They become very anxious and try really hard to make others happy. They don't have strong boundaries because they're always focused on what others need instead of what they need. This can lead to codependence, which means relying too much on others.

Another attachment style is called **disorganized**. When a child grows up in a scary environment where their caregivers are also the ones who hurt them, they often develop a disorganized attachment style.

The hard thing about this is that we all need connection and relationships with others. But with disorganized attachment, we also feel like we should stay away because the people who are supposed to love and protect us actually hurt us the most. Disorganized attachment styles are really challenging to work with.

This style can also lead to either relying too much on others or being overly independent, depending on the situation and the relationship.

The last attachment style is when our needs are consistently met, and we feel safe with our caregivers. We can trust them to take care of us. This creates a **secure attachment**, and secure attachments mean we can depend on each other. We do things together. We are in a relationship together.

Epigenetics

Lastly, let's take a look at epigenetics. Epigenetics means what sits on top of our genetic code. There have been debates about whether our traits come from **nature or nurture**. Now we know it's a combination of both. The truth is epigenetics helps us understand how everything is connected.

We have a special genetic code, but our experiences can turn certain genes on or off. Here's a quick story about some research on this topic. Dr. Brian Dias, one of the original researchers in epigenetics, did an experiment with male mice. They

put mice in cages with shock pads at the bottom. Every time they released the scent of cherry blossoms, the cage would give the mice a little shock on their feet. They repeated this process many times, creating a connection between the smell of cherry blossoms and pain.

Once this connection was strong, they collected semen from the mice. They didn't even let the male and female mice interact. Instead, they artificially inseminated the female mice with the collected semen. These female mice then gave birth to pups. The pups grew up without any special treatment. When they were fully grown, the researchers exposed them to the scent of cherry blossoms. The little mice immediately ran to the corner of their cages, shaking with fear, desperately trying to escape.

The researchers then collected semen from this second generation of mice. They artificially inseminated another female mouse, who also gave birth to pups. These pups grew up, and when they were exposed to the scent of cherry blossoms, they showed the same fear response. In fact, they even had more smell receptors in their noses for cherry blossoms, and their brains had undergone structural changes.

Epigenetics is all about survival. You see, the first generation of mice may not be around to warn the second or third generation about the dangers of cherry blossoms. So, through epigenetics, these experiences can turn certain genes on or

off, helping the next generation survive.

It's important to note that epigenetics doesn't just pass down trauma. It also passes down resilience and the strength of our ancestors.

There is so much hope and so many things we can do to change our lives and the lives of future generations. Epigenetics shows us that our experiences can turn on or off parts of our genetic code. This can change the way our code is read and either lead us towards more disease and suffering or towards better health and vitality. By making conscious decisions to take care of our physical, mental, emotional, and spiritual well-being, we can influence our genetic code. **This helps us move towards vitality and thriving instead of just surviving.**

Making new pathways in our brain

Our brain is like a computer that can change and grow. When we have new experiences, our brain creates new pathways. This is called neuroplasticity. If we want to create something new, we need to have new experiences to make new pathways in our brain. We can be more aware of this by being present in the moment. When we are present, our brain is more open and curious, which makes it easier to create new pathways. Our heart also plays a role. If we feel unsafe or can't express our emotions,

we will shut down. This makes it hard to be ourselves and connect with others. Being authentic is important because it helps us feel safe and creates a sense of trust. Emotions are a normal part of life, and we can learn to work with them. Instead of getting stuck in the past or worrying about the future, we can learn to surf the waves of our emotions. Understanding trauma can help us understand ourselves, our loved ones, and the world we live in. By learning how to work with trauma, we can heal and grow.



In our bodies, sometimes our emotions get stuck and our hearts get stuck in our minds. Our spirits can also get stuck. But we have the power to change the direction, the quality, and even the reality of our lives. In the next section, we will learn about practices, processes, and support that can help us process the trauma we carry and move from survival mode to thriving mode.

NOTES

[illegible]

DISCUSSION QUESTIONS

1

Can you think of a time when your early experiences with caregivers influenced how you interacted with others? How did it affect you?

2

Have you ever felt numb or frozen when something bad happened? How did you cope with that feeling?

3

Can you think of a time when your brain got stuck in survival mode? How did it make you feel?

4

In what ways do you see the negativity bias mentioned in the text affecting your own thoughts and feelings?

5

Why is it important to focus on the present moment and stay curious?

6

How can understanding trauma help us understand ourselves and the world we live in?

PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

Soft Belly Breathing

This breathing exercise activates the vagal nerve. This nerve connects to the brain and the heart and wraps around the stomach. Activated through this exercise, it sends a calming message to the brain.

Get yourself into a comfortable position, maybe both feet on the ground. Really feel the support of the floor underneath. You can do this with eyes open or closed, whatever feels best to you.

Tune into how your body is breathing in this moment. Bring some awareness to how quick is your breath and maybe the depth of your breath.

Noticing any pauses, maybe at the top of the inhale or at the bottom of the exhale.

Once you have a good sense of how your body is breathing, begin to bring that breath a little bit deeper into the body. Bring that breath down into the belly. It might even be helpful to place a hand on your belly so you can get a sense of where is your breath going.

Breathe in deeply into the nose. Fill the belly like a balloon and slowly exhale out through the mouth. Continue to breathe at your own pace but bring that breath deep into the belly.

Take the exhale. Take one or two more slow deep belly breaths. Then, allow your body to just breathe itself again.

Notice how quick your breath is now. What is the depth of your breath? Notice any shifts that happened in how your body is breathing itself from when you first checked in at the beginning of this practice until now.

If you had your eyes closed, go ahead and gently open your eyes, bring yourself back into the space.

Module 4
Section 6

TAKING CARE OF YOURSELF

Whether you have experienced trauma or have stress in your life (as we all do!), learning tools and skills to care for your body, mind, heart, and spirit makes a positive difference.

IN THIS SECTION YOU WILL:

Learn how sleeping, exercising, and eating good food can impact your body and mind.

Discover how mindfulness and awareness can help your brain work better.

Explore how gratitude can balance out negativity.

Examine how expression and being in nature can help your body, mind, heart, and spirit.

TAKING CARE OF YOURSELF

Taking care of your body, mind, heart, and spirit

In the last section about trauma, we learned that trying new things is important for our brains and bodies. It can change how we see the world. We also found out that new experiences can affect our genes and help us let go of bad feelings. When we heal ourselves, we can also help others heal.

Sometimes when we try new things, it might feel strange or uncomfortable. But it's important to sit with that discomfort and not run away from it. Let's do an activity together to understand this better. Cross your arms and then uncross them. Now cross them again, but with the other arm on top. It probably felt different, right? That's because we're used to doing things a certain way. Trying something different can feel uncomfortable at first.

Taking care of our body, heart, mind, and spirit is important. Exercise is good for our body and brain. It makes us happy and helps us focus. But exercise also makes our brain release chemicals like dopamine, which makes us feel good. It also releases serotonin, which helps stabilize our mood, and it releases noradrenaline, which helps our brain focus and learn. Exercise is good for our

brain too. Our mind, body, heart, and spirit are all connected. There are practices that can help each part of us.

We should also take care of our bodies by getting enough rest and sleep. Sleep helps our brain and gives us energy. When we sleep, our lymph system needs at least four hours to clear out the brain. It washes the brain with fluid to remove plaque, which is connected to things like dementia. So, sleep is important for our body and it's also important for our mind. On average, adults need between seven and nine hours of sleep.



Eating healthy food and staying hydrated is important too. Sometimes it can be hard to find affordable healthy food, but it's worth it because what we eat affects our mood. Serotonin, which helps stabilize our mood, is mostly produced in our GI tract. So, what we eat affects our body's ability to produce and use serotonin.

When we take medicine called antibiotics, it can affect our moods. Eating certain foods like prebiotics and probiotics can help. Fasting, which means not eating for a certain amount of time, can also help our bodies rest and reset. Doing activities like yoga or dancing can release stored energy in our bodies. It's okay if we have strong emotions when we do these things because it means our body is letting go of that energy.

Our bodies are always telling us what they need. They let us know when we're hungry, thirsty, or tired. But sometimes, we don't listen to our bodies and keep going too fast. This can make us sick. Doing body scans can help us listen to our bodies better and take care of them.

Being outside and connecting with the earth is also important. The earth has its own energy that can help us feel better such as negative ions that are helpful. We usually wear shoes that stop this energy from reaching our bodies. But taking off our shoes and putting our feet on the ground can help us feel calm and balanced. It's like pressing a reset button for our bodies. Grounding is really amazing and can make us feel so much better.



Breathing exercises are very helpful. There are examples at the end of this section. Exercises can be as easy as one that's called the physiological sigh. Take a big breath in and then then let it out and repeat this a few times.

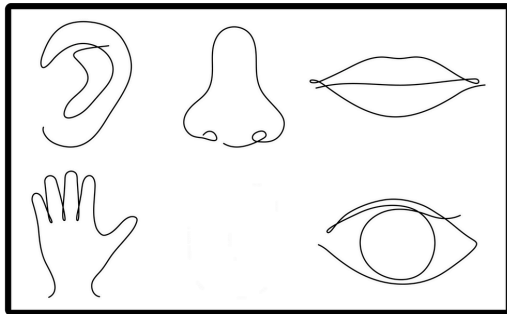
Mindfulness

Some things that can help our brain work better are called mindfulness and awareness practices. These help us think better. Mindfulness is bringing yourself back to the present moment. For example, when washing the dishes, pay attention to how the water feels on your hands. What is the temperature? What does the plate feel like? What is the texture? What is the weight? Be aware of everything you're doing in that moment.

When you bring your awareness to what's happening, you notice how things feel, smell, and taste. All of this helps you become more aware. When you're aware of what's happening, you can choose how you want to respond. But if you're not aware and something happens, your brain automatically reacts in certain ways, like fight, flight, freeze, faint, or fawn.

Fawn is another stress response. This one is used after unsuccessfully trying to fight, flight, and freeze. The fawn response is typically prominent in people who grew up in abusive families or situations. The only hope of survival would probably be agreement and helpfulness.

One way to practice awareness is called 54321. You will pay attention to the things using your 5 senses. First, notice five things you **feel**. It could be the clothes you're wearing or the temperature in the room. Next, find four things you **see**. Look closely at their shape, texture, and color. Finally, listen for three things you **hear**. Try to notice two things that you can **smell**. It might be a little hard if you haven't eaten or drank anything in a while but try to think of one thing you can **taste**. You use your senses to count down from five to one.



Breathing Exercises

Breathing exercises can also help your heart. You can do heart-centered meditations by sitting quietly and putting your hands on your heart. Breathe in and think about things that make you happy, like love, joy, and gratitude. Let those feelings fill your whole body. Expressing your emotions is important too. You can express yourself through music, drawing, dancing, or writing. These are all healthy ways to show how you feel. You can also connect with others who support you. This can be people, pets, or even nature. Spend time with them when you have a lot of emotions.

Practice Gratitude

Lastly, practicing gratitude can help balance out negative thoughts. Sometimes our brains focus on negative things to keep us safe. But we can train our brains to be more positive by practicing gratitude. One way to do this is by writing down three good things before bed. Think about what you did to make those things happen, even if you didn't create them yourself.

For example, if you see a beautiful sunset, you can write that down and say that you took the time to notice it. You can write thank you letters to show gratitude. There are many different ways to practice gratitude, so explore some ideas on your own.

Supporting your spirit

Supporting your spirit means doing things that make you feel good inside. One way to support your spirit is by spending time outside and feeling connected to nature.

Forest bathing is a special activity where you spend time in the forest, and it can make you feel better. Some research has shown that being around trees and nature can help our minds, bodies, hearts, and spirits.



NOTES

Writing in a journal or doing intuitive writing can also help your spirit. You can ask yourself a question like "What does my spirit want me to know today?" and write about it. Intuitive inquiry means listening to your inner wisdom and intuition when you have to make a decision. You can think about different options and pay attention to how your body feels. If you're not sure, your intuition might be telling you to wait before making a decision. Prayer and meditation are also helpful for your spirit, as well as connecting with others who have similar beliefs.

Being aware of our mind is important because it reminds us that we are not our thoughts. We are spirits who have thoughts. We are spirits in human bodies who have human thoughts, experiences, and emotions. That's why being aware of our mind is important. Practice and become familiar with the exercises at the end of this section so you can use them when they will be useful to you.



~just breathe~

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1

How have you tried something new recently? How did it make you feel?

2

Why is it important to learn how to sit with discomfort when trying something new?

3

What are some ways you take care of your physical, mental, emotional, and spirit?

4

Why is being grateful important to our bodies and our brains?

5

What are some ways you connect with the earth and/or nature and how does it make you feel?

6

Which practices mentioned in the text do you already do to support your mind, body, heart, and spirit?

PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

Soft Belly Breathing

This breathing exercise activates the vagal nerve. This nerve connects to the brain and the heart and wraps around the stomach. Activated through this exercise, it sends a calming message to the brain.

Get yourself into a comfortable position, maybe both feet on the ground. Really feel the support of the floor underneath. You can do this with eyes open or closed, whatever feels best to you.

Tune into how your body is breathing in this moment. Bring some awareness to how quick is your breath and maybe the depth of your breath.

Noticing any pauses, maybe at the top of the inhale or at the bottom of the exhale.

Once you have a good sense of how your body is breathing, begin to bring that breath a little bit deeper into the body. Bring that breath down into the belly. It might even be helpful to place a hand on your belly so you can get a sense of where is your breath going.

Breathe in deeply into the nose. Fill the belly like a balloon and slowly exhale out through the mouth. Continue to breathe at your own pace but bring that breath deep into the belly.

Take the exhale. Take one or two more slow deep belly breaths. Then, allow your body to just breathe itself again.

Notice how quick your breath is now. What is the depth of your breath? Notice any shifts that happened in how your body is breathing itself from when you first checked in at the beginning of this practice until now.

If you had your eyes closed, go ahead and gently open your eyes, bring yourself back into the space.

PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

CONTINUED

Feet Seat Breath

Now, let's try a quick practice called "feet seat breath." Find a comfortable position with both feet on the ground. You can keep your eyes open or closed. Start by focusing on the sensation of your feet being supported by the earth or the floor. Feel the support on your heels, the balls of your feet, and each toe. Now, bring your attention to your seat and notice which parts of your body are touching the chair or whatever you're sitting on. Feel the pressure and support. Remember that the chair is also supported by the earth. Finally, bring your awareness to your breath. Notice how your body knows how to breathe without you telling it to. Feel the support as you inhale life force energy into your body and the wisdom as your body releases energy on the exhale. Take a moment to appreciate all three supports in this moment: the floor supporting your feet, the chair supporting your seat, and your body supporting your breath.

Support your seat and your breath. We will end this practice with a grounding breath. Take a big breath in through your nose and breathe out slowly through your mouth. You can close your eyes and then open them again to come back into the room. Thank you and see you in the next video.

Noticing Our Thoughts

This practice is about being aware of our thoughts. We can close our eyes or keep them open, whichever feels comfortable. We want to notice our thoughts without getting caught up in them. It's like watching a cloud pass by in the sky or a leaf floating down a river. We see the thought and then let it go.

And then we notice the next thought and become aware of our mind in this moment. Our thoughts come in quickly, like popcorn popping. Many thoughts come in, so try to pay attention to them. Imagine you are sitting in a theater, watching thoughts go by on a screen.

Then, let go of noticing your thoughts and bring yourself back.

PRACTICE, ROLE PLAY, OR JUST MORE TO CONSIDER

CONTINUED

Body Scan

This exercise helps you become more aware of your body. Get yourself into a comfortable position. If it feels good to have both feet on the floor, go ahead and do that. Start to begin to bring the awareness inward. You're going to scan through the body a couple different times.

1. The first time, as you scan from the head down to the toes, tune into sensations of aliveness in the body. Sensations of aliveness might feel like warmth, tingling, expansion, flowing and movement. Begin to tune in as you scan from your head all the way down to your toes. You may only notice sensations of aliveness in one really small part of the body, or maybe you can sense it and feel it throughout the whole body. It doesn't really matter. Just begin to tune into sort of like a radio frequency, tuning into what do the sensations of aliveness feel like in your body?

2. Now you're going to scan through the body another time from the head down to the feet. This time, tune into and notice sensations of stress in the body. Notice contraction, tightness in muscles, cold sensations of coldness, maybe even discomfort or pain. These sensations can be a little bit more difficult to sit with, but just remind yourself that these sensations are ways that the body talks to us and gives us really important information. Do not try to change or shift anything. You're just listening to the body. Maybe take a slightly deeper inhale, lengthening the exhale a bit as you now bring your awareness to sensations in the body of numbing, numbness, or feeling absent (like there's no sensation of alive or stress - just nothingness). And this too is important information for us that the body is sharing and perhaps places in the body that have been carrying and storing some of this unprocessed trauma energy.

3. Next, see if you can scan the body with an open and curious mind, noticing where is there numbing, parts of the body that are hard for us to tune into. Bring your awareness now up into the breath for a few moments, feeling into that expansion and contraction, of the body as it breathes itself. Then close with a grounding breath - a nice big inhale in through the nose, and a slow exhale out through the mouth. If you had your eyes closed, you can go ahead and open your eyes, bringing yourself back into the space.

RESOURCES

- Thomas Hübl (born in 1971) is an Austrian teacher and author. He is a collective trauma expert, trauma-informed leadership advisor, and a visiting scholar at Harvard University's Wyss Institute. He is also the founder and owner of the Academy of Inner Science
<https://thomashuebl.com>
- Gabor Maté's (born January 6, 1944) is a Canadian-Hungarian physician. His approach to addiction focuses on the trauma his patients have suffered and looks to address this in their recovery. In his book *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Maté discusses the types of trauma suffered by persons with substance use disorders and how this affects their decision making in later life.
<https://drgabormate.com>
- Stephen W. Porges, Ph.D. is Distinguished University Scientist at Indiana University where he is the founding director of the Traumatic Stress Research Consortium. He is Professor of Psychiatry at the University of North Carolina, and Professor Emeritus at both the University of Illinois at Chicago and the University of Maryland.
<https://www.stephenporges.com>
- Bessel van der Kolk, MD, spends his career studying how children and adults adapt to traumatic experiences, and has translated emerging findings from neuroscience and attachment research to develop and study a range of treatments for traumatic stress in children and adults.
<https://www.besselvanderkolk.com>

Christ-centered Corner

Extra encouragement from a Christian perspective

Mindfulness and healing from trauma can be connected to Christian beliefs. Christians can practice mindfulness by thinking about God being with them through praying, reading the Bible, and being aware of the Holy Spirit. Thinking about parts of the Bible, like Psalm 46:10, can help us be calm and remember that God is in charge. Praying and thinking deeply about God's word helps us connect with Him.

Christians believe that God can heal us. Praying for healing and trusting in God's power can help us overcome trauma. The church community can be helpful too, with care and prayer from other believers, pastors, and support groups. Forgiving others and accepting forgiveness from God is important for healing. When we feel scared or weak, we can find strength and courage from the words in the Bible.

To feel better and heal from tough things, there are some easy steps we can take. Taking time each day to pray, read the Bible, and think about what God says can make us more aware of the present moment and give us strength. Writing in a journal every day about things we're thankful for can help us focus on good things and make us feel happier. When we breathe slowly, saying a short prayer or Bible verse in our head can help us feel calm and remind us that God is always with us. Joining in worship activities like singing songs, listening to music, or gathering with other believers can make us feel peaceful and closer to God.

By using our faith, we can feel better and heal from tough times. We'll find comfort and strength in our relationship with God.

Module 4
Section 7

ILLNESS & FIRST AID

Tips to help yourself and others feel better
when sick and to provide care when injured.

IN THIS SECTION YOU WILL:

Discover ways to take care of yourself
when you are feeling sick.

Find out when it's time to seek medical
attention.

Explore how you can help save a life by
learning basic first aid skills.

Learn steps you can take to apply first
aid to yourself or others.

ILLNESS & FIRST AID

What to do when you are sick.

When you get sick, it's important to take care of yourself. This helps you get better faster and stops you from making other people sick. Here are some things you can do to feel better:

First, pay attention to how you feel. If you have a fever, cough, or feel tired, it means you're sick. You should take a break from school or work and rest.

Rest is very important when you're sick. Your body needs time to heal. Try to get 7-9 hours of sleep each night. You can also take short naps during the day if you need to.

Drinking lots of fluids is also important. Water, herbal tea, and clear broth are good choices. This helps keep your body from getting dehydrated, especially if you have a fever or are throwing up.

Eating healthy foods can help you feel better too. Eat light foods like soup, toast, rice, and bananas. These are easy for your body to digest. Eat small meals often to keep your energy up. Avoid heavy, greasy foods because they can make your stomach upset.

If you have a fever or pain, you can take medicine like acetaminophen or ibuprofen. Follow the directions on the



bottle. You can also use cool compresses, take lukewarm baths, and wear light clothing to help you feel better.

If you have a **cough or stuffy nose**, try using a humidifier or taking a hot shower. This will help clear your nose. You can also mix honey and lemon in warm water to soothe your throat.

If you have a **stomach ache** (or gastrointestinal issues), drink lots of clear fluids. You can also try the BRAT diet, which means eating bananas, rice, applesauce, and toast. Avoid dairy and caffeine because they can make your tummy feel worse.

It's important to **stay positive** when you're sick. Try to relax by taking deep breaths, meditating, or doing gentle yoga. You can also do things you enjoy, like reading, watching movies, or listening to music.

Wash your hands often with soap and water, especially after coughing, sneezing, or touching your face. This helps stop germs from spreading. Clean and disinfect surfaces like doorknobs, phones, and countertops. If you have a contagious illness, stay home to keep others from getting sick.



If you don't feel better after a few days or if you feel really bad, **see a doctor**. If you have trouble breathing, chest pain, a very high fever, or feel confused, go to the doctor right away. If you have any health problems, talk to your doctor about how to take care of yourself when you're sick.

Taking care of yourself when you're sick is important. By resting, drinking fluids, eating healthy foods, and managing your symptoms, you can help your body get better faster. Remember to wash your hands and stay home if you're contagious to prevent spreading germs. And always see a doctor if you're worried about your health.

*** Please note: These are tips to help you take care of yourself when you are feeling unwell or when you need to apply first aid. They are not intended as medical advice. Please consult your doctor if you have any concerns about your health.**



First Aid

First aid is a valuable skill that can save lives, prevent further injury, and help in emergency situations. Understanding basic first aid techniques and knowing when to seek professional medical attention are essential for everyone.

First, you need to **make sure it's safe for you to help**. Look around and see if there's anything dangerous. Then, **check if the person is okay**. Talk to them gently and see if they respond.

If someone isn't breathing, you need to do CPR. **CPR** is like giving the heart a big push to start working again. Call for help first, then start pushing on their chest at a rate of 100-120 compressions per minute. You can also give them rescue breaths if trained to do so, following the 30:2 compressions-to-breaths ratio.



If someone is bleeding, you need to stop the bleeding. For small cuts, clean them with water and soap, put on some medicine, and cover them with a bandage. For big cuts, press on the wound with a clean cloth and raise the injured part. If the bleeding doesn't stop, you can use a tourniquet. Seek immediate medical help for severe bleeding or if the wound shows signs of infection (redness, swelling, pus).

If someone is choking, you need to help them get the food or object out of their throat. You can do the Heimlich maneuver by standing behind them and pushing up on their stomach. If they can't breathe, call for help right away.

Heimlich Maneuver:

- Stand behind the person and wrap your arms around their waist.
- Place a fist just above the navel and grasp it with your other hand.
- Perform quick, upward thrusts until the object is expelled.



If someone gets burned, you need to cool the burn with water. For small burns, you can put on some aloe vera or burn cream. For big burns, don't use ice or cold water. Just cover the burn with a

clean cloth. Seek medical help if the burn is bad or covers a large area or on the face, hands, feet, or genitals.



If someone breaks a bone or sprains their ankle, you need to keep the injured part still. Use a splint or sling to hold it in place. You can also put ice on the injury to help with swelling. Seek medical care if you think there are broken bones, severe pain, or if the injured area looks out of place or can't move.

If someone has been poisoned, you need to call poison control or emergency services. Don't make them throw up unless a doctor tells you to.

If someone is too hot or too cold, you need to help them get back to a normal temperature. For heatstroke, move them to a cool place, take off their clothes, and cool them down with water. For hypothermia, move them to a warm place, put warm blankets on them, and give them warm drinks.

Knowing basic first aid can help you feel confident and prepared in an emergency. **Remember, it's always better to be safe than sorry. If you're ever unsure about what to do, call for help!**

NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1

Think about a time you were sick. What did you do to take care of yourself? What worked and what did not work?

2

The text says it's important to stay clean to prevent spreading germs. How do you stay clean and prevent spreading germs? Why is this important?

3

Have you ever had to stay home from work because you were sick? What did you do to make yourself feel better?

4

Think about a time when you or someone you know needed help. What did you do? How could knowing first aid have helped?

5

Why do you think it's important to know how to do basic first aid? How could knowing first aid make you feel more confident?

6

Where can you learn first aid skills such as CPR, the Heimlich Maneuver, etc.?

RESOURCES

- <https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online>

Module 4
Section 8

WHAT'S COOKIN'?

How to stock your kitchen with pantry staples and equipment & then get cooking!

IN THIS SECTION YOU WILL:

Discover ways what pantry staples you need to keep your pantry stocked.

Find out what kitchen equipment is most useful.

Explore how to read and understand recipes (and learn that not all recipes are tried and true).

Learn basic cooking skills to make nutritious and tasty food while saving money.

WHAT'S COOKIN'?

Part One - Stocking Your Kitchen

Let's Start with Your Pantry

Stocking a kitchen pantry is an essential part of setting up your kitchen for success. A well-stocked pantry provides the ingredients and staples you need to prepare a variety of meals, from quick weeknight dinners to more elaborate weekend cooking projects. Below is an outline of the basic categories of items you should have in your pantry and the essential tools you need in your kitchen to cook meals.

1. Dry Goods & Grains

Grains form the foundation of many meals, providing energy and versatility. Some essential dry goods and grains include:

- Pasta (spaghetti, penne, macaroni, etc.)
- Rice (white, brown, jasmine, basmati, or specialty varieties like wild rice)
- Quinoa
- Couscous
- Oats (for oatmeal or baking)
- Flour (all-purpose, whole wheat, or specialty flours like bread or cake flour)
- Cornmeal (for cornbread or breading)
- Lentils & Dried Beans (black beans, chickpeas, kidney beans, split peas, etc.)
- Polenta (a cornmeal-based dish)

2. Canned Goods & Jarred Items

Canned and jarred goods are convenient and have long shelf lives, making them ideal pantry staples. Some essential items include:

- Canned tomatoes (diced, crushed, whole, or tomato paste)
- Canned beans (such as black beans, garbanzo beans, kidney beans, etc.)
- Canned tuna or salmon (for salads, sandwiches, or casseroles)
- Coconut milk (for curries, soups, or smoothies)
- Canned vegetables (corn, green beans, peas, etc.)
- Pickles, olives, and capers (for flavoring and adding to dishes)
- Broth or stock (chicken, beef, vegetable)



3. Baking Ingredients

For baking needs, you'll want a variety of ingredients on hand. Some basics include:

- Baking powder & baking soda
- Sugar (granulated, brown, powdered, etc.)
- Honey or maple syrup
- Yeast (for baking bread)
- Vanilla extract
- Chocolate chips or cocoa powder
- Nuts (walnuts, almonds, pecans, etc.)
- Dried fruits (raisins, cranberries, apricots)



4. Oils, Vinegars & Sauces

Oils and vinegars are key to cooking and adding flavor to dishes. Some essentials include:

- Olive oil (for cooking and dressings)
- Vegetable or canola oil (for frying or high-heat cooking)
- Sesame oil (for Asian-inspired dishes)
- Balsamic vinegar (for salads and marinades)
- White vinegar & apple cider vinegar (for pickling, dressings, and sauces)
- Soy sauce (for stir-fries and marinades)
- Worcestershire sauce (for marinades and sauces)
- Hot sauce (for adding heat)
- Mustard (for dressings or as a condiment)



5. Spices & Seasonings

A well-stocked spice rack is essential for flavoring and seasoning your meals. Key spices and herbs include:

- Salt & pepper (the basic seasonings for almost everything)
- Garlic powder & onion powder
- Cumin
- Chili powder & paprika
- Dried herbs (oregano, basil, thyme, rosemary, parsley)
- Cinnamon & nutmeg
- Red pepper flakes (for heat)
- Bay leaves
- Turmeric, coriander, ginger (for Indian, Middle Eastern, or Southeast Asian dishes)

6. Refrigerated Items

While not technically part of the pantry, certain refrigerated ingredients are vital for everyday cooking:

- Eggs
- Milk (or plant-based alternatives like almond, oat, or soy milk)
- Cheese (cheddar, mozzarella, parmesan, etc.)
- Butter (unsalted and salted)
- Yogurt
- Fresh herbs (parsley, cilantro, basil, etc.)
- Fresh vegetables (onions, garlic, carrots, bell peppers, etc.)

7. Frozen Foods

Frozen foods can be lifesavers when fresh ingredients aren't available, or you need to stretch your meals. Stock up on:

- Frozen vegetables (peas, spinach, corn, mixed vegetables)
- Frozen fruit (berries, mangoes, peaches)
- Frozen meats (chicken breasts, ground beef, fish fillets)
- Frozen pizza dough or puff pastry (for quick meals or appetizers)

8. Snacks & Convenience Items

Having some snack options on hand can make meal planning easier, especially for busy days. These include:

- Crackers & chips
- Granola bars
- Nut butters (peanut butter, almond butter)
- Canned soups or chili
- Instant noodles
- Rice cakes or popcorn

Essential Kitchen Tools

In addition to having a well-stocked pantry, you'll need a few key tools in your kitchen to actually prepare meals. These tools can vary depending on your cooking style, but some of the most important ones include:

1. Cookware

- Pots & pans (a good set of saucepans, a frying pan, and a Dutch oven)
- Baking sheets (for roasting and baking)



- Roasting pan (for meats or vegetables)
- Stockpot (for soups, stews, pasta)
- Non-stick frying pan (for easy cooking and cleaning)
- Cast-iron skillet (for searing, frying, and baking)

2. Cutting Tools

- Chef's knife (a sharp, versatile knife)
- Paring knife (for smaller, more delicate cuts)
- Cutting boards (preferably separate ones for meats and vegetables)
- Kitchen shears (for cutting herbs, poultry, etc.)

3. Utensils & Gadgets

- Wooden spoons or silicone spatulas (for stirring)
- Tongs (for flipping meat or vegetables)
- Ladle & slotted spoon (for serving soups or stews)



- Measuring cups & spoons (for accurate portioning)
- Can opener (for opening canned goods)
- Colander (for draining pasta or washing vegetables)
- Grater (for cheese, vegetables, etc.)
- Whisk (for beating eggs, making dressings, or mixing batter)

4. Storage Containers

- Glass jars or plastic containers (for storing pantry items, leftovers, or meal prep)
- Ziplock bags (for storing frozen items or portioning meals)

5. Small Appliances

- Blender (for smoothies, sauces, and soups)
- Food processor (for chopping, slicing, or grating)
- Stand mixer or hand mixer (for baking or mixing dough)
- Coffee grinder (if you drink freshly ground coffee or want to grind spices)
- Toaster or toaster oven

With the right ingredients in your pantry and essential kitchen tools at your disposal, you can easily prepare a wide range of meals from scratch. The key is to stock up on versatile staples that you can use in a variety of ways and ensure that you have the necessary tools to prep, cook, and store your food effectively. Happy cooking!

Part Two- Basic Cooking Skills

Basic Cooking Skills

Learning essential cooking skills can make meal preparation easier, faster, and more enjoyable. These fundamental techniques form the foundation for almost every dish you'll prepare, from simple home-cooked meals to more complex gourmet recipes.

1. Knife Skills

- Chopping: A fundamental skill for many dishes, chopping involves cutting vegetables, fruits, or herbs into uniform pieces. Practice using a sharp knife and cutting with a "claw" grip to ensure safety.

- Dicing: To dice, cut food into small, square pieces. This is typically used for vegetables like onions or tomatoes.
- Mincing: Finely chopping herbs, garlic, or other ingredients into very small pieces. This is often done with a rocking motion.
- Slicing: Cutting food into thin, even slices, often done with ingredients like onions, cucumbers, or meats.

Tip: Always use a sharp knife! It's safer than using a dull knife and provides better precision when cutting.



2. Boiling and Simmering

- **Boiling:** Bringing a liquid (usually water or broth) to a full, rolling boil where large bubbles form. Used for pasta, rice, or blanching vegetables.
- **Simmering:** Cooking food gently at a slightly lower temperature, with small bubbles rising to the surface. This is used for soups, sauces, and stews.

Tip: Never leave boiling water unattended, and make sure to adjust the heat to maintain a simmer when necessary.

3. Sautéing

Sautéing is a quick cooking method that uses a small amount of oil or butter in a pan over medium-high heat. It's commonly used for vegetables, meats, or fish. The key is to stir constantly to avoid burning.

Tip: Don't overcrowd the pan; if you're cooking large amounts, sauté in batches.

4. Roasting and Baking

- **Roasting:** Cooking food (like vegetables, meats, or poultry) in the oven at high heat, which helps to caramelize and develop flavor.
- **Baking:** Similar to roasting but generally used for baked goods like bread, cakes, and pastries. It requires a consistent temperature.

Tip: Preheat your oven before placing food inside to ensure even cooking.

5. Grilling

- **Grilling** involves cooking food over direct heat, often on an outdoor grill. It imparts a smoky flavor and crispy texture. Common for meats, vegetables, and even fruits.

Tip: Preheat your grill and oil the grates to prevent food from sticking.



6. Steaming

- **Steaming** is a healthy cooking method that involves cooking food with steam from boiling water. It's often used for vegetables, fish, or dumplings. Steaming helps retain

nutrients that can be lost during other cooking methods.

Tip: Don't overcrowd the steamer basket to allow steam to circulate freely.

7. Seasoning

- Understanding how to season food with salt, pepper, herbs, and spices is essential to bringing out the best flavors in your dishes. Taste as you go to adjust the seasonings, and experiment with different combinations to suit your taste.

Tip: Salt enhances the natural flavors of food, so it's best to season gradually.

8. Making Sauces

- Sauces elevate any dish and are often built on basic techniques like sautéing, reducing, or emulsifying. Common sauces include gravies, vinaigrettes, and cream-based sauces. Learning how to make a simple pan sauce with the leftover bits in the pan after cooking meat is a great foundational skill.

Tip: Stir constantly when making sauces to prevent them from burning or separating.

9. Understanding Cooking Temperatures

- Meat: Different meats should be cooked to specific internal temperatures to ensure food safety. Use a meat thermometer to check for doneness.

- Fish: Fish is usually done when it flakes easily with a fork.
- Eggs: Eggs should be cooked thoroughly to avoid the risk of foodborne illness.

Tip: Invest in a good kitchen thermometer—it takes the guesswork out of cooking!

10. Basic Baking Techniques

- Measuring: Accurate measurements are critical in baking. Always use the correct measuring cups and spoons, and level off dry ingredients for precision.
- Mixing: Overmixing or undermixing can affect the texture of baked goods, so follow recipe instructions carefully.

Tip: Always read through the recipe before starting and prepare all ingredients in advance.

11. Plating and Presentation

- While this isn't strictly a cooking skill, presenting food attractively can make a big difference in how a meal is enjoyed. Learn simple techniques like garnishing with fresh herbs, using contrasting colors, and arranging food in an appealing way.

By mastering these basic cooking skills, you can build confidence in the kitchen and take on more complex dishes with ease. The key is to practice, be patient, and enjoy the process of creating

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1

The text mentions that a well-stocked pantry can help you make quick weeknight dinners. What are some quick meals you like to eat during the week? How could having a well-stocked pantry make these meals easier to prepare?

2

Think about the food you eat at home. Which of the pantry items listed in the text are in your kitchen? How do these items help your family prepare meals?

3

Think about a dish you like to eat. What cooking skills are used to make that dish? How do those skills help make the dish taste good?

4

. The text talks about different ways to cook food, like boiling, grilling, and baking. Which of these ways do you like to cook food? Why?

5

The text mentions that understanding cooking temperatures is important for food safety. What are some foods that you think are especially important to cook to the right temperature? Why?

RESOURCES

- Cooking with Confidence: Inspirations for Good Food at Home by Eunice Naomi Wiebolt. ISBN: 0971889406, ISBN13: 9780971889408, January 2003, Romarin Pub. Co.
- Cooking With More Confidence by Eunice Naomi Wiebolt, ISBN: 0971889422, ISBN13: 9780971889422 (January 2017), Romarin Publishing Co.
- A Beginner's Guide to Stocking the Pantry by Cynthia Caron (Author)
-Kindle Edition - ASIN: B0993RGC1L - Publication date: July 9, 2021
-Hardcover : ASIN : B09918X25K - Publisher: Independently published (July 8, 2021) - ISBN-13: 979-8533943307
- The Handy-Dandy Printable List to Stock Up Any Pantry
The fridge and freezer are included, too.
<https://www.thepioneerwoman.com/food-cooking/a10476/stocking-up-the-printable-list/>
- Attainable Sustainable Pantry: A Back-To-Basics Guide to Stocking Your Kitchen by Kris Bordessa
ISBN: 1426223331 - ISBN13: 9781426223334
Release Date: March 2025
Publisher: National Geographic Society

MODULE PRESENTERS & CONTENT PROVIDERS



Deb Berg has been a housekeeper for over 40 years. Deb says she believes in the work My Neighbor to Love Coalition is doing for our community - helping individuals and families have a place to call home.



Denise Hallan, R.N. has experience working on a hospital Medical/Surgical floor, in Public Health, Home Care/Hospice, as a nurse for a factory that employed disabled individuals and provided immunizations for children.



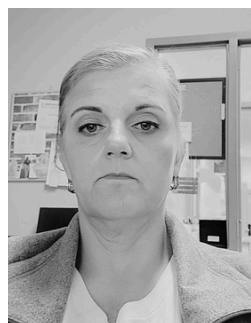
Katie Thalberg, M. Ed, BSDH, LDH, LDA, CDA is a Dental Assisting Program Director /Instructor at Central Lakes College. Katie has an extensive background in dental care and instruction throughout Minnesota and Wisconsin.



Karen Middendorf, LDA, CDA, BES is a Full-Time Dental Assistant Instructor at Central Lakes College. She is an encourager and teaches her students and the community about the importance of good oral hygiene.



Jamie Withrow is a registered dietitian with 12 years of experience in the areas of health coaching, public speaking, and improving clinical outcomes for her clients. She is passionate about helping people.



Kristi Bowman is a Housing Specialist with LSS Hope Housing. She assists in housing searches and works with property managers and tenants to secure housing. She sees the everyday struggles people go through with finding and keeping housing and hopes by educating people, she can make this process easier.



Susan Beaulieu, Ph.D., Ed.D. is a Healing Justice Director at NDN Collective. She promotes Indigenous healing and well-being. Susan also has worked with individuals, groups and communities to understand the impact of trauma.



Eunice Wiebolt was raised in a large Minnesota farm family. Cooking has been one of her many lifelong passions. She has written two national award- winning cookbooks and has taught cooking classes across the U.S.A.

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