

# Values: For Success In Jobs

## ‘3 X H’ For Success!

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

# Hopeful: for Life's Journey



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



# Stay Positive: to be Hopeful

- ✦ The Desert Willow Can Thrive In the Desert !
- ✦ Positive Thoughts Will Generate Positive Actions





# Thriving During Hard Times



**Resilience**

# Happiness And Resilience

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

Have You Ever Wondered How?

Beautiful Flowers Can Still Grow In The Desert?



# Learning is Empowering

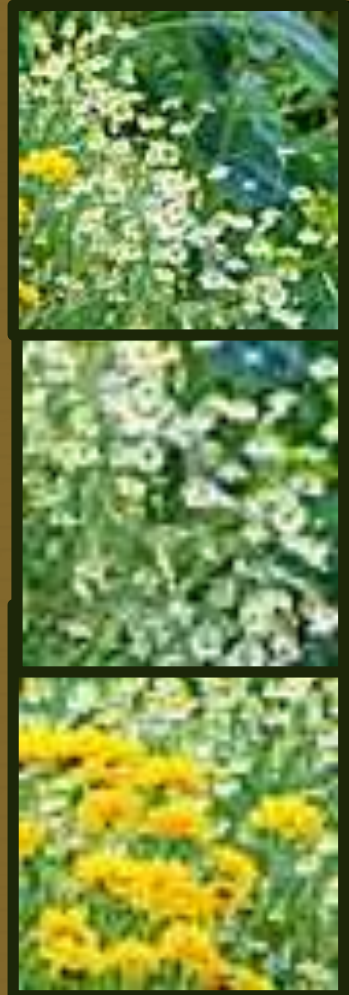


**Be The  
Best Version  
Of You!**

**It is Yourself That You Owe the Most in Life**

# Remember Your Purpose

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



**Pay Attention to Details**

**Ask about SCSEP Requirements**





**Topic For The Week**

# **IPDC SCSEP Join the Class**



**Developing Coping Skills**

# Weekly Peer Support

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



How I Relax

Sharing



# Maria Chooses 3 Challenges

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

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

## 3 Months Action Plan

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Month 1

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Month 2

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Month 3



Join Our Online or Phone Classroom  
During COVID-19





# Take Small Steps Everyday

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



**Stay Motivated !**

