



## SEFAC Final Event



**ISRAA**

Istituto per Servizi di Ricovero  
e Assistenza agli Anziani

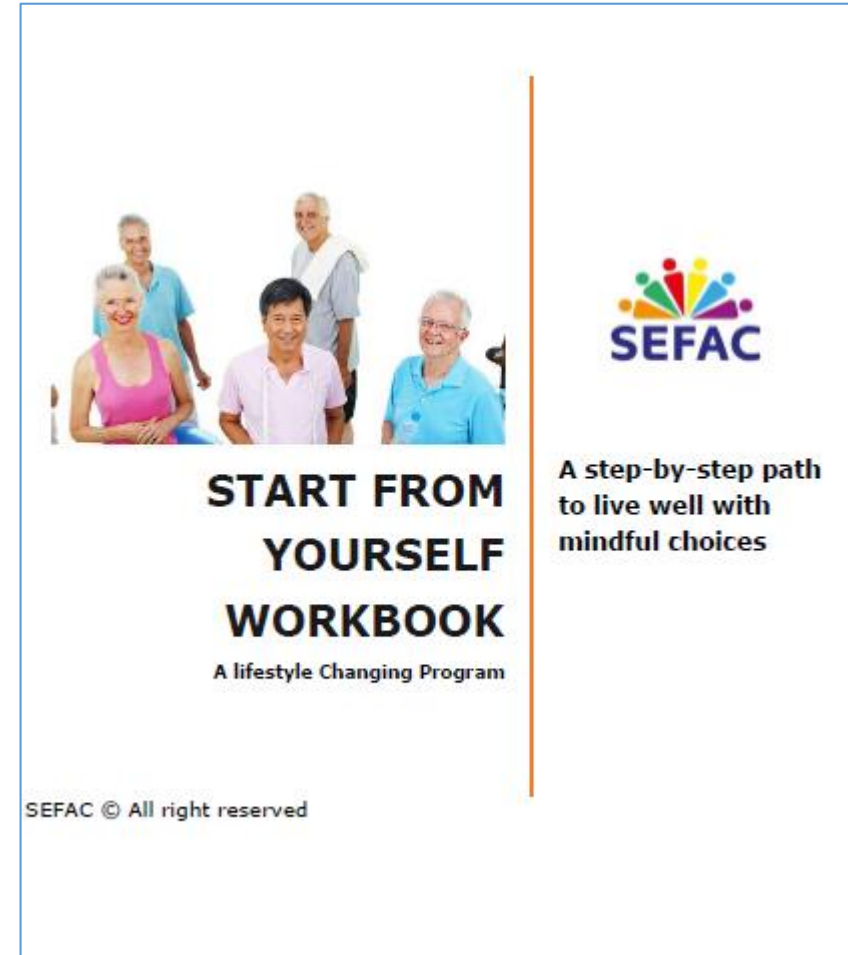
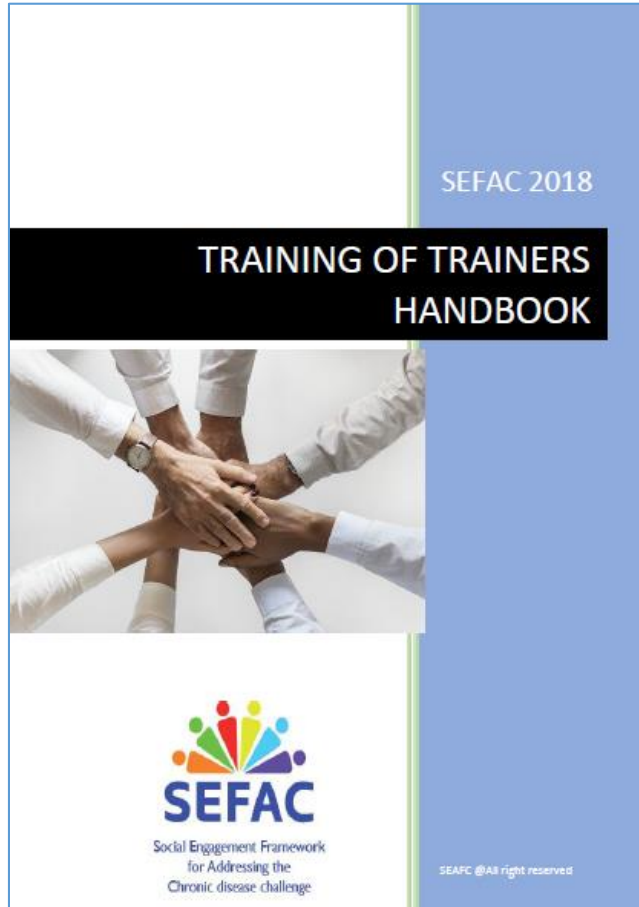


European  
Commission



**Treviso, 16 April 2021**

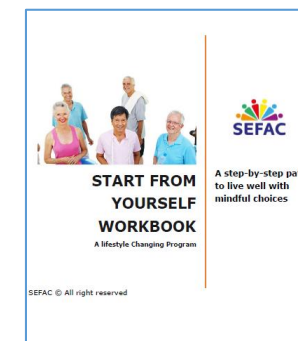
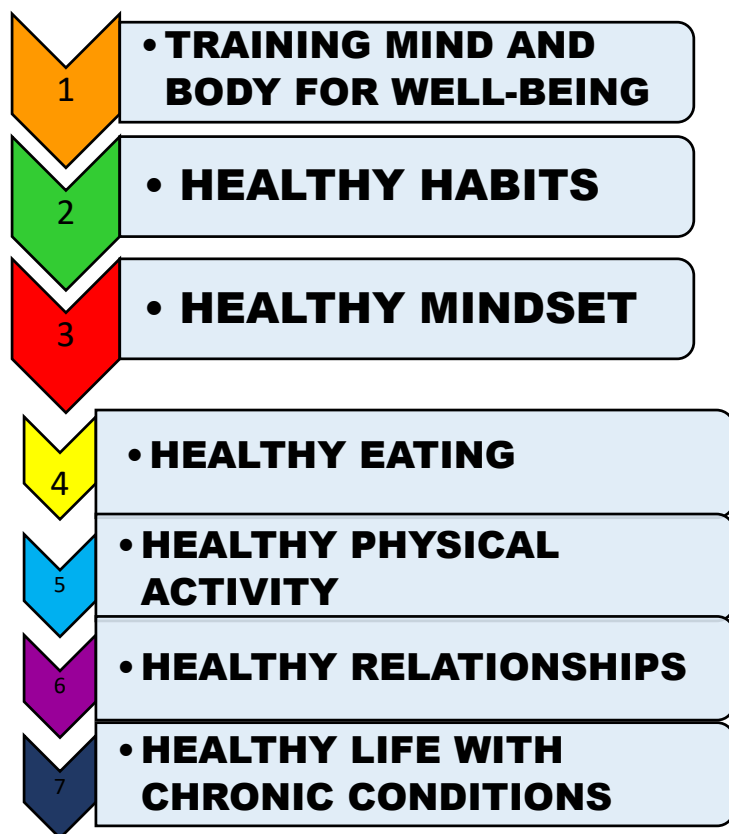
# Self-management “*Start from Yourself*” Programme



# Train the trainer (Rotterdam, 2018)

- Provide general **guidelines** on how to **implement and deliver** SEFAC Citizens START FROM YOURSELF PROGRAM for changing lifestyle (ISRAA) and SEFAC Volunteers Training (AGE UK Cornwall)
- Understand the key principles of the SEFAC Integrative Health Model
- Develop an understanding of the roles & responsibilities of being a trainer for SEFAC workshops
- Learn and recognize principles of adult learning
- Use facilitation skills to deliver an effective training

# Start from yourself



# Start from yourself: aims

- ✓ Make mindful choices to live well
- ✓ Improve well-being developing the **life skills** and the **building blocks of a good life**.
- ✓ Show how to reduce the modifiable health risk factors and improve the health protective factors to enhance well-being and resilience.
- ✓ Shift old mental patterns changing habits and lifestyle to live well
- ✓ Achieve a **self-care and self-management toolbox** to face the difficulties and to know what is needed to thrive.
- ✓ Carry out normal activities
- ✓ Manage emotional change



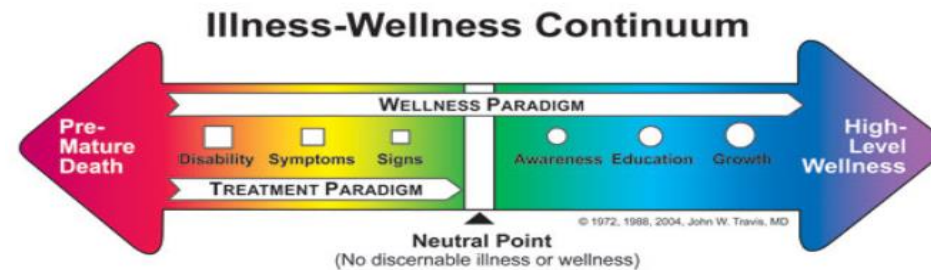
# The integrative model of health





# Salutogenic approach

- **Antonovsky** first introduced the salutogenic term. His idea was to **focus on people's resources and capacity to create health** rather than the classic focus on risks, ill health, and disease.
- Antonovsky focused on what makes certain people resilient as they face the stressors of daily life.
- Health is a continuum, not a dichotomy, between well-being, coping and stress.



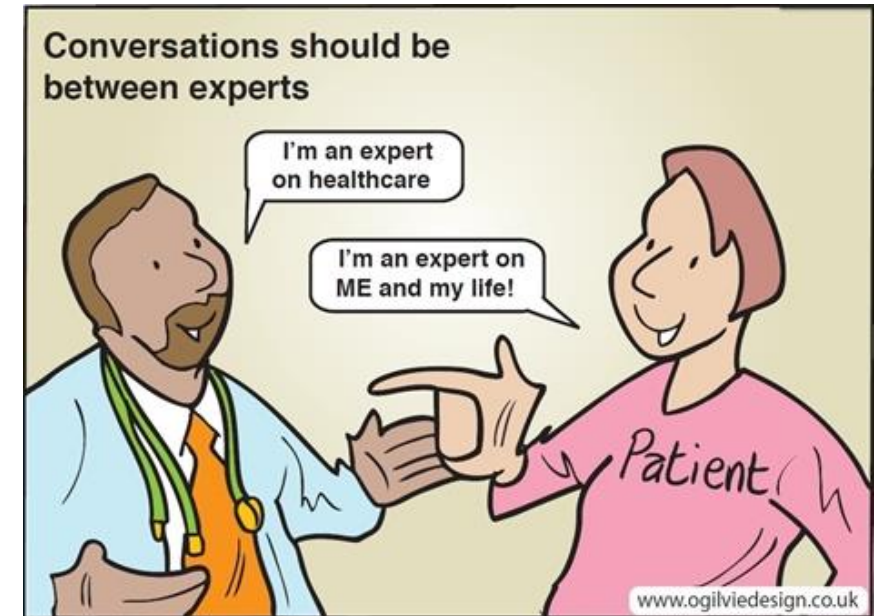
# Person centered care

- PCC means that people's values and preferences guide all aspects of health care and support realistic health and life goals.
- Benefits:
  - ☐ More confidence for better day-to-day management of health
  - ☐ More self-efficacy (people's motivation and confidence in their own ability)
  - ☐ Able to make and sustain healthy lifestyle changes
  - ☐ Engagement in more 'healthy' behaviours, or general behaviour change
  - ☐ Higher satisfaction with care experience
  - ☐ Better adherence to treatment plans and correct medicine use



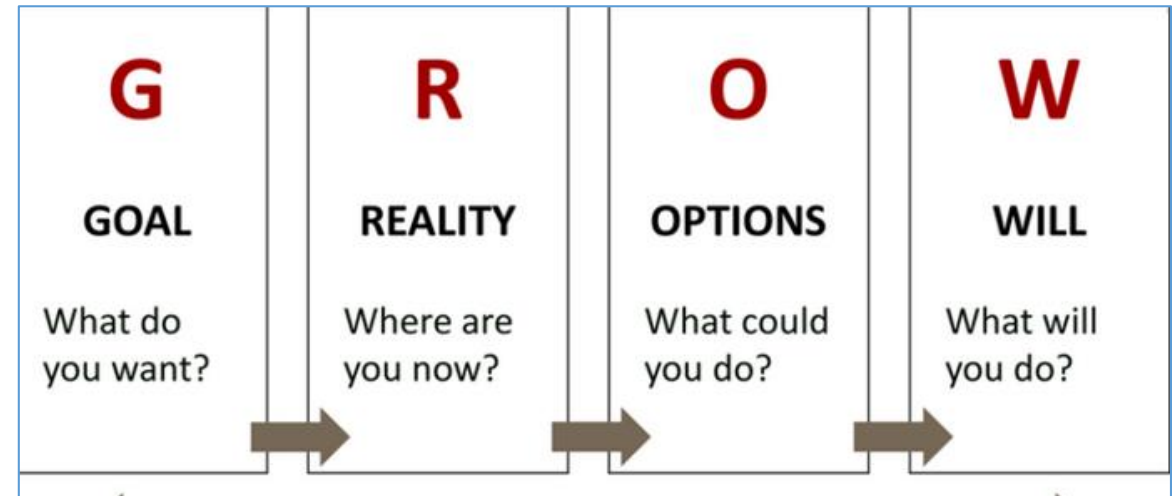
# Coaching

- **COACHING** is **partnering** with clients in a thought-provoking and **creative process** that inspires them to maximize their personal and professional potential.
- **HEALTH COACHING** is a patient-centred process based on behaviour change theory, which entails patients setting self-determined goals.



# Coaching

The **GROW model** is a set of coaching questions to help people achieve their goals, by asking a set of questions to move their thinking into a positive direction.



# Positive psychology

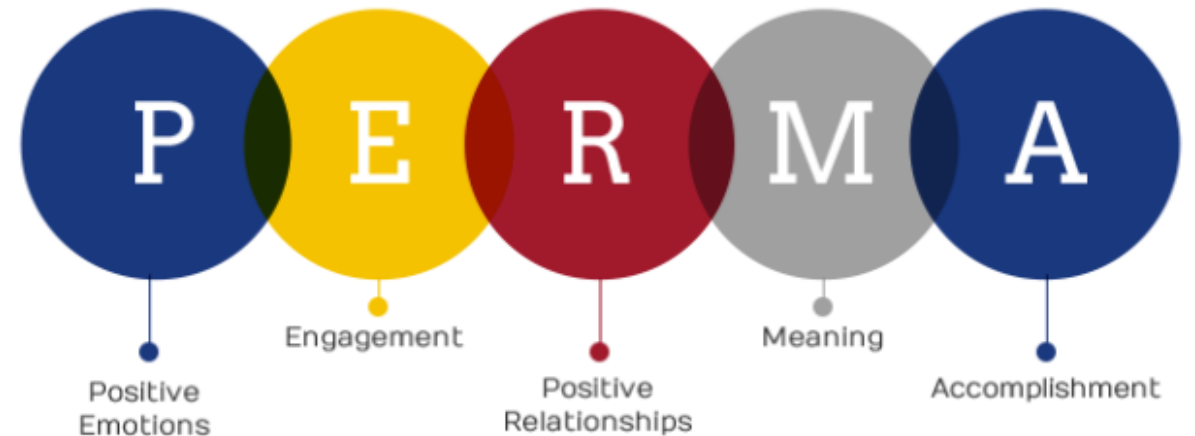
**Positive psychology** is «the scientific study of positive experiences and positive individual traits, and the institutions that facilitate their development» (Duckworth, Stess, Seligman 2005)



Martin Seligman,  
the founder of Positive Psychology

# Positive psychology: a new theory of wellbeing

The PERMA model was designed by Martin Seligman with five core element of psychological well-being and happiness. Seligman believes that **these five elements can help people reach a life of fulfillment, happiness, and meaning.**



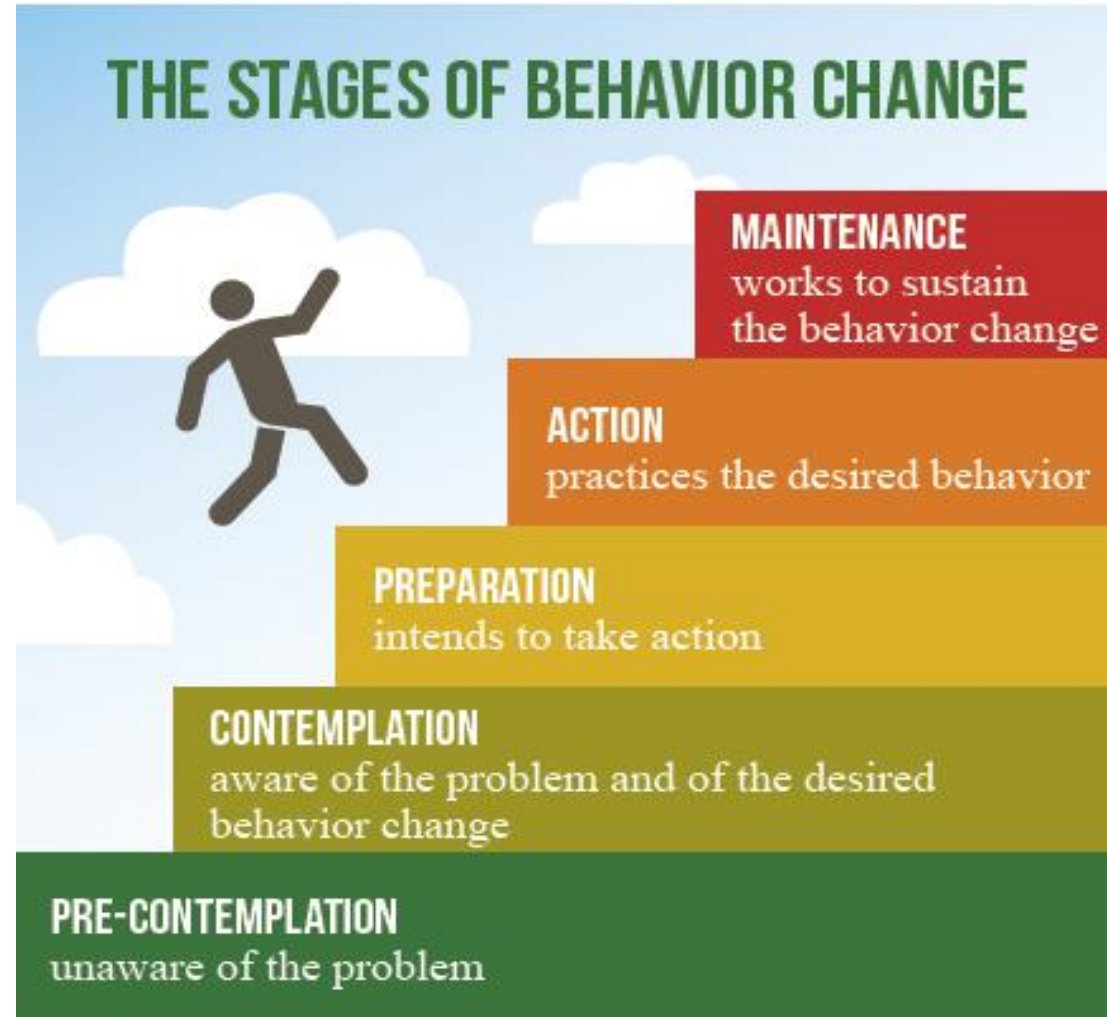
# PERMA model



From Martin Seligman's *Flourish*, 2011



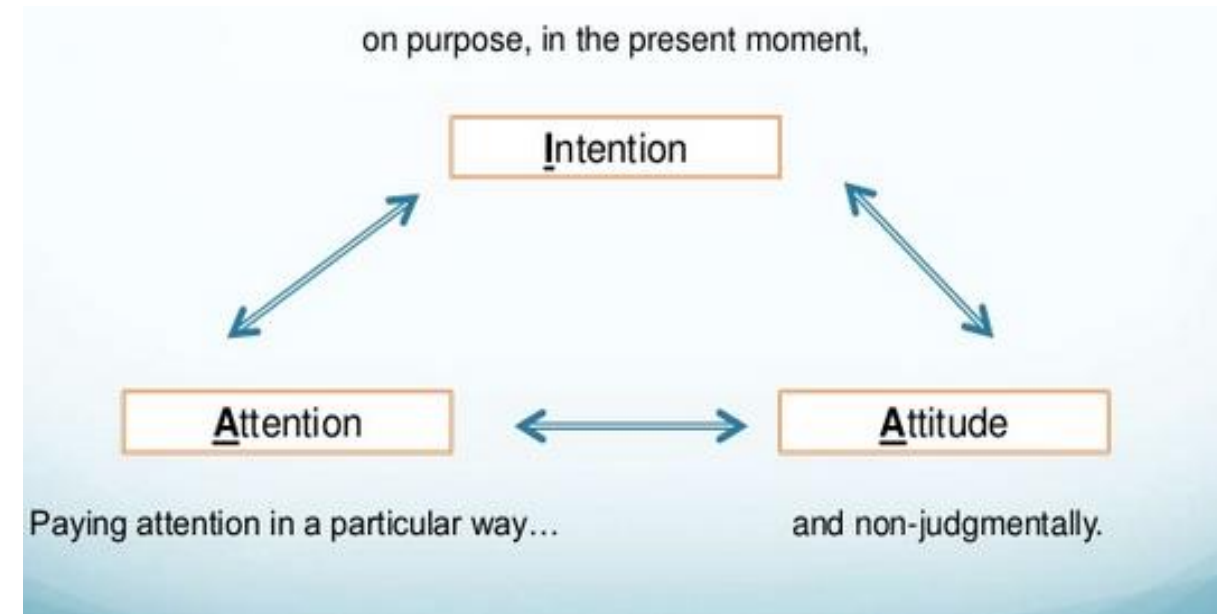
# Behavior change theory



# Mindfulness

Mindfulness means:

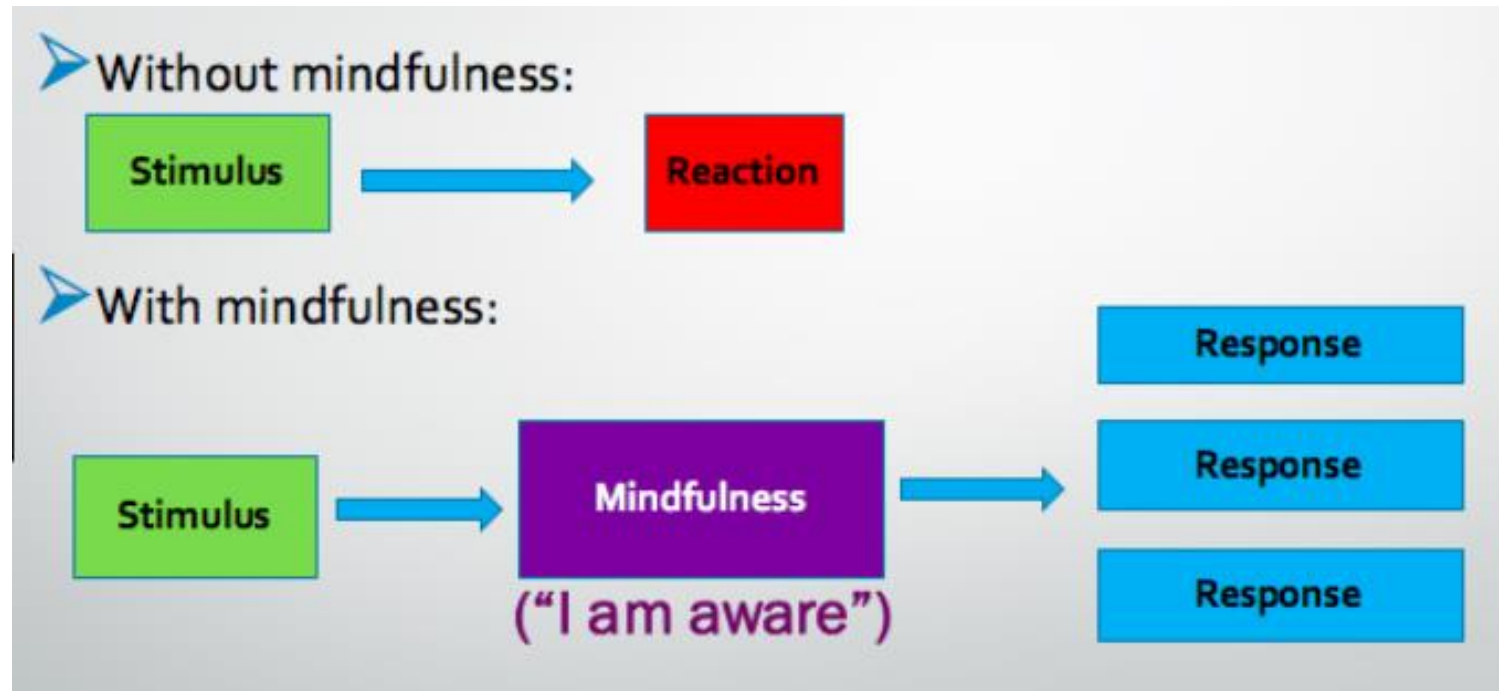
- **Paying attention** to our thoughts, emotions, and feelings **in the body** as they are happening and adopting an **attitude** of curiosity and compassion
- Focusing attention on the present moment in a **non-judgmental** and accepting way avoiding rumination and worries





# Mindfulness

Between stimulus and response **there is a space**. In that space is our **power to choose our response**. In our response lies our growth and our freedom (Viktor Frankl)

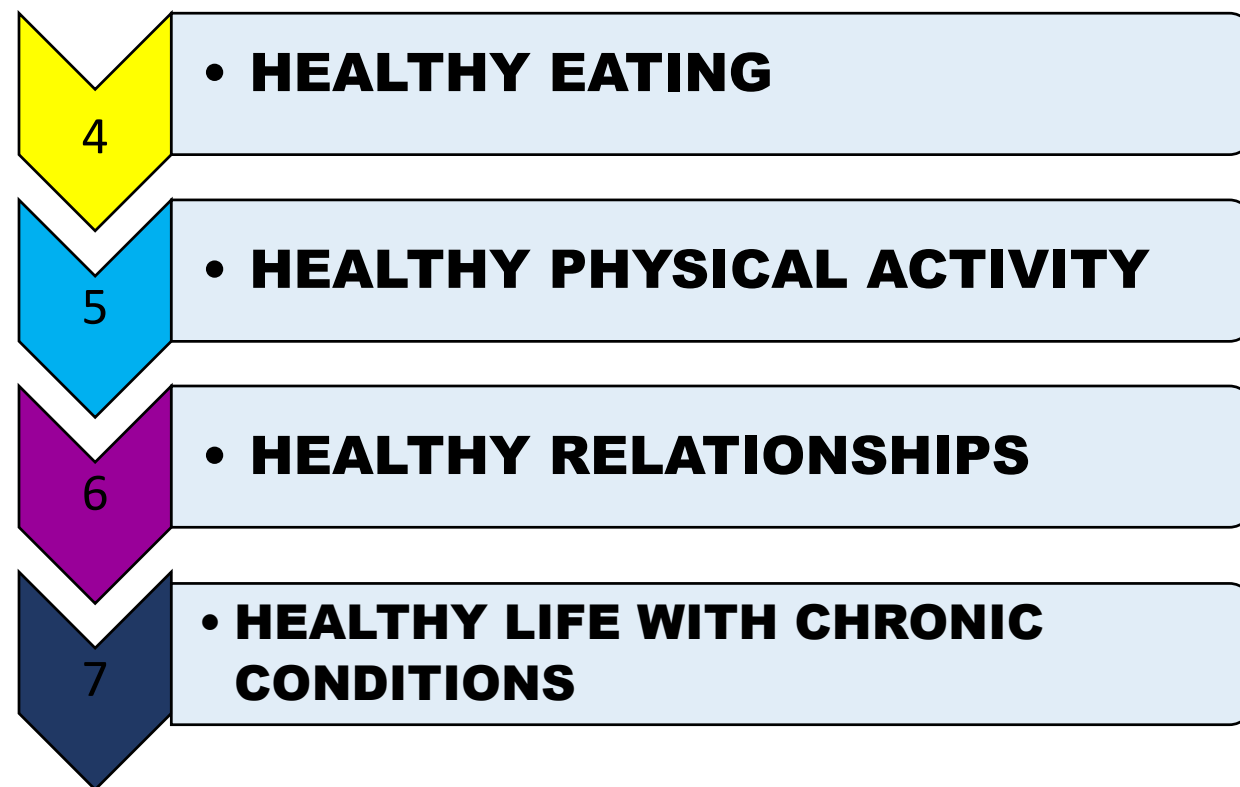
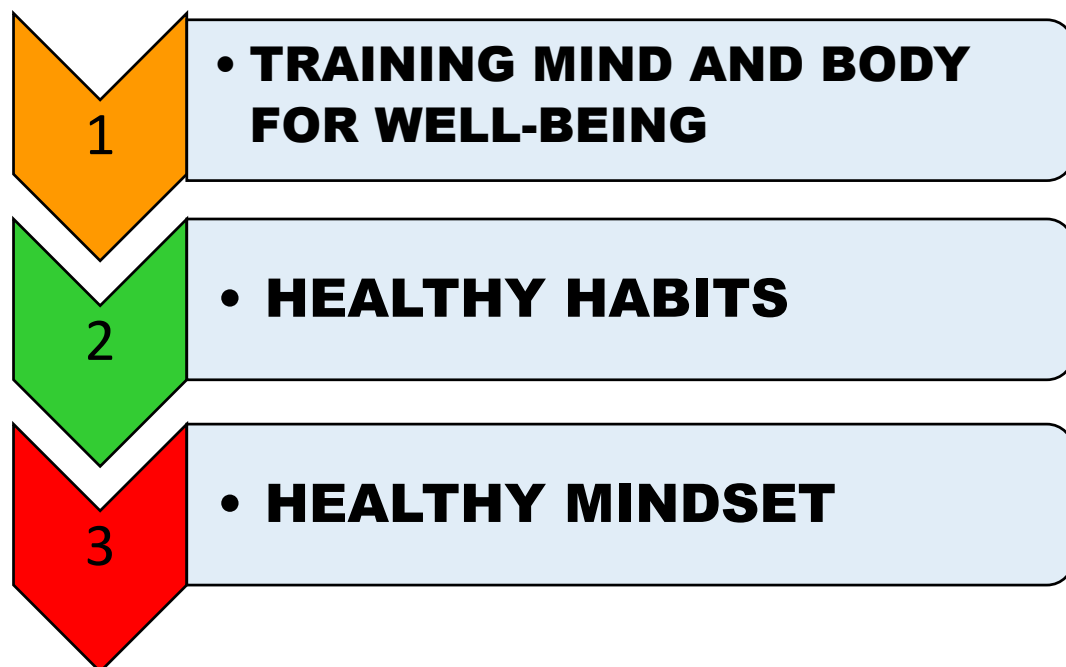


# Mindfulness







- The change that makes the biggest difference is a change in our attitude.
- A positive shift in attitude can produce an exponential shift in all three factors, changing the odds in your favor.



# All the theories in one workbook



# Start from yourself: unit structure

	<b>TIMING</b>
	<b>THEME</b>
	<b>COACHING ACTIVITY</b>
	<b>MINDFULNESS PRACTICE</b>
	<b>TIP</b>
	<b>HOME ASSIGNMENTS</b>

# Start from yourself: 7 workshops structure

	1	2	3	4	5	6	7
	TRAINING MIND AND BODY	HEALTHY HABITS	HEALTHY MINDSET	HEALTHY EATING	HEALTHY PHYSICAL ACTIVITY	HEALTHY RELATION- SHIPS	HEALTHY LIFE WITH CHRONIC CONDITION
HEALTH THEME	MINDFUL ATTENTION	HABIT	ATTITUDE	NUTRITION	MOVEMENT	RELATION-SHIP	CHRONIC CONDITION
COACHING ACTIVITY	AM I ON AUTOPILOT?	READINESS TO CHANGE	SELF- COMPASSION TEST	PERCEIVED STRESS SCALE EXPAND YOUR MIND	SETTING SMART GOAL	EMOTIONAL SELF- REGULATION	MY LEVEL OF RESILIENCE MY PROTECTIVE FACTORS
MINDFULNESS PRACTICE	RECOGNIZE THE UNSETTLED MIND  THREE MINUTES BREATHING SPACE	BODY SCAN	SELF- COMPASSION BREAK	MINDFUL EATING	MINDFUL MOVEMENT/WA L KING	LOVING KINDNESS	SELF- COMPASSION BREAK

# Start from yourself: benefits from mindfulness in SEFAC project

- **Stop the autopilot** and stay in the present moment with the emotions and the feelings.
- **Letting go every form of rumination and anxiety**, to change the lifestyle easier
- Ex: Practicing mindfulness in **nutrition**, for example, means **paying attention** not only to the taste of what we are eating, but also **to the colors, the origin of food, the consistency**, and in this way, a colored salad, crunchy, with different types of healthy food, becomes more attractive and easier to eat, while appreciating all these aspects





# Conclusions

- Working with awareness motivated participants to implement healthier behaviours and they themselves highlighted these small changes
- Fighting the common thinking that healthier attitudes mean ONLY following a diet or exercising more. With SEFAC the aim was to show that habits and beliefs influence daily living. So, having better organized goals and achieving them allows people to break down beliefs they create.
- Considering the Programme as a starting point to change behavior and self-management of health







Thank you for your attention