

## Group Leader Guideline

### Night 7

**Notes to Leaders:** By week seven, if the group is on schedule, everyone will have read through all the ten NO PRESSURE components in the book. The 30-day journey will have finished two days after the conclusion of the previous session. Furthermore, by this time, each attendee will have been putting into practice behavioral goals relating to those components for up to four weeks.

1. Welcome everyone and ask if anyone has had any positive changes that they would be willing share.
2. How many read chapters 14-15 in the book? Encourage staying up.
3. Highlight Figure 14.1 and 14.3 and ask if there are any questions regarding them.
4. Watch video "Changing Bad Habits for Good -Part 2"
5. What was most memorable from tonight's presentation?
6. How did everyone do on incorporating his or her commitments into the new lifestyle?
7. Ask if anyone needs help with correct answers on handout.
8. Give participants the opportunity to share their goals and their progress.
9. Remind individuals of the privilege of supporting one another when it comes to their behavioral objectives. For example, if several people set a goal to walk each morning, two or more who live in close proximity could walk together.
10. NO READING ASSIGNMENT!
11. Announce graduation banquet next week that participants can bring family members to. Offer a sign-up sheet.
  - We recommend hosting a graduation meal as a celebration for the participants.
  - This can be arranged to your liking.
  - This could be rolled into this meeting or could be done at a separate meeting. If you are conducting the series in a place of worship, we recommend having the graduation the following weekend in connection with services at your place of worship. This serves multiple purposes including helping you own faith community members get more serious about the program themselves. Many may not have attended the 30-day journey; hearing testimonies of other community members will motivate them to participate in a future session.

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12. Remind participants to sign up for the follow-up series.

- We recommend you consider some type of on-going support group; if you are offering a weekly spiritual support group like Healing Insights from the Gospel of Mark, this is great. If you prefer to follow up with another quality program that reinforces the principles in this series, that is another great option. Programs mentioned in 30 Days to Natural Blood Pressure Control include CHIP, Depression Recovery and Creation Health.
- If you plan another weekly program like Depression Recovery or Creation Health, consider giving the participants at least a week off. However, waiting much longer than this may actually decrease enrollment.
- We also recommend you consider a monthly "alumni" meeting. Do this even if you are planning another weekly program. The reason for this is that not everyone will enroll in subsequent programs. You want to maintain supportive relationships with these individuals.

13. Don't forget the BPs and next week bring a copy of your recordings from the book.

14. Offer closing comments.