

Group Leader Guideline

Night Two

Note to Leaders: It is ideal (but not necessary) if you provide blood pressure checks prior to the start of the session; offer attendees the opportunity to keep track of their blood pressures for them.

1. Greet participants particularly new guests.
2. Inquire who is keeping up with the reading assignments.
3. Ask participants what in their reading this past week stood out as most significant to them?
4. Feel free to highlight any aspects of the reading you found interesting. Ask attendees to do the same. Below are some suggested talking points from the readings.
 - Highlight Figure 1.2, 1.4 and 1.5 and ask if any questions. Share thoughts on Chap.1 in group
 - Highlight Figure 2.3 and 2.6 and ask if any questions. Share thoughts on Chap.2 in group.
 - Highlight Figure 3.4 and ask if any questions. Share thoughts on Chap.3 in group.
 - Highlight Figure 4.2, 4.3 and 4.4 and ask if any questions. Share thoughts on Chap.4 in group.
5. Show the first 30-minute presentation found on the DVD "Changing Bad Habits for Good."
6. After the video, ask participants what was most memorable from tonight's presentation?
7. Focus on the positive aspects of developing new habits.
8. Ask if anyone needs help with correct answers on handout.
9. Give attendees the weekly reading assignment: Chapter 5 of the 30 Days to Natural Blood Pressure Control book. This should be completed by the start of next week's meeting. However, don't dissuade anyone from returning if they haven't read the assignment.
10. Encourage participants to fill out the material at the end of chapter 5—tell them you will challenge them to begin putting those goals into practice when the formal 30-day plan kicks off at next weeks' meeting.
11. Let participants know they will be given an opportunity to share their behavioral goals at the conclusions of next week's meeting.
12. Remind them to continue checking their blood pressures at home on a daily basis. They should now begin recording those measurements in their book's Appendix A, under "Week 0."
13. Ask if any final questions.