

TTTCP Volunteer Guide Outline & References by Category with Reading Scores

Resiliency: 6-Step Plan Resources

Sleep

1. Sleep Hygiene Strategies & Tips (Flesch: 75.0; Flesch-Kincaid: 5.5; SMOG: 6.2)
2. Calm Breathing (Flesch: 62.0; Flesch-Kincaid: 7.0; SMOG: 7.9)
3. Progressive Muscle Relaxation (Flesch: 66.8; Flesch-Kincaid: 7.4; SMOG: 7.4)
4. Sleep Diary (Worksheet) (Flesch: 85.1; Flesch-Kincaid: 5.7; SMOG: 6.0)
5. Strategies for Sleep (Checklist) (Flesch: 84.3; Flesch-Kincaid: 3.6; SMOG: 5.1)

References:

- Anxiety Canada. (2017-2018). Retrieved March 16, 2019 from <https://anxietycanada.com>
- EatMoveLive. (n.d.). Sleep Hygiene Checklist - Small. Retrieved March 17, 2019, from <http://eatmovelive52.com/the-sleep-hygiene-checklist/sleep-hygiene-checklist-small-3/>
- Insel, P. & Roth, W. (2012). *Wellness Worksheets*. Retrieved March 7, 2019 from <https://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf>
- National Sleep Foundation. (2019). Sleeping Tips & Tricks. Retrieved March 17, 2019, from <https://www.sleepfoundation.org/articles/healthy-sleep-tips>

Nutrition

1. Start Simple – Healthy Eating Fact Sheet (Flesch: 80.2; Flesch-Kincaid: 4.6; SMOG: 5.1)
2. Tip Library (Flesch: 85.8; Flesch-Kincaid: 3.0; SMOG: 4.1)
3. Reach Your Nutrition Goals (Flesch: 84.4; Flesch-Kincaid: 4.2; SMOG: 4.7)
4. Meal Planning Made Easy (Flesch: 88.7; Flesch-Kincaid: 3.0; SMOG: 4.3)
5. How Food Fits – Vegetables (Flesch: 68.1; Flesch-Kincaid: 5.7; SMOG: 6.8)
6. How Food Fits – Fruits (Flesch: 67.3; Flesch-Kincaid: 6.2; SMOG: 6.9)
7. Enjoying Local Food (Flesch: 85.5; Flesch-Kincaid: 3.3; SMOG: 4.7)
8. Food Safety (Flesch: 73.9; Flesch-Kincaid: 6.0; SMOG: 6.4)
(English & Español)
9. Meeting Goals on a Budget (Flesch: 77.9; Flesch-Kincaid: 5.1; SMOG: 6.0)
10. My Plan
-Food Log (Too little text; can't be scored)
-Food Group Examples (Too little text; can't be scored)
11. Daily Food Diary (Too little text; can't be scored)
12. La Cocina Cookbook (Flesch: 66.8; Flesch-Kincaid: 7.1; SMOG: 7.0)
(English & Español) (English)

References:

- CDC. (2019, February 18). Physical Activity. Retrieved March 17, 2019, from https://www.cdc.gov/physicalactivity/basics/index.htm?CDC_AA_refVal=https://www.cdc.gov/cancer/dpc/c/prevention/policies_practices/physical_activity/guidelines.htm
- Center for Food Safety and Applied Nutrition. (2018). Resources for You. Retrieved March 17, 2019, from <https://www.fda.gov/Food/ResourcesForYou>
- Centre for Clinical Interventions. (2018). Resources. Retrieved March 17, 2019, from <https://www.cci.health.wa.gov.au/Resources/Overview>
- Nourish Interactive. (2019). Printable - Write In Daily Activity Tracking sheet - Move It Minutes. Retrieved March 17, 2019, from <http://www.nourishinteractive.com/nutrition-education-printables/241-children-family-healthy-goals-color-writing-activity-trackers>
- Nutrition.gov. (2018). Printable Materials and Handouts. Retrieved March 17, 2019, from <https://www.nutrition.gov/subject/smart-nutrition-101/printable-materials-and-handouts>
- USDA. (2018, September 05). Dietary Guidelines. Retrieved March 17, 2019, from <https://www.choosemyplate.gov/dietary-guidelines>

Exercise

- | | |
|---|---|
| 1. Physical Activity is Important | (Flesch: 50.2; Flesch-Kincaid: 9.2; SMOG: 9.1)* |
| 2. How to Start Exercising & Stick To It | (Flesch: 64.9; Flesch-Kincaid: 8.0; SMOG: 8.2) |
| 3. Geriatric Fact Sheet – Physical Activity English & Español | (Flesch: 70.0; Flesch-Kincaid: 5.1; SMOG: 5.6) |
| 4. Adult Fact Sheet – Physical Activity English & Español | (Flesch: 68.0; Flesch-Kincaid: 5.9; SMOG: 6.9) |
| 5. Exercise Tracking Sheet English & Español | (Too little text; can't be scored) |

Other:

- A. *Volunteer Resource: Physical Activity Guidelines* (2nd edition)

References:

- Department of Health & Human Services. (2012, July 09). Physical activity - it's important. Retrieved March 17, 2019, from <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>
- Mayo Clinic. (2018, December 14). 5 steps to start a fitness program. Retrieved March 17, 2019, from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>
- Office of Disease Prevention and Health Promotion. (n.d.). Move Your Way... Retrieved March 17, 2019, from <https://health.gov/MoveYourWay/Activity-Planner/>
- Robinson, L., Segal, J., & Smith, M. (2019, March 13). How to Start Exercising and Stick to It. Retrieved March 17, 2019, from <https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm/>
- Sample Templates. (2019). 9 Workout Log Templates. Retrieved March 17, 2019, from <https://www.sampletemplates.com/business-templates/workout-log-template.html>

Mental Health

1. Self-Help CBT (Flesch: 64.4; Flesch-Kincaid: 8.4; SMOG: 8.7)*
2. Challenging Negative Thinking (Flesch: 83.1; Flesch-Kincaid: 3.9; SMOG: 5.0)
 2.a Thought Challenge Form
3. Automatic Thoughts Worksheet (Flesch: 85.1; Flesch-Kincaid: 5.7; SMOG: 6.0)
4. Happiness Action Pack (Resilience) (Flesch: 61.1; Flesch-Kincaid: 8.3; SMOG: 8.9)*
5. Effective Journaling (Flesch: 73.7; Flesch-Kincaid: 6.2; SMOG: 7.1)
6. Self-Care Self-Assessment (Flesch: 68.7; Flesch-Kincaid: 5.1; SMOG: 5.9)
7. Mindfulness Practices (Booklet**) (Flesch: 77.9; Flesch-Kincaid: 6.0; SMOG: 6.7)
 **Entirety of Mindfulness Section

References:

- Anxiety Canada. (2017-2018). Retrieved March 16, 2019 from <https://anxietycanada.com>
- Baikie, K. A., & Wilhelm, K. (2005). Emotional and physical health benefits of expressive writing. *Advances in psychiatric treatment*, 11(5), 338-346.
- Gottman, J., HeadSpace, & King, V. (n.d.). ACTION FOR HAPPINESS Happiness Action Pack. Retrieved March 7, 2019, from https://www.actionforhappiness.org/media/80216/happiness_action_pack
- Homewood Health Sante. (2016). Self-Care Starter Kit - ucalgary.ca. Retrieved March 7, 2019, from <https://ucalgary.ca/wellbeing/files/wellbeing/self-care-starter-kit.pdf>
- Insel, P. & Roth, W. (2012). *Wellness Worksheets*. Retrieved March 7, 2019 from <https://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf>

Mindfulness

“Mindfulness Practices: An Interactive Wellness Booklet”

COMPONENTS

1. Sensory Awareness (Flesch: 88.7; Flesch-Kincaid: 3.6; SMOG: 4.3)
2. Breath Regulation (Flesch: 82.8; Flesch-Kincaid: 4.2; SMOG: 4.3)
3. Gratitude Practice (Flesch: 82.4; Flesch-Kincaid: 5.1; SMOG: 5.8)
4. Body Awareness (Body Scan) (Flesch: 81.6; Flesch-Kincaid: 4.2; SMOG: 5.2)
5. Kindness Boosters (Flesch: 74.7; Flesch-Kincaid: 5.5; SMOG: 5.8)
 - i. Self-Love (Flesch: 82.7; Flesch-Kincaid: 4.4; SMOG: 5.0)
 - ii. Kindness toward Others (Flesch: 82.6; Flesch-Kincaid: 3.6; SMOG: 4.0)
6. Meditation & MBSR (Flesch: 74.4; Flesch-Kincaid: 6.2; SMOG: 7.2)
7. Yoga (Flesch: 83.5; Flesch-Kincaid: 4.3; SMOG: 4.7)
8. Self-Affirmation Practice (Flesch: 75.0; Flesch-Kincaid: 6.1; SMOG: 6.5)

References:

- Aknin, L. B., Dunn, E. W., & Norton, M. I. (2012). Happiness runs in a circular motion: Evidence for a positive feedback loop between prosocial spending and happiness. *Journal of Happiness Studies*, 13(2), 347-355.
- Cohen, G. L., & Sherman, D. K. (2014). The psychology of change: Self-affirmation and social psychological intervention. *Annual review of psychology*, 65, 333-371.
- Fitness Magazine. (2017). Retrieved 3/7/19 from <https://www.fitnessmagazine.com>
- Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of personality and social psychology*, 95(5), 1045.
- Marsh, 2011

Positive Psychology Program. (2019, February 11). Retrieved March 16, 2019, from <https://positivepsychologyprogram.com>

Ralph, L. (2018, July 08). Self-Affirmation: A Simple Exercise that Actually Helps. Retrieved March 16, 2019, from <https://psychcentral.com/blog/self-affirmation-a-simple-exercise-that-actually-helps/>

Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual review of psychology*, 52(1), 141-166. Seligman, Rashid & Parks, 2006 The Greater Good Science Center at the University of California, Berkeley, © 2019 from https://ggia.berkeley.edu/practice/body_scan_meditation#

Thompson, K. (2019, March 12). 6 Yoga Poses for Curvy Beginners. Retrieved March 9, 2019, from <https://fabuplusmagazine.com/yoga-poses-beginners-krystal-thompson/>

Healthy Relationships

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|--|---|
| 1. Relationship with Self | |
| -Self Love & Self Compassion | (Flesch: 68.8; Flesch-Kincaid: 7.4; SMOG: 7.3) |
| -Self-Affirmation Practice | (Flesch: 75.7; Flesch-Kincaid: 5.9; SMOG: 6.4) |
| 2. What is a Healthy Relationship? | (Flesch: 66.3; Flesch-Kincaid: 7.1; SMOG: 7.9) |
| - Relationship Boosters | (Flesch: 73.5; Flesch-Kincaid: 6.7; SMOG: 6.3) |
| 3. Healthy Communication | (Flesch: 70.4; Flesch-Kincaid: 6.6; SMOG: 6.9) |
| 4. Healthy Boundaries & Expectations | (Flesch: 52.6; Flesch-Kincaid: 10.3; SMOG: 10.2)* |
| 5. Consent | (Flesch: 67.4; Flesch-Kincaid: 7.4; SMOG: 7.3) |
| 6. Trust | (Flesch: 66.1; Flesch-Kincaid: 8.3; SMOG: 8.0) |
| 7. How to Solve Daily Life Problems | (Flesch: 72.9; Flesch-Kincaid: 7.2; SMOG: 7.0) |
| 8. Conflict Resolution | (Flesch: 64.0; Flesch-Kincaid: 7.1; SMOG: 7.5) |
| 9. How to Get What I Want/Need in Relationship | (Flesch: 51.6; Flesch-Kincaid: 9.8; SMOG: 9.7)* |

References:

Anxiety Canada. (2017-2018). Retrieved March 16, 2019, from anxietycanada.com/adults/health-anxiety-tools/problem-solving

Greenberg, M., PhD. (2017, June 29). 8 Powerful Steps to Self-Love. Retrieved March 16, 2019, from <https://www.psychologytoday.com/us/blog/the-mindful-self-express/201706/8-powerful-steps-self-love>

Love is Respect. (2017). Retrieved March 16, 2019, from <https://www.loveisrespect.org>

Positive Psychology Program. (2019, February 11). Retrieved March 16, 2019, from <https://positivepsychologyprogram.com>

READING-LEVEL INDICES & SCORING

1. *Flesch Reading Ease Formula*

Outputs a number from 0 to 100. A higher score indicates easier reading. An average document has a Flesch Reading Ease score between 6 – 70; above a 70 indicates an easier than average document. As a rule of thumb, scores of 90-100 can be understood by an average 5th grader. 8th and 9th grade students can understand documents with a score of 60-70; and college graduates can understand documents with a score of 0-30.

2. *Flesch-Kincaid Grade Level*

Outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.

3. *SMOG Index*

Outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.

*** = Scores that are at or above 8th-grade reading level.**

Readability formulas derived from:

<http://www.readabilityformulas.com/freetests/six-readability-formulas.php>