



Taking Care of You (TCY) is a research-based, multi-session program developed by the University of Missouri-Extension that offers practical strategies and experiences to help people deal with the stress in their lives. Managing life's challenges in healthy ways allows them to take better care of themselves and their overall health. Various topics are explored through small group discussion, self-reflection and mindful activities that help individuals:

- become more aware of the mind-body connection and how to use this awareness for better health,
- develop habits that can lead to a healthier body, mind and spirit,
- respond versus react to the stress in life,
- discover opportunities in life's challenges,
- simplify and bring more joy into life, and
- live more in the moment.

In January 2017, one coalition partner and fifteen UW-Extension colleagues from three program areas and every region of Wisconsin were certified as TCY Master Trainers. Since then, 151 TCY facilitators have been trained through 5 program offerings to UW-Extension colleagues and community partner organizations.

The Master Trainers are currently conducting a four-month follow up evaluation with those participants who were trained as facilitators in the first two workshops. Early results of this evaluation show that 82% (n=11) have continued to practice stress management strategies in their own lives since they were trained. Nearly three quarters of the respondents have taught TCY or are planning sessions. They furthermore indicate that the need and applicability of TCY is increasing in their communities, including in areas like agriculture and the broad area around mental health.

The Master Trainers' Collaborative has seen positive results from TCY program offerings. For example, when asked about their level of awareness of how stress affects their bodies, 24% (n=144) of TCY workshop participants indicated that they had "a great deal" of awareness before the training, which increased to 61% after the training. Likewise, when asked about their level of awareness of how nurturing themselves can improve their overall health, 19% indicated "a great deal" of awareness before training, which increased to 75% following. Furthermore, 92% of TCY workshop participants shared at least 1 behavior change they planned to make to improve their health as a result of participation.

At its most basic level, Taking Care of You increases participants' awareness of their bodies, how stress affects them, and strategies for healthier responses to stress.

View results about changes of awareness here:

<https://drive.google.com/open?id=14ROzWIRSiKttiBUej14K0q9xKi14YIi4107CBceV4Nk>

Contact Information:

Monica Lobenstein

monica.lobenstein@ces.uwex.edu

715-284-4257x2



The University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

September, 2018