

## SMALL STEPS TO HEALTH AND WEALTH™

# Appreciate Teachable Moments and Wake-Up Calls

## Instructor Guide Strategy 18



SSHW Materials Developed by: Rutgers, The State University of New Jersey  
Instructor Guide Developed by: University of Arizona Cooperative Extension

### Objectives:

#### Participants will:

1. Learn that they can pay now by investing time and money in prevention or pay later by suffering the consequences of poor health and financial behaviors.
2. Learn that life change events often provide the motivation required for taking positive action to improve health and increase wealth.
3. Learn teachable moments are the time when they will seek out information to cope with a situation, make a decision or complete a task.
4. Learn that wake-up calls can be positive or negative.

### Glossary:

**Teachable Moment:** A life event that causes people to seek out information in order to help them cope with the situation or make a decision or complete a necessary task.

**Estimated Time:** 20 minutes (1:1 counseling) to 30 minutes (small group activity)

**Activity Handout Needed:** *Teachable Moments and Wake-Up Calls Worksheet*

### Introduction and Instructor Script:

The purpose of this strategy, *Appreciate Teachable Moments and Wake-Up Calls*, is to illustrate that people are aware that future health and wealth problems can be prevented with or postponed with positive action (eating well, exercising, setting aside retirement funds, limiting debt). Expert recommendations from the health and wealth side are continuously in the media, but many people are in denial that a particular situation will affect them (e.g. heart bypass surgery, medical and prescription bills, inadequate retirement income and debt). This behavioral change strategy encourages individuals to be aware of the “teachable moments” and “wake-up calls” and to take positive action on something that was previously denied, overlooked or neglected.

### Instructions for the Activity:

**Individual Counseling:** Discuss the examples of health and wealth teachable moments listed below:

#### Health Teachable Moments

Positive	Negative
Shopping Exercise Equipment	Cancer, or other diagnoses
Improved health status	Death of friend or family
Media Reports – health care advances	Health risk factor assessments
Media reports/studies about health “issues”	Media reports/studies about health “issues”

#### Wealth Teachable Moments

Positive	Negative
Receipt of Windfalls	Financial Problems
Marriage or remarriage	Loss of Income (e.g., divorce)
Birth/adoption of child	Poor financial assessments

The individual participant will complete *Teachable Moments and Wake-Up Calls Worksheet* by answering the eight questions on the worksheet related to teachable moments, wake-up calls, obstacles, and consequences of their health and wealth behaviors in the past and how they will be handled in the future.

**Group Activity:** Discuss the examples listed above and ask participants to share their wake-up calls and teachable moments where they have made positive changes to improve their health or wealth.

### Debriefing Questions:

What are the consequences of not doing anything related to your health and wealth?

### Additional Resources:

<http://realage.com>

“One thing I like about stones in my path is when I cross them they become my milestones.”

-Anonymous



## Teachable Moments and Wake-Up Calls

### Strategy 18—Worksheet

Complete the *Teachable Moments and Wake-Up Calls Worksheet* to determine whether you ignored or responded to teachable moments and wake-up calls in the past and how you would like to handle them in the future.

Question	Health	Wealth
Describe a “teachable moment” that you experienced in the past.		
How did you handle the experience and what did you learn?		
What “teachable moments” do you anticipate within the next five years?		
What wake-up calls are you concerned about and why?		
What action can you take to address the wake-up calls in your life?		
What resources do you have to assist you in taking action?		
What obstacles do you expect to face and how will you address them?		
What are the consequences of doing nothing about your wake-up calls?		



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**This information has been reviewed by University faculty.**  
**[cals.arizona.edu/pubs/consumer/az1500r.pdf](http://cals.arizona.edu/pubs/consumer/az1500r.pdf)**

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