

LIVING WELL: STRATEGIES FOR MAKING SUCCESSFUL LIFESTYLE CHANGES

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WHY NOT CHANGE?

◎ Behaviors Serve a Purpose

- Coping
 - Avoid discomfort
- Communication
 - Core beliefs
- Conditioning
 - Classical
 - Respond in predictable ways to specific stimuli
 - Over time, experiences become paired
 - Operant
 - Formed through consequences
 - Reinforcement & punishment

THE WILLPOWER MYTH

- Research has largely discredited willpower as a legitimate component of lasting behavior change
- Ignores the complex influences of:
 - Brain chemicals
 - Behavioral conditioning
 - Hormones
 - Heredity
 - Habit
 - Addiction
 - Environmental stimuli

WHY CHANGE?

- ⦿ Pushed
- ⦿ Pulled
- ⦿ Pain
- ⦿ Prevention



"Look, I can't promise I'll change, but I can promise I'll pretend to change."

"The whole idea of motivation is a trap. Forget motivation. Just do it. Exercise, lose weight, test your blood sugar, or whatever. Do it without motivation. And then, guess what? After you start doing the thing, that's when the motivation comes and makes it easy for you to keep on doing it."

- John Maxwell

VALUES ASSESSMENT

Accountability
Achievement
Advancement
Adventure
Authority
Caring
Challenge
Collaboration
Community
Competence
Competition
Creativity
Decisiveness
Efficiency
Environment
Equality
Ethics
Excellence

Fame
Family
Financial Reward
Fitness
Freedom
Friendship
Happiness
Health
Helping Others
Helping Society
Honesty
Independence
Inner Harmony
Integrity
Involvement
Knowledge
Leadership
Loyalty

Openness
Peace of Mind
Personal Development
Power
Promotion
Recognition
Relationships
Religion
Reputation
Responsibility
Security
Self-Confidence
Service
Stability
Stimulation
Time
Trust
Wellness

IMPORTANCE & CONFIDENCE

- How important is it to you that you make this change?

0	1	2	3	4	5	6	7	8	9	10
Not important					Important					

- Why not lower? Why not higher?

- How confident are you that you can make this change?

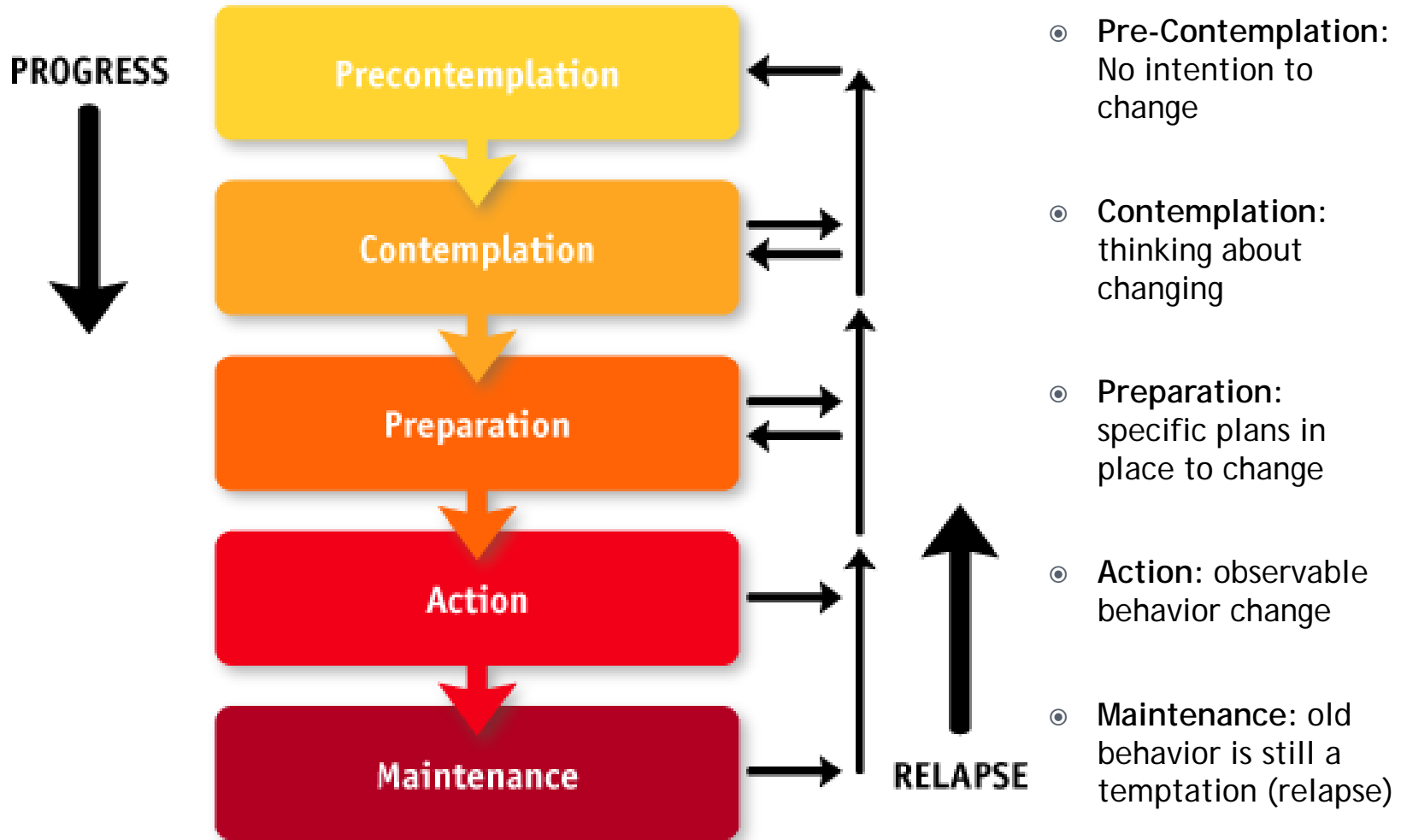
0	1	2	3	4	5	6	7	8	9	10
Not sure					Very sure					

- Why not lower? Why not higher?

BARRIERS & STIMULI

- ◎ Psychological
 - Perceptions, attitudes, self-blame, lack of confidence
- ◎ Cultural
 - Rules, norms
- ◎ Social
 - Status, relationships, influences
- ◎ Economical
 - Costs, resources
- ◎ Environmental
 - Places, sensations, experiences

STAGES OF CHANGE



DEVELOP A PLAN

◎ To reach my goal:

- What KNOWLEDGE do I need?
- What ENVIRONMENT must I create?
- What SKILLS do I need?
- What TOOLS do I need?
- What ACTIONS must I take?
- What must triggers must I AVOID?
- What SUPPORT do I need?
- How much TIME do I need?

DEVELOP A PLAN

◎ Set benchmarks

- What can I do today?
- What can I do this week?
- What is realistic to accomplish by the end of the month?
- Where do I want to be in a year?
- What can I do in this moment to support my wellness goals?

SMART STEPS

- ◉ When planning your benchmarks, it is important to develop SMART steps towards your goals
 - Specific: Language must be specific
 - Measurable: Include numbers you can track
 - Action-Oriented: Identify new behaviors/actions you will take
 - Realistic: Make steps doable
 - Timely: Give yourself a timeframe

SMART STEPS

- ◎ I will get more exercise:
 - Starting on Monday I will walk for 30 minutes at lunch at least 3 times a week
- ◎ I will limit my intake of sugar:
 - I will stop drinking sodas and instead carry a water bottle with me aiming for 64oz of water daily
- ◎ I will eat out less:
 - On Sundays I will go grocery shopping and prepare enough food to bring my own lunch to work 5 days a week
- ◎ I will quit smoking:
 - Beginning next week I will take the alternative route home from work so that I am not tempted to stop for cigarettes at the convenience store

MAINTENANCE

◎ Common Pitfalls (BE PREPARED!)

- The expectations for change are too high
- The outcomes of change are hard to detect or may be deferred for a long period
- There are unexpected negative consequences
- Lack of support from influential people
- Maintaining the behavior is harder than anticipated
- Behavior is tied to other unresolved psychological issues

MAINTENANCE

- ◎ Techniques for Maintaining Behavior Change
 - Have a **plan** (what will you do when you are tempted to relapse into old behavior)
 - Take **credit** for the difficulties and obstacles overcome in abandoning the old behavior.
 - **Enlist support** from friends and family to continue reinforcing the new behaviors.
 - **Maintain positive, affirming thinking** relative to the new healthier lifestyle.
 - **Recommit** to the new lifestyle, recognizing the need for an ongoing, sustained effort required to habituate new behaviors.
 - **Be prepared** for a relapse or two, which is typical of even successful lifestyle change.

REVIEW

- ◎ Understanding Your Behavior
 - Change vs. No Change
 - Values
- ◎ Assessing Change
 - Importance & Confidence
 - Barriers & Stimuli
 - Stages of Change
- ◎ Planning for Change
 - Smart Steps
- ◎ Maintaining Change
 - Be Prepared!