



## Session 12: Ways to Stay Motivated

### Progress Review

#### Changes you have made so far:

##### To be more active:

Planned physical activity: \_\_\_\_\_

Spontaneous activity: \_\_\_\_\_

##### To change your eating pattern:

Fewer calories: \_\_\_\_\_

Healthier food choices: \_\_\_\_\_

**Have you reached the 7% weight loss goal?**       Yes     No

Are you on track with your personal weight loss goal?     Yes     No

**Have you reached the goal of at least 150 minutes per week of physical activity?**       Yes     No

Are you on track with your personal activity goal?       Yes     No

If not, *take heart.*

You have learned many skills that will help you move forward.

At the end of this session, you will set goals to carry with you into the next phase of the program.



## Ways to Stay Motivated

### 1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you started GLB™ TBI? Have you reached these goals?

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What would you like to achieve in the next few months?

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### 2. Recognize your successes.

What changes in your eating and physical activity do you feel proudest of?

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## 3. Keep visible signs of your progress.

- Keep weight and physical activity graphs (minutes or steps) where you can see them. Your graphs will help you stay focused on your goals.
- Measure yourself (waist, belt size) once a month and chart your progress.
- Other ways: \_\_\_\_\_

## 4. Do you need to vary your routine?

Is it time for you to vary your physical activity?  Yes  No

\_\_\_\_\_

Can you think of some ways to vary it?

\_\_\_\_\_

Is it time to add more variety to your meals and snacks?

\_\_\_\_\_

\_\_\_\_\_



**Some people do best with structure, others with variety. There is no one right way.... look for the things that keep *you* motivated.**

## **5. Create some friendly competition.**

Do you like to compete with others or yourself?

How? \_\_\_\_\_

## **6. Use others to help you stay motivated.**

Who gives you support and encouragement?

\_\_\_\_\_

Are there new connections you can make?

\_\_\_\_\_

## **7. Manage stress.... see pages 5-6.**

## **8. Set new goals...see page 7.**



## Manage Stress

Stress is tension or pressure. It is not uncommon for people to respond to stress by overeating, drinking too much alcohol, or being inactive.

- What kinds of things make you feel stressed?  
\_\_\_\_\_
- What is it like for you when you get stressed?  
\_\_\_\_\_
- How have you learned to respond to stress in healthy or unhealthy ways? \_\_\_\_\_

**Use *all* the skills you have learned in this program to prevent or manage stress.**

- **Practice saying “No.”** Try to say, “Yes” only when it is important to ***you***.
- **Share some of your work with others.**
- **Set goals you can reach.**
- **Take charge of your time.** Make schedules with the real world in mind. Get organized.
- **Use problem solving.** Describe the problem in detail. Brainstorm your options. Pick one option to try. Make an action plan. Try it. See how it goes.
- **Plan ahead.** Think about the kind of situations that are stressful for you. Plan for how to handle them or work around them.
- **Keep things in perspective. Remember your purpose.** Think of all of the good in your life. Remember why you joined GLB.
- **Reach out to people.**
- **Be physically active.**



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## When You Can't Avoid Stress

Catch yourself feeling stressed as early as you can.

### Take a 10-minute "time out."

- Move those muscles.
- Pamper yourself. Just take 10 minutes for YOURSELF.
- Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let your face, arms, legs, and body muscles relax.

**This program may cause stress.** For example:

Sources of Stress	To Manage Stress	Examples
It takes extra time to shop for and prepare food.	<ul style="list-style-type: none"> <li>• Share your work.</li> <li>• Take charge of your time.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your family to help.</li> <li>• Make double recipes. Freeze part for later.</li> </ul>
Your food budget is tight; healthy options are limited.	<ul style="list-style-type: none"> <li>• Reach out to people.</li> <li>• Problem solve.</li> <li>• Plan ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore community resources.</li> <li>• Stock up on frozen/canned fruits and vegetables from discount markets.</li> </ul>
You feel deprived when you can't eat favorite foods.	<ul style="list-style-type: none"> <li>• Set goals you can reach.</li> <li>• Keep things in perspective.</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy favorite foods in small amounts now and then.</li> <li>• Remind yourself why <b>you</b> want to have a healthy lifestyle.</li> </ul>
Your family doesn't like low-calorie foods.	<ul style="list-style-type: none"> <li>• Reach out to people.</li> <li>• Problem solve.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your family to support you in trying new foods.</li> <li>• Brainstorm options together.</li> </ul>
You feel uneasy at social events where there are high-calorie foods.	<ul style="list-style-type: none"> <li>• Practice saying "No."</li> <li>• Reach out to people.</li> <li>• Plan ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Turn down invitations that aren't important to you.</li> <li>• Call the host/hostess. Ask if you can bring a low-calorie dish.</li> <li>• Before you go to the party, plan what foods to choose.</li> </ul>
It is hard to fit activity into your busy life.	<ul style="list-style-type: none"> <li>• Plan ahead.</li> <li>• Problem solve.</li> </ul>	<ul style="list-style-type: none"> <li>• Make a date to be active.</li> <li>• Be active while doing other things. Take a walking meeting. Hike with family.</li> </ul>
Remembering to make the active choice is hard.	<ul style="list-style-type: none"> <li>• Try to be more aware of adding in more steps each day.</li> </ul>	<ul style="list-style-type: none"> <li>• Park further away from the entrance.</li> <li>• Take stairs instead of elevator.</li> <li>• Get off the bus a few stops earlier.</li> </ul>



## Set New Goals for Yourself

**Find ways to reward yourself when you meet each goal.**

**Goals:** Specific, short-term, just enough of a challenge

**Rewards:** Something you will do or buy **if and only if** you reach your goal

What are some non-food ways you can reward yourself for reaching a goal?

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## What's Your Pleasure?

It takes time and effort to build new eating and physical activity habits. One way to stay motivated is to be sure there's enough pleasure in your life.

### Name three things you enjoy doing but rarely do.

Choose things that are not related to food and that are easy to do. See the next page for ideas.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Schedule the above pleasures into your life.

Make appointments with yourself on a calendar. When you can, schedule your pleasures for:

- **When the "old you" might have rewarded yourself by overeating or being inactive.** For example, do you have a habit of eating ice cream after working hard in the garden? Find a way to relax in the garden (e.g., read a book, talk on the phone with a friend).
- **Right after you have taken a challenging step toward change.** For example, have you been putting off enrolling in a water aerobics class? Plan to take a long, hot bath on the night after the first class.
- **When you feel discouraged.** Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.
- **Keep your appointments with yourself,** no matter how odd it feels. Treat them like you would treat appointments with someone else you care about.





## 50 Ways to Be Good to Yourself

1. Soak in the bathtub.
2. Plan your career.
3. Collect shells.
4. Recycle old items.
5. Go on a date.
6. Buy flowers.
7. Go to a movie in the middle of the week.
8. Walk with a friend.
9. Listen to music.
10. Recall past parties.
11. Buy household gadgets.
12. Read a humor book.
13. Think about your past trips.  
Or plan future ones.
14. Listen to others.
15. Read magazines or newspapers.
16. Do woodworking.
17. Build a model.
18. Spend an evening with good friends.
19. Plan a day's activities.
20. Meet new people.
21. Remember beautiful scenery.
22. Save money.
23. Go home from work.
24. Practice yoga or tai chi.
25. Think about retirement.
26. Repair things.
27. Work on your car or bicycle.
28. Remember the words and deeds of loving people.
29. Wear sexy clothing.
30. Have a quiet evening.
31. Collect coins.
32. Take care of your plants.
33. Buy or sell stock.
34. Go swimming.
35. Doodle.
36. Collect old things.
37. Go to a party.
38. Think about buying things.
39. Play golf.
40. Play soccer.
41. Fly a kite.
42. Have a discussion with friends.
43. Have a family get-together.
44. Take a day off with nothing to do.
45. Arrange flowers.
46. Have sex.
47. Ride a motorcycle.
48. Go to the beach.
49. Sing around the house.
50. Go skating.



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### **MORE Ways to Be Good to Yourself**

50. Paint.
51. Do needle point, crewel, knitting, sewing, etc.
52. Take a nap.
53. Entertain.
54. Go to a club meeting.
55. Go hunting, skiing, or fishing.
56. Sing with a group.
57. Flirt.
58. Play a musical instrument.
59. Make a gift for someone.
60. Collect postcards.
61. Buy a record, tape, or CD.
62. Plan a party.
63. Buy clothes.
64. Sightsee or window-shop.
65. Garden.
66. Go to a beauty parlor.
67. Play cards, chess, etc.
68. Buy a book.
69. Watch children play.
70. Write a letter or card.
71. Write in a diary.
72. Go to a play or concert.
73. Daydream.
74. Take a class.
75. Go for a drive.
76. Listen to music.
77. Refinish furniture.
78. Take a sauna or steam.
79. Make a list of things to do.
80. Ride a bike or a horse.
81. Take a walk in the woods.
82. Buy a gift for someone.
83. Visit a national park.
84. Take photographs.
85. Play with animals.
86. Read fiction or nonfiction.
87. Watch an old movie.
88. Go dancing.
89. Meditate, pray, or go to church.
90. Go bowling.
97. Go the mountains.
98. Think about happy memories.
99. Look at photographs.
100. Play cards, checkers, etc.
101. Do a jigsaw puzzle
102. Solve riddles.
103. Discuss politics.
104. Play softball or volleyball.
105. Do crossword puzzles.
106. Shoot pool.
107. Dress up and look nice.
108. Buy something for yourself.
109. Talk on the phone.
110. Kiss.
111. Go to a museum.
112. Light candles.
113. Get a massage.
114. Say, "I love you."
115. Start an aquarium.

Adapted from the *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. © 1993 The Guilford Press.



## What is Your Purpose Now?

**You have been working hard to change your lifestyle.**

Why is reaching and staying at a healthy weight and being physically active important to you?

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Take a moment to revisit your healthy lifestyle goals.

### **My Weight Goal**

#### **What is your weight goal now?**

- I am working on reaching the 7% weight loss goal.
- I have reached the 7% weight loss goal.
- I am working on a personal weight loss goal.

#### **In the next month, I will focus on (check one):**

- Continued weight loss.
- Weight maintenance.

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## My Physical Activity Goals

### What is your planned physical activity goal now?

- I am working on reaching the 150 minute per week goal.
- I have reached the 150 minute per week goal.
- I am working on a personal physical activity goal of \_\_\_\_\_ minutes per week.

### What are your other activity goals?

- I am working on adding spontaneous activity as often as I can each day.
- I am working on adding steps each day to reach at least 7,000 steps per day, or about 50,000 per week.

### In the next month, I will focus on (check one):

- A weekly activity goal of \_\_\_\_\_ minutes.
- A weekly step goal of \_\_\_\_\_.
- I will add spontaneous physical activity.

## My Self-Monitoring Goals

Research shows that people who keep track are better at losing weight, staying active, and maintaining healthy lifestyle behaviors.

Look at the next page. Based on how I am doing right now:

### I will commit to self-monitor at this level:

- Gold
- Silver
- Bronze



## How I Will Keep Track

Choose and commit to one of the following three levels of self-monitoring based on how you are doing now. You should adjust the level (frequency and detail) based on your progress toward your weight and/or activity goals.

For all levels, continue to record your weight. Also record activity minutes or track your activity in any way that keeps you motivated.

### Gold

- Record everything every day.
- **Choose this if:**
  - You aren't at your weight and/or activity goals yet.
  - You start to regain weight or stop exercising.
  - You know this level of detail helps you stay motivated and in control.

### Silver

- Cut back somewhat on recording, but choose wisely. For example, you might decide to record calories/fat on fewer days per week, for the times of day when you need more control, or just write what you eat and drink.
- **Choose this if:**
  - You *are* at or below your weight and/or activity goals.
  - You are feeling confident about your eating and activity behaviors. You want to do some recording because it helps you stay aware.

### Bronze

- Use the Group Lifestyle Balance™ Monthly Calendar (page 16) or other simple tracking method. At a minimum, record weight and physical activity at least once a week. Daily may be best.
- **Choose this if:**
  - You are feeling confident and in control.



## To Do:

### Check the boxes when you complete each item:

- Keep track of your weight.** Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day.** Come as close as you can to your calorie and fat gram goals.
- Record your physical activity.** Come as close as you can to the GLB goal of at least 150 minutes per week. Aim for at least 7,000 steps per day, or about 50,000 per week.

### New things to practice:

- Try one way to stay motivated that will be helpful to you right now. Review the suggestions on pages 2-4.
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- Take steps to connect with others who support your lifestyle goals** (page 4).

What is a good first step?

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- Try to do **three things you enjoy doing but rarely do**. Copy below the list you made on page 8.

### The three things I enjoy doing but rarely do are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Schedule these pleasures into your life.

- Remember your purpose.** Commit to following your healthy lifestyle goals for weight, activity, and self-monitoring (pages 11 & 12).

## **Session 12: Resources**

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GLB™ TBI Monthly Calendar



# Group Lifestyle Balance™ Monthly Calendar

Name: \_\_\_\_\_

Goals: Activity \_\_\_\_\_ minutes per week

Steps \_\_\_\_\_ per week

Weight Range \_\_\_\_\_ - \_\_\_\_\_ pounds.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	<input type="checkbox"/> Activity ____ Steps ____ Weight ____ <input type="checkbox"/> Recorded diet	Weekly Activity ____ minutes ____ steps
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