

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 9

Social Influences

Learning Objectives:

Participants will be able to:

1. Recognize the impact of social cues and situations on behavior.
2. Understand how social gatherings can influence personal eating habits and choices.
3. Identify effective strategies for managing social situations to enhance well-being and sustain healthy lifestyle choices.

I. Opening (20 minutes)

Week 9 Check-in

"Hello everyone, and welcome to Week 9! It's wonderful to gather with everyone again as we continue our journey together. Cheers to the opportunity to learn, grow, and support each other as we progress further along our wellness path."

Guiding Questions:

1. Reflecting on last week's discussion on stress management, how have you been applying any strategies we discussed in your daily life?
2. Can anyone share a particular challenge they faced in managing stress last week? How did you handle it?
3. Did anyone try out a new stress-relief technique or activity? If so, how did it work for you?
4. How are you feeling about your progress in managing stress overall? Are there any areas you'd like to focus on more?

II. Week 9 House chat Topic & Video (5-10 mins)

Title: Social Influences

- Review Learning Objectives
- Play Session Content Video

Key Points

- Social events provide opportunities to connect with others and enjoy shared experiences.
- Social gatherings may disrupt our usual routines and introduce unique food choices and social dynamics.
- Our behaviors in social settings are often shaped by our cultural traditions, values, and habits developed over time, rather than conscious decisions.
- Common social cues include offers of food, diverse menu options, and preferences for certain types of foods
- Environmental cues, such as portion sizes, food availability, and sedentary activities, can influence our eating and activity patterns.

- Recognizing triggers in social settings empowers us to make conscious choices aligned with our values and goals for healthy living.
- Distraction during meals and disregarding hunger cues can contribute to overeating during social occasions
- Practicing mindfulness during meals enhances our enjoyment of food and promotes balanced eating.
- Planning ahead and setting boundaries help us navigate social events with confidence and intention and help us stay on track with our goals and navigate potential challenges.
- Assertive communication allows us to express our needs and preferences respectfully, promoting mutual understanding and cooperation.
- Assertive communication involves expressing your needs and preferences clearly and respectfully. For example, saying "I prefer lighter options for dinner" or "I'm trying to make healthier choices" conveys your needs while maintaining respect for others' choices.'
- Social support comes in three main types: informational, practical, and emotional.
 - Informational support: Getting advice or guidance from others to solve problems or make decisions.
 - Practical support: Getting tangible help, like physical assistance or resources, to meet needs or tasks.
 - Emotional support: Getting empathy, compassion, and encouragement from others to handle tough emotions or situations.
- It's important to recognize what kind of support we need to achieve our goals and express those needs clearly to those around us.
- Learning how to ask for the specific type of support required helps us effectively address challenges and cope with difficult situations.
- While it may not be feasible to avoid social situations entirely, preparing and developing skills can help us navigate them more effectively.

III: Group Activity: “Social Cues Reflection Journal” (15 mins)

Objective: To reflect on the impact of social cues and situations on behavior, and to identify effective strategies for managing social situations to enhance well-being and sustain healthy lifestyle choices.

Instructions:

1. Set aside 10 minutes in a quiet space.
2. Use a journal or notebook and divide it into three sections: "Impact of Social Cues," "Influence of Social Gatherings," and "Strategies for Managing Social Situations."
3. Reflect on times when social cues influenced your behavior, such as feeling pressured to eat or drink.
4. Think about how social events impacted your eating habits, including the types of foods served and the conversations involved.
5. Brainstorm effective strategies for managing social situations to sustain healthy lifestyle choices. Write down your reflections and strategies in each section.

i. Group Recap Discussion (5 mins)

1. How did reflecting on past experiences with social cues and gatherings empower you to make positive changes?
2. What strengths did you identify in yourself that can help you navigate social situations more effectively?
3. How can we, as a group, support each other in implementing these strategies and fostering a supportive environment for making healthier choices?

IV: Social Situations Scenario Analysis (15 mins)

Instructions

1. Review each scenario as a group.
2. Brainstorm strategies together for managing each social situation.
3. Write down the group's strategies next to each scenario.
4. Reflect as a group on how these strategies can be applied in real-life situations.
5. Keep the list handy for future reference.
6. After completing the activity, check the suggested strategies to compare and adjust your group's approach as needed.

Scenario 1: Dinner Party

Description: You've been invited to a dinner party hosted by friends. The menu includes a variety of dishes, including appetizers, main courses, and desserts. There will also be alcoholic beverages available.

Challenges: Social pressure to indulge in multiple courses and alcoholic drinks.

Strategies: Eat a small, balanced meal before the party to avoid overeating. Choose smaller portions of high-nutrient foods and alternate alcoholic drinks with water or non-alcoholic options.

Scenario 2: Office Birthday Celebration

Description: Your coworker's birthday is being celebrated in the office with a cake and snacks. Everyone gathers in the break room to enjoy the treats and socialize.

Challenges: Temptation to indulge in sugary treats and snacks out of politeness or to fit in with coworkers.

Scenario 3: Family BBQ

Description: Your family is hosting a barbecue in the backyard with grilled meats, salads, chips, and desserts. Everyone gathers around the grill to cook and socialize.

Challenges: High-calorie, high-fat foods readily available and pressure to eat large portions.

Suggested strategies for each scenario:

Scenario 1: Dinner Party

- Eat a small, balanced meal before the party to avoid arriving hungry.
- Choose smaller portions of high-nutrient foods like salads and lean proteins.
- Alternate alcoholic drinks with water or non-alcoholic options to moderate consumption.

Scenario 2: Office Birthday Celebration

- Bring your own healthy snack to enjoy during the celebration.
- Politely decline the cake or opt for a smaller portion.
- Focus on socializing with coworkers rather than solely on the food.

Scenario 3: Family BBQ

- Load up on grilled vegetables and lean protein options like chicken or fish.
- Fill your plate with salad and vegetables before adding other dishes.
- Practice mindful eating and listen to your hunger cues to avoid overeating.

V. Closing (10 minutes)

"Thank you all for your participation today. As we wrap up, let's take a moment to reflect on what we've learned and discuss our commitments moving forward. Today, we explored the influence of social cues and environments on our behaviors, recognizing triggers, and empowering ourselves with mindfulness and assertive communication to make conscious choices aligned with our well-being. As we move forward, let's continue to practice these strategies, setting boundaries, and planning ahead to navigate social events with confidence and intention."

A. Commitment Circle:

Share one specific commitment you are making to manage social cues for better choices. Additionally, consider an anticipated social cue or situation for the coming week that could be challenging. Set a goal for how to approach it, including asking for social support. Specify the type of support you need and identify who is best suited to provide it.

Closing Statement:

"As we conclude today's session, let's carry forward the insights and commitments we've made. Remember to mark your calendars for the nutritional session on May 9th and stay tuned for further information. Thank you all for your dedication to your well-being. Have a wonderful day!"

B. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged in the chats.

"Thank you all for joining today. Your efforts and progress are impressive. Keep it up, and I look forward to our next chat. Take care and keep moving toward your goals!"

Next Week Prep:

Next Week Preparation:

- Reflect on your experiences with social cues that influence your behaviors, such as offers of food, diverse menu options, and preferences for certain types of foods in social settings.
- Consider how these social cues may impact your eating and activity patterns, and how you respond to them.
- Brainstorm strategies for recognizing and managing social cues to support your wellness goals, such as practicing mindfulness during meals and assertive communication.
- Additionally, start thinking about how environmental cues, like portion sizes and food availability, also play a role in shaping our behaviors. We'll explore this topic further next week, so come prepared to expand your understanding and share your insights with the group.

**** Come ready to share your insights, experiences, and ideas during our next session!**

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.

"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."