

# Wellness Engagement (WE) Petersburg 2.0

## *House Chat Leader Workbook*



**Wellness Ambassador:**

**Ward:**

## **HOUSE CHAT WEEK 12**

### ***Maintaining Small Changes***

#### **Learning Objectives:**

*Participants will be able to:*

1. To recognize that slips are a normal and expected part of the process when making lifestyle changes.
2. Identify common causes that may lead to slips, helping you be better prepared and avoid them.
3. Respond to slips using self-compassionate strategies, rather than being hard on yourself or giving up on the changes
4. Utilize your social support systems to maintain motivation and accountability, enhancing your ability to recover from slips and continue progress toward your personal lifestyle goals.

#### **I. Opening (20 minutes)**

Week 12 Check-in

“Hello everyone, and welcome to Week 12 of our wellness journey! I hope you're all doing well and feeling motivated as we continue our exploration of different aspects of health and well-being. This is our final week together, and I can hardly believe how quickly the time has flown by. It has been an incredible journey, and I'm so proud of the progress each of you has made.

#### *Recap & Reflection*

Before we explore into this week's topic, let's take a moment to recap and reflect on our journey over the past 12 weeks. We've covered a lot of ground, from small changes in eating habits to managing stress and understanding our emotions. I'm curious to hear from you all about your favorite week and lesson.

#### Discussion Questions:

- What was your favorite week or lesson out of the 12, and why?
- What small changes have you made that you're most proud of?
- How have these changes impacted your daily life and overall well-being?
- What have you learned about yourself during this process?

Today, we'll be discussing how to use social support to maintain your small changes and how to respond to slips in a helpful way. We've all faced challenges and setbacks, but learning how to navigate them is key to sustaining our progress.

#### **II. Week 12 House chat Topic & Video (5-10 mins)**

*Title: Using Social Support to Sustain Your Small Changes/ Responding to Slips*

Review Learning Objectives

- Play Session Content Video

## **Key Points**

### 1. *Recognizing the Normalcy of Slips*

- Understand that setbacks are a natural part of the process when making lifestyle changes.
- Normalize the experience of slips to reduce feelings of guilt or failure.
- It is important to note that slips do not define your overall progress and should be viewed as learning opportunities.
- No single slip will undo all the positive changes you've made. How you respond to the slip is what matters.

### 2. *Identifying Common Causes Leading to Slips*

- Identifying personal triggers such as stress, emotional triggers, social situations, or environmental cues are important to understand why slips may occur.
- For many people, social situations, uncomfortable emotions, and boredom can lead to slips
- It is important to also normalize and recognize how certain environments or social situations may contribute to slips as they affect your behavior.
- Reflect on previous slip-ups to identify patterns and learn from mistakes, helping to prevent similar incidents in the future.
- Don't hesitate to reach out to trusted friends, family members, or professionals for advice and support in managing triggers and avoiding slips.

### 3. *Implementing Effective Response Strategies*

- Creating a relapse prevention plan that focuses on self-compassion and includes specific strategies for responding to slips can help you handle setbacks with kindness and maintain your progress.
- Identifying stressors, emotional triggers, and environmental cues allows you to prepare better, reducing the likelihood of slips.
- Implementing coping strategies such as relaxation techniques, distraction methods, or positive activities can help you manage challenging situations effectively.
- Setting clear and achievable goals can also keep you motivated and on track. Breaking these goals into smaller steps makes progress easier to monitor and maintain.
- Recognize and challenge negative thoughts and replace them with realistic, positive alternatives can shift your perspective and reduce the impact of potential setbacks.
- Practicing mindfulness also helps you stay grounded and reduce anxiety. Techniques like deep breathing exercises or meditation can keep you focused and calm.
- Being kind and forgiving to yourself when facing setbacks is crucial. Acknowledging that slips are a natural part of the process allows you to use them as learning opportunities and continue your journey with understanding. Treat yourself with the same compassion you would offer a friend facing similar challenges.

### 4. *Keeping Your Progress: Long-Term Strategies for Maintaining Small Changes*

Here are some strategies to help you maintain small changes long-term and stay motivated:

- Surround yourself with supportive individuals, including group members, friends, family, or mentors who understand your journey. Their encouragement and accountability can be invaluable.
- Actively involve those close to you in your relapse prevention plan. Their support and reinforcement can help you stay on track and feel more motivated.
- Engage in activities such as walking groups or support meetings. These provide camaraderie, shared experiences, and additional motivation to maintain your changes.
- Join or create a support group where members can share their progress, challenges, and successes. This sense of community can enhance motivation and help sustain long-term changes.
- Schedule regular check-ins with your support network to discuss your progress and any challenges you face. This can help you stay accountable and motivated.
- Identify and make use of local amenities like parks, walking trails, or recreational facilities to support your health and well-being. These environments provide opportunities for physical activity and relaxation, helping you stay on track with your health goals.
- Take advantage of programs and resources offered by local organizations including the WE project to support your lifestyle changes. This could include fitness classes, nutrition workshops, or support groups tailored to your specific needs and goals. By engaging with your community, you can access valuable support and guidance on your journey towards better health.
- Also, feel free to access and re-visit the materials and resources provided by WE Project to support ongoing behavior change efforts and to stay connected with the community and maintain momentum toward personal wellness goals.

#### 5. Creating the Plan for Long-Term Sustainability:

- Develop a plan for long-term sustainability that incorporates your social support, environmental supports, and personal resources, while also reflecting on your core values or "WHY" for living a healthy lifestyle.
- Set realistic and achievable goals aligned with your individual values and priorities, ensuring they resonate with your deeper motivations.
- Continuously evaluate and adjust your relapse prevention plan based on your evolving needs and circumstances, while also reinforcing your commitment to your values as a guiding force.
- In your slip response plan, take a moment to reflect on your core values or the reasons behind your commitment to a healthy lifestyle. Consider what truly matters to you and why you've embarked on this journey. By reconnecting with your values, you can reaffirm your motivation and use it as a guiding light during challenging times. Remembering your "WHY" can provide a powerful source of inspiration and help you stay focused on your long-term goals.

### **III: Individual Activity: “Slip Response Plan” (15 mins).**

Description: In this activity, you will reflect on past slips or setbacks you've experienced while making lifestyle changes. You will identify common triggers that may lead to slips and brainstorm effective strategies for responding to them constructively. You will then create a

personalized response plan outlining specific actions to take when faced with triggers, leveraging social support systems for encouragement and accountability. Finally, you will commit to putting your response plan into action, ensuring you are better equipped to overcome setbacks and continue making progress toward your goals.

#### Instructions:

1. **Reflect on Past Slips:** Take a few minutes to think about any recent slips or setbacks you've experienced while making lifestyle changes. Consider what triggered these slips and how you responded to them.
2. **Identify Triggers:** Using a pen and paper or a digital note-taking tool, list common triggers that may lead to slips in your specific situation. These could include stress, social events, lack of time, or specific environmental cues.
3. **Brainstorm Strategies:** Next, brainstorm effective strategies for responding to slips in a constructive manner. Think about what you can do when faced with these triggers to minimize the impact of slips and prevent them from derailing your progress.
4. **Create a Response Plan:** Based on your reflections and brainstorming, create a personalized response plan for handling slips. Write down specific actions you can take when confronted with each trigger, focusing on positive and proactive approaches.
5. **Utilize Social Support:** Consider how you can involve your social support systems, such as friends, family, or online communities, in implementing your response plan. Think about who you can turn to for encouragement, accountability, and guidance during challenging times.
6. **Review and Revise:** Take a moment to review your response plan and make any necessary revisions. Ensure that your strategies are realistic, actionable, and aligned with your goals.

#### **IV: Group Reflection Discussion (20 mins)**

1. Reflecting on past experiences, what were some common situations or feelings that led to slipping back into old habits?
2. As you brainstormed strategies for responding to slips, what stood out as the most effective or promising approaches?
3. Share one aspect of your personalized response plan that you found particularly helpful or insightful. Why do you think it will be effective for you?
4. How can we support each other in implementing our response plans and staying motivated, especially during challenging times?
5. Looking ahead, what are some potential roadblocks or obstacles that we need to be aware of? How can we prepare to overcome them as a group?

#### **V. Closing: Reflection & Commitment (10 minutes)**

"As we come to the end of our time together, I want to express my gratitude to each of you for your active participation and thoughtful contributions throughout our journey. While today

marks the conclusion of our sessions, it's important to recognize that our learning and growth don't end here.

"As you reflect on the insights gained from our discussions and activities, I encourage you to carry forward the lessons learned and continue to nurture a small lifestyle changes. Remember, progress is a journey, and it's normal to encounter challenges and slips along the way."

Though this may be our last meeting, it's not the end of our journey. Let's remain committed to our goals and continue supporting each other on this path to greater health and well-being. Thank you once again for your dedication and participation. I wish you all continued success and fulfillment in your journey ahead."

#### A. Commitment Circle: Taking Action

Now, it's time to commit to your response plan. In just a few minutes, write down your commitment statement. Keep your plan accessible for quick reference. Remember, slips are normal, but your commitment to responding effectively will keep you on track. Let's take this step forward together!

#### B. Appreciation and Encouragement:

Express thanks for everyone's participation and encourage them to stay engaged.  
*"Thanks to everyone for your active participation today! Let's keep the momentum going and stay engaged in the chats to continue supporting each other on our wellness journey."*