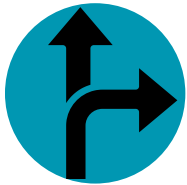


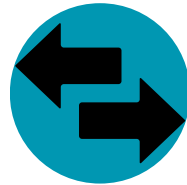
Maintaining Small Changes

In this week's session we will focus on **maintaining our small changes** for heart health over the long-term, which includes how to respond when we experience **slips!**

WHAT do I need to know about slips?



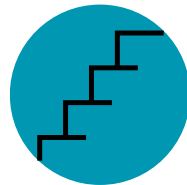
Slips are when we briefly fall off track with our goals



What matters most is how we **respond** to a slip



They are natural and expected



No **ONE** episode of inactivity or eating too much will ruin your progress!

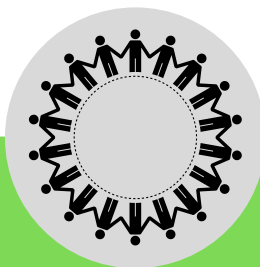
HOW can I respond to slips in a helpful way?

Our instinct may be to beat ourselves up after a slip with unhelpful thoughts and feelings of guilt and self-blame, but this can lead to more slips, like overeating to comfort ourselves. **Choosing self-compassion can be a helpful way to bounce back after a slip!** Self-compassion consists of 3 components:



Self-Kindness

Be warm & understanding toward yourself. Instead of frustration and self-criticism, treat yourself with kindness.



Common Humanity

Remind yourself that everyone slips--you are not alone!



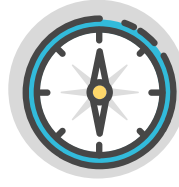
Mindfulness

Try to observe your thoughts and feelings without judgement and understand that a slip does not define you.

WHAT DOES **SELF-COMPASSION** LOOK LIKE IN PRACTICE?



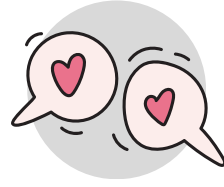
Respond to yourself just as you would respond to a friend who experienced a slip



Allow yourself to explore what led to the slip with curiosity instead of judgment



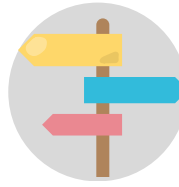
Reframe your inner voice to be positive and compassionate



Talk to someone supportive



Focus on all of the positive changes you've made



Realign your behavior with your values by taking the next best step!

HOW can I **prevent** slips?

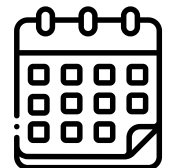
Recognize what sparks your slips, like social situations, uncomfortable emotions, or boredom



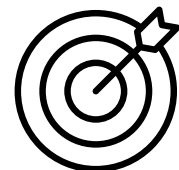
Keep up with your habits and do weekly check-ins with yourself or an accountability buddy



Be proactive when schedules change to re-think where nutritious eating and physical activity can fit in



Continue to use stimulus control to create an environment that supports your health goals



Explore the warning signs that you are falling back into old habits



How can I **maintain** small changes?

You can prevent a **relapse** (or a full return to previous habits) using the following strategies:

Develop a relapse prevention plan



1. Consider what typically causes slips for you to **identify situations that are high risk**
2. Identify your **warning signs** that a slip is becoming a relapse
3. Develop a toolbox of **strategies** to get back on track
4. Create an **action plan**. Reconsider your SMART goals and develop small, actionable steps to reach them
5. Consider how to **enhance your motivation**
6. Review and revise your plan. Some strategies may be more helpful than others in certain situations. **Find what works for YOU**

Motivation

Motivation is an internal process that will move you towards your goal

- Motivation fluctuates and will change over time
.....
- We have more control over our motivation than we think!
.....
- Different types of motivation play important roles in our health journey!

Intrinsic Motivation

- Stems from enjoyment of an activity
- Connected to our values or how we see ourselves/identify
- Necessary to sustain our efforts long-term

Extrinsic Motivation

- Stems from a desire for specific external reward
- Can keep us working on health behaviors when it gets tough

Enhance Your Motivation!



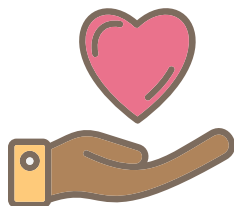
Reflect on your progress

What changes have you made? What changes have you noticed in your physical & mental health? What have you learned about your strengths & weaknesses?



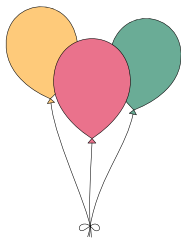
Imagine your future self

Where do you want to be in 5 years? What habits do you need to develop to reach that goal?



Values check

What are your top 3-5 values? How do your changes align with those values? Try to remember what is important to you to make time for behaviors aligned with your values



Reward yourself

Research shows that we are more motivated to engage in certain behaviors when our actions are reinforced or rewarded! Consider what will boost your mood, provide relaxation, or make meeting your goals fun!



Fall back on your supports

- Consider who has been supportive of you during this process and continue to seek the support you need from those best situated to provide it!
- Remember you have a built-in network in your house chat and walking groups if you choose
- Look back on handouts and videos from this program
- Don't forget the strengths available in your community!

Set yourself up for long-term **SUCCESS**



Reference the material from the program whenever you need a refresher!



Continue to make SMART goals that align with your values



Practice self-compassion to recover from slips



Continue to meet with your walking groups and extend an invitation to other Petersburg residents. Your efforts can create a culture of health and wellness in your community!



Consider how you can work with others in your community to advocate for change that promotes health among ALL Petersburg residents