

# Behaviour Change

Keeping it Going with Your Health Goals

Host: Callista King BNRN



# Welcome to Keeping it Going with Your Health Goals

**Please note that for this Zoom session, your audio has been muted and your camera has been turned off.**

**These are pre-recorded virtual group education sessions. As a result, there will not be opportunity for live chat. Once the session is completed you will have an opportunity to follow up individually with a clinician to review your action plan and personal goals.**

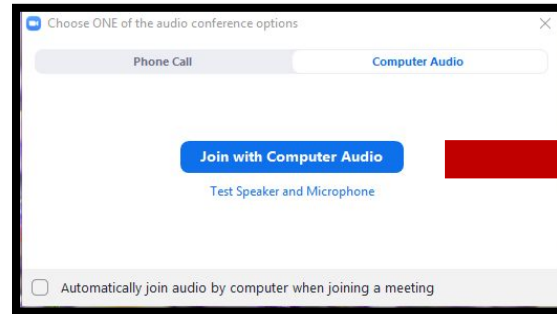
# Mi'kma'ki



© Native Council of Nova Scotia – Mi'kmaw Language Program; Artist: Michael J. Martin

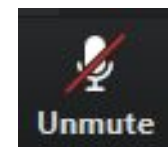
# Zoom Basics!

**Test Speaker & Video**



**Mute & Unmute**

BOTTOM LEFT  
HAND  
CORNER



Click



OR press and hold  
spacebar while  
speaking

Muted

Not Muted

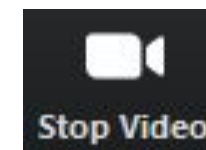


**Start/Stop Web  
Cam**

BOTTOM LEFT  
HAND  
CORNER



Click



Video Off

Video On

# Safety

**This session does not offer individual health advice and is meant to provide general information only.**

If during the session you need emergency help, call 911. If you are looking for non-emergency health advice, call 811 or speak with your care provider. To access the provincial mental health crisis team call toll-free at 1-888-429-8167.



# Zoom for Healthcare for Group Education

## **Zoom for Healthcare is private and secure.**

- Do not share other participants' personal information outside of the session.
- Any information you choose to share about yourself or your health, will be shared with everyone participating in the group session.
- The session will not be recorded and you are not permitted to take pictures
- Do not share the meeting link, ID or password with others.
- Those not involved in this session, should not be present in your room during the call, unless agreed to by the group.
- Use headphones whenever possible.
- Put mobile phone and other devices away during the session.

## **Are there any risks?**

- There is a potential risk for technology failure. If this occurs, the health care provider will consider other options, such as rescheduling.
- At any time, you can choose not to use Zoom for Healthcare.
- In rare instances, a breach of privacy of personal health information could occur. This would be investigated and reported according to PHIA legislation.

# Learning Objectives:

- Determine readiness to change self-identified behaviour(s).
- Review the steps involved to take your idea and develop a personal action plan for change.
- Develop an action plan/goal to support a self-identified behaviour.
- Review why making changes to improve health can be hard.
- Review some key ingredients for change that will last.
- Review some strategies to try when things don't go as planned.

*You will need:*

*Pen and paper or a copy of your **Ideas Into Action Worksheet**.*



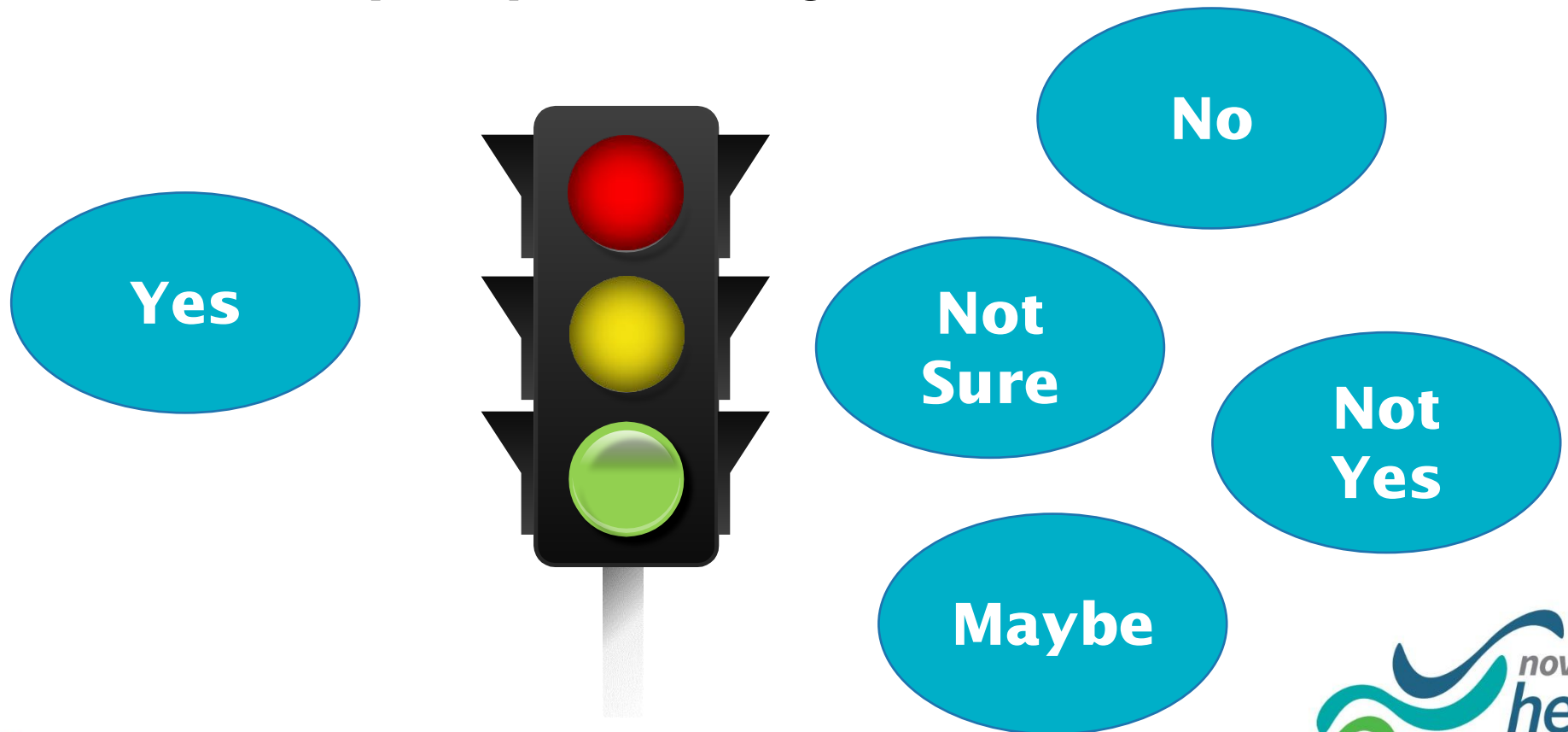




# Readiness and Behaviour

## Change:

How ready are you to change?



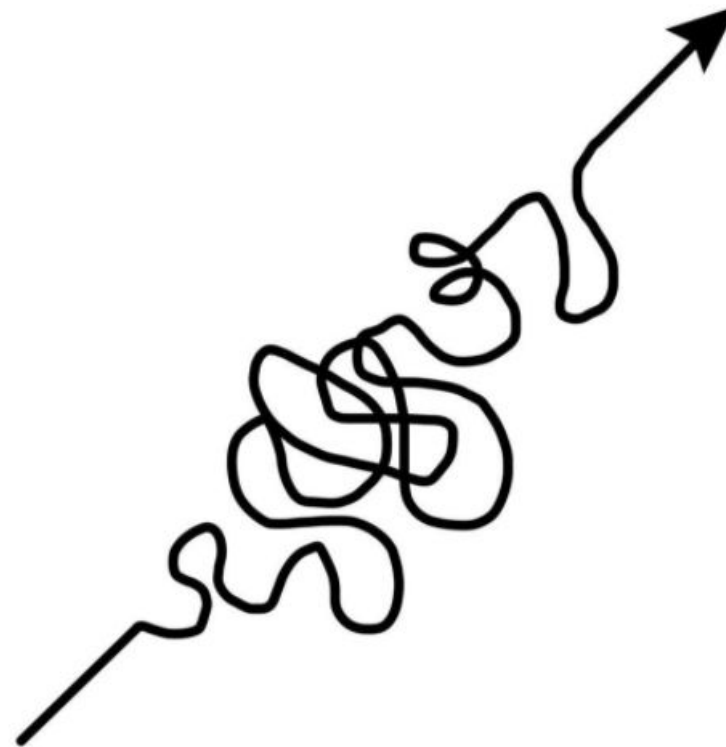
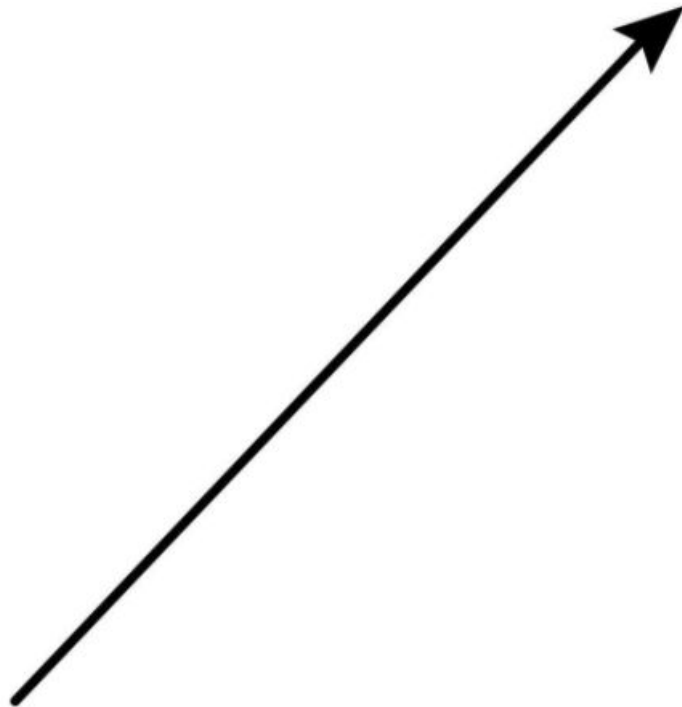
# Readiness to change

The video will play automatically



SUCCESS

SUCCESS



what people think  
it looks like

what it really  
looks like

# Ideas Into Action:- Small Steps, Big Success

**Step 1: Define a clear vision**

**Step 2: Set goals**

- ✓ **What behaviours will help to achieve this goal?**
- ✓ **Check your readiness**
- ✓ **Code your readiness**
- ✓ **Create a SMART goal**

**Step 3: Develop an action plan**

- ✓ **Check your confidence**



## Ideas into Action Worksheet

Small Steps Big Success

Primary Health Care

Complete and track your plan on your own, or with someone who supports you such as a health care provider, family, or friend.

### 1 - Define a clear vision.

What is the 'big picture' of what you want to feel like, be like, and be able to do?

- What do I want to be doing differently?
- What is my best self?

**Example:**  
I want to be able to travel when I am older and be an active grandparent.

**My vision:** I want to \_\_\_\_\_

### 2 - Set goals.

What changes do you need to make in your life to reach your vision?

- What do I have to do to achieve my vision?

**Examples:**  
Increase my fitness.  
Eat more healthy.  
Get more sleep.

**My goal:** \_\_\_\_\_

### ✓ What behaviours will help to achieve this goal?

- Observable?
- Measurable?
- Something you can do?

**Examples:**  
Walk more.  
Eat more fruit.  
Create a sleep schedule.

**My possible behaviours:** \_\_\_\_\_

If you have more than one behaviour, pick one to start with. Choose what is most important to you.



## Worksheet

Primary Health Care

### Readiness.

Questions about your chosen behaviour or change.  
(If necessary, you might need to modify the wording.)

	Yes	No
_____ to be a problem?	<input type="checkbox"/>	<input type="checkbox"/>
_____ bother you?	<input type="checkbox"/>	<input type="checkbox"/>
_____ changing _____ now?	<input type="checkbox"/>	<input type="checkbox"/>

\_\_\_\_\_ to be a problem?  
\_\_\_\_\_ for you?  
\_\_\_\_\_ how much, you walk?  
\_\_\_\_\_ how much, you walk now?

**Chosen behaviour example:**  
Walking more.  
Notice how it has to be worded to "how much, you walk" in the questions.

### Readiness.

How ready you are to make a change.

Not ready	Unsure	Ready
Not yes or no to any questions	Yes ... but or any hesitation to questions	Convincing yes to questions
Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/> No <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



## Ideas into Action Worksheet

Small Steps Big Success

### Now what?



#### Stop:

- This is likely not a good starting point.
- Explore your health beliefs:
  - Do you see this health problem addressed? (seriousness)
  - Is this behaviour something that responsibility?
  - Is this behaviour something that your control (controllability)?
- Go back to step 2 and try to identify your vision.



#### Caution:

- You may not be ready to make barriers that may make it hard.
- Consider:
  - Why do you want to make this change?
  - What makes this change hard?
- Depending on your answers you go to the next checkpoint. Choose your next step.



#### Go:

- This is likely a good starting point for you.
- The next step is to create a SMART goal and a detailed action plan.

### ✓ Create a SMART goal.

- S**pecific: Be clear, (when, where, how).
- M**easurable: How much and how often?
- A**ction-orientated: A behaviour that you can control.
- R**ealistic: Are you at least 70% confident you can do this?
- T**ime Framed: How long might it take to achieve your goal?

## Ideas into Action Worksheet

Small Steps Big Success

Primary Health Care

### 3 - Develop an action plan.

Once you have set a goal, it is important to develop a plan to reach your goal. It may be helpful to create an action plan each week as there are many things that can change that may impact your success.



**My SMART goal:**  
I will \_\_\_\_\_

**SMART goal example:**  
I will walk to my mailbox each day.

#### Some things to think about when making your plan:

- What am I going to do?
- When am I going to do it?
- Where am I going to do it?
- How often am I going to do it?
- What could get in my way?

#### My Action Plan

This week I will:

What: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

How much: \_\_\_\_\_

How often: \_\_\_\_\_

Who or what can support you: \_\_\_\_\_

#### Example:

**What:** I will walk briskly to my mailbox.  
**When:** Between noon and 5pm  
**Where:** To mailbox and back home  
**How much:** 10 mins  
**How often:** Monday to Friday  
**Support:** Record in my calendar when I complete my walk. Check the weather and have a raincoat.

**How confident are you?**  
0 1 2 3 4 5 6 7 8 9 10

Not at all  Very

If you do not choose at least a 7, consider making your goal easier.

**Confidence Example:**  
8

Following these steps can help you to turn your ideas into action!





# Step 1: Define a clear vision

What is the **'big picture'** of what you want to feel like, be like, and be able to do?

- What do I want to be doing differently?
- What is my best self?

**Example:**  
*I want to be able to travel when I am older and be an active grandparent*

**My vision:**

I want to

---

---

## 2 - Set goals.

What changes do you need to make in your life to reach your vision?

- What do I have to do to achieve my vision?

Examples:  
*Increase my fitness.*  
*Eat more healthy.*  
*Get more sleep.*

**My goal:**

---

---

---





## What behaviours will help to achieve this goal?

- Observable?
- Measurable?
- Something I can do?

**Examples:**  
*Walk more.*  
*Eat more fruit.*  
*Create a sleep schedule.*

**My possible behaviours:** \_\_\_\_\_  
\_\_\_\_\_

If you have more than one behaviour, pick one to start with.

**Choose what is most important to you.**

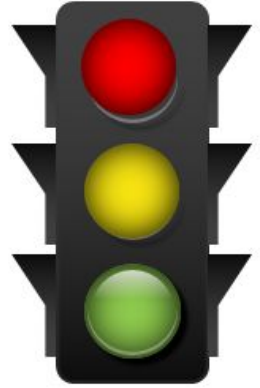




## Check your readiness.

Ask yourself the following questions about your chosen behaviour to see how ready you are for change.

*(Put your chosen behaviour here, you might need to modify the wording.)*



Yes No

1. Do I consider \_\_\_\_\_ *to be a problem?*
2. Does \_\_\_\_\_ *bother me?*
3. *Am I interested in changing* \_\_\_\_\_ *?*
4. *Am I ready to change* \_\_\_\_\_ *now?*

# Checkpoint: Code Your Readiness

Use the guide below to code how ready you are to make a change.



**Not ready**

*Not yes or no to any questions*



**Yes**


  
  
  

**No**

**Unsure**

*Yes ... but or any hesitation to questions*



**Yes**

**No**

**Ready**

*Convincing yes to questions*



**Yes**

**No**



# Checkpoint: Create a SMART Goal

When setting a goal, make sure it is SMART



**S**pecific: Be clear, (when, where, how).

**M**easurable: How much and how often?

**A**ction-oriented: A behaviour that you can control.

**R**ealistic: Are you at least 70% confident you can do this?

**T**ime Framed: How long might it take to achieve your goal?

# Step 3: Develop An Action Plan

## My Action Plan

This week I will: *Walk to my mailbox each day.*

What: *I will walk briskly to my mailbox*

When: *Between noon and 5pm*

Where: *To mailbox and back home*

How much: *10 mins*

How often: *Monday to Friday*

Who or what can support me: *Record in my calendar when I complete my walk.  
Check the weather and have a raincoat.*

# Checkpoint: Check your Confidence



**How confident are you?**

**0 1 2 3 4 5 6 7 8 9 10**

**Not at all**

**Very**

If you do not choose at least a 7,  
consider making your goal easier

**Confidence Example:**

8

***Following these steps can help you to turn your ideas into action!***



# Change is Hard!



1. Easy to start
2. Hard to continue
3. Knowing what to do is not enough
4. Advice is not enough
5. Feeling bad is not enough
6. Health is not the driving force

***Linking why you want to change to what is important to you can predict success***



# Setting yourself up for success

- Motivation
- Skill
- Support
- Confidence



# When things don't go as planned

---

It can be helpful to look at things differently .



1. Blame yourself and give up
2. Figure out what went wrong

# When things don't go as planned

- Be curious!
- Ask yourself questions such as:
  - What happened?
  - What was going on?
  - What was different compared to the times that I was on track?
  - What was the real problem?
- Reflect on these answers
  - What could I do differently next time?

# Tips to help stay on track

## Do you need to shape your goal?



- Just hard enough
- Not too hard
- 70% confident



## Do you need a reward?



*“Celebrate the small wins. Small wins build momentum.”  
Author unknown*

- Something you value
- Doesn't undermine your goal
- Set a time frame to earn it

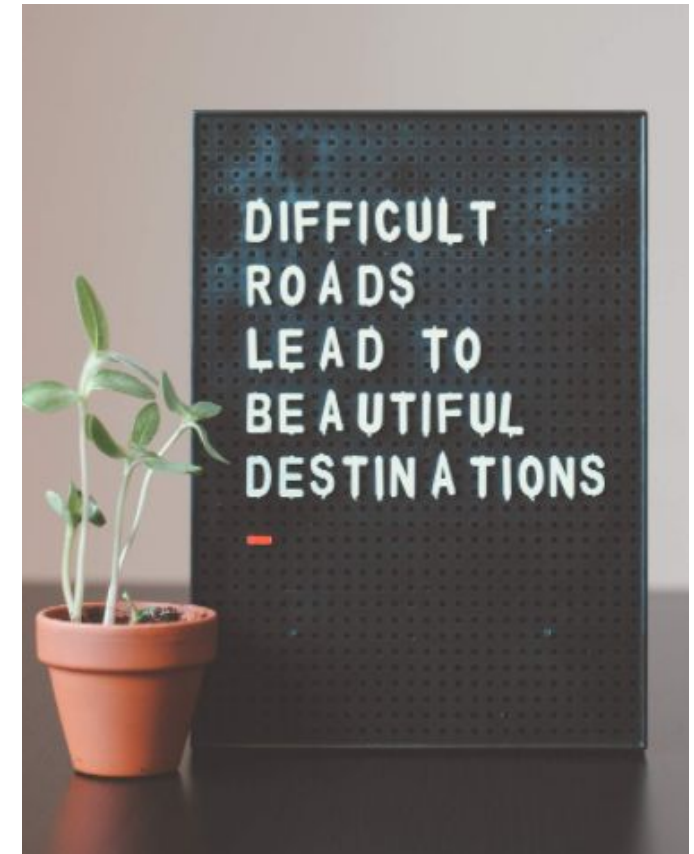
# Have you considered what could get in the way?



- Identify potential barriers
- Think of a possible solution (plan B)

# Keeping it going with your health goals

1. Follow the steps of turning "Ideas into action"
2. Remember change is hard. Make sure the changes you are making are important to you.
3. There are some key ingredients that can help you to be more successful.
  - Motivation
  - Skill Support
  - Confidence





# Keeping it going with your health goals continued

4. When things don't go as planned look at the situation differently

5. Consider these tips to keep you on track

- Do you need to shape your goal?
- Do you need a reward?
- Do you have a plan B?



# Want more support?

- Visit [www.healthyns.ca](http://www.healthyns.ca) to:
  - Complete a self-directed e-module of this session, ***Keeping it Going with your Health Goals***
  - Complete a live or self-directed e-module of ***Ideas into Action, Small Steps Big Success***
  - Register for virtual wellness programs in a variety of topic areas:
    - Healthy Eating
    - Physical Activity
    - Managing risk factors
    - Mental wellness
    - Parenting

## Other Health and Wellness Resources

- Dial 911 in an emergency
- Dial 811 for health advice
- Free Online Wellness Sessions from Nova Scotia Health ([www.healthyns.ca](http://www.healthyns.ca))
- Mental Health and Addictions Supports ([www.mha.nshealth.ca](http://www.mha.nshealth.ca))
- Programs and services in your community ([www.ns.211.ca](http://www.ns.211.ca))
- Recreation programs across Nova Scotia ([www.nsconnect.ca](http://www.nsconnect.ca))
- Smoking cessation supports (811, [www.smokefreens.ca](http://www.smokefreens.ca))
- Intimate partner violence and abuse supports ([www.nsdomesticviolence.ca](http://www.nsdomesticviolence.ca))
- Heart and Stroke Foundation of Canada (<https://www.heartandstroke.ca/>)

THANK  
YOU!