

Make Setbacks Work For You



Most of us slip back into old habits sometimes. The important thing is to make sure you don't keep on slipping up.

What to do when you slip-up

- ▶ Don't panic. Try to think positively. Look at it as a chance to improve.
- ▶ Respond at once. Don't wait around for it to happen again.
- ▶ Start keeping track of what you eat. Stick to the TLP eating plan.
- ▶ Do a RED food search. Get it out of your home. If you have a job, do what you can to get it out of your workplace.
- ▶ Make sure you are meeting your GREEN activity goals.
- ▶ Weigh yourself each week.

How to make a setback work for you

- ▶ Remind yourself that everyone makes mistakes. The important thing is not to quit or get discouraged.
- ▶ Remind yourself that it's normal for weight to go up and down a little.
- ▶ Set limits for yourself. For example:
 - ▶ Take action when you gain 3 pounds if that's your limit.
 - ▶ Take action when you miss your GREEN activity goals 3 days in a week if that's your limit.
- ▶ Think of two ways you could improve your eating and physical activity habits right away.
- ▶ Reflect on your mental attitude. Are you being positive? Dealing with diabetes is a lifelong job. It takes effort and patience every day.
- ▶ Remind yourself of all the progress you have made.
- ▶ Make sure you are getting enough support.
- ▶ Praise yourself when you make the right choices.

Additional resources

- ▶ Keeping Old, Unhealthy Habits Away: LC 22
- ▶ Overcoming Healthy Lifestyle Burnout: LM 19

Suggested activity

Write yourself a letter of encouragement. Try to list all of the positive changes you have made. Write down the ways you believe in yourself. Keep the letter in a safe place to read when you are slipping.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help her avoid slip-ups?

- ▶ Hold family meetings at least 3 times a week. Meet on the phone if she's away from home.
- ▶ Go over her Lifestyle Log with her.
- ▶ Discuss her mental attitude. Is she doing negative thinking?
- ▶ Keep a healthy home environment. Remind her to do the same if she is living on her own.
 - ▶ Keep plenty of fruits and vegetables handy.
 - ▶ Keep RED foods out of the house.
 - ▶ Make sure no one eats outside of the kitchen or dining room.
- ▶ Encourage her to meet her GREEN activity goals.
- ▶ Model healthy behaviors yourself.
- ▶ Remind her of all the progress she has made.
- ▶ Help her set up a reward system for healthy behaviors and weight loss. You can provide some rewards, and she can provide some for herself.

How can I help someone who is slipping avoid a relapse?

- ▶ Encourage her to take action now. The longer the slip-ups continue, the harder it is to get back on track.
- ▶ Remind her it is normal for weight to go up and down some.
- ▶ Ask why staying healthy is important to her.
- ▶ Ask how she could feel more confident about being healthy.
- ▶ Ask if she knows what to do. Offer your ideas.
- ▶ Go over her 4 key goals together. Help her break each big goal into smaller ones.
- ▶ Identify barriers to meeting these goals, and problem-solve with her.

Additional resources

- ▶ Keeping Old, Unhealthy Habits Away: LC 22
- ▶ Overcoming Healthy Lifestyle Burnout: LM 19

Suggested activity

Write her a letter of encouragement. List all of the positive changes she has made. Encourage her to write one to herself as well.

My notes

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