HOW TO MAKE HEALTHY CHANGES: 4-Part Series

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# HEALTHY CHANGES: 4-Part Series

**Every Wednesday in June, 11:30-12 Noon**

<table>
<thead>
<tr>
<th>Date</th>
<th>Part</th>
<th>Topic</th>
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<tr>
<td>June 1</td>
<td>1</td>
<td>Get out of your own way! Lead your Wellbeing</td>
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<td>June 8</td>
<td>2</td>
<td>Physical Activity Plan: To Schedule or Not to Schedule?</td>
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<td>June 15</td>
<td>3</td>
<td>Behavior Change Setbacks: Why is it so hard?</td>
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<td>June 22</td>
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<td>Make it Stick! Commitment Devices for Behavior Change</td>
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Part 3: Behavior Change Setbacks: Why is it so hard?
Part 3: Agenda

- **Strategy 1:** The Barrier Dilemma
- **Strategy 2:** Obstacles Check-In!
- **Strategy 3:** The Power of Self-Talk
- **Strategy 4:** Overcoming Obstacles
- **Strategy 5:** Celebrate Small Victories
Strategy 1: The Barrier Dilemma
Successful change rarely occurs without overcoming specific obstacles.
What keeps you from being physically active?

Write it down.
Most Common Exercise Barriers

- Lack of Time
- Lack of Motivation
- Lack of energy
- Safety
- Weather
- Other responsibilities
- Fear of injury
- Social support
- Other commitments
- Resources
- Programming
Strategy 2: Check in with Obstacles
What obstacles get in the way that keep you from being physically active?

<table>
<thead>
<tr>
<th>I want to be more physically active, but</th>
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<td>....I don’t know what to do</td>
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<td>...It’s expensive to eat healthy.</td>
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What are some of **YOUR** behaviors that keep you stuck and work against you being more physically active?

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<tbody>
<tr>
<td>1.</td>
<td>Staying up late</td>
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<td>2.</td>
<td>Watching tv/movies</td>
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<tr>
<td>3.</td>
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What are some strategies and solutions to help with these obstacles?
Strategy 3: The Power of Self-Talk

Steady stream of on-going thoughts in our minds constantly
The Self-Talk Endless Loop

1. How I act
2. What I tell myself about how I perform
3. Which helps to determine
4. Which influences
5. Which shapes
6. My internal image of myself
“Be careful how you are talking to yourself because you are listening.”

Lisa M. Hayes
BENEFITS OF POSITIVE SELF-TALK

1. A Healthier Immune System
2. Reduced Pain
3. Better Cardiovascular Health
4. Improved Mental Health
5. Improved Self-Esteem
6. Increased Vitality
7. Greater Life Satisfaction
8. Reduced Stress
9. Better Physical Well-Being
10. Increased Lifespan

BetterUp
The Reality of Self-Talk
Strategy 4: Overcoming Obstacles
The Inner Critic
Track Your Inner Critics Dialogue

- Write down the messages for week
- Identify the pattern
- Note places and times
  - morning vs. evening
  - private vs. public
  - Specific activities or stages
Personify Your Inner Critic
Develop an Alternative
SELF-TALK: Correct Thinking

The 3 D’s

**CHECK-IN**
- Unconscious thoughts that influence negativity

**CYCLE BREAK**
- Stop negative thoughts automatically

**REFRAME**
- Positive affirmations & counterarguments
D1: Detect Negative Thoughts

- How often do I say I can’t?
- Am I surrounding myself with positive or negative people?
- Are the conversations I have generally positive?
- What happens when things do not go as planned?
- Am I having a negative or positive effect on the people around me?
D2: Disrupt Negative Thoughts

Repeat after me...

Gooooooosfrabaaaahhh
Write down as many positive words you can think of that you connect to?
D2: Disrupt Negative Thoughts

OH I CAN

AND I WILL
What are some positive things you could say to yourself!

Write them down.

POSITIVE MESSAGES

1. I am strong and capable.
2. I am going to crush today’s workout.
3. I can...
4. I will...
5. I am...
D2: Disrupt Negative Thoughts

Use a kinesthetic cue
Snap a rubber band on your wrist
Do it with a friend/partner
End of day/week check-in
D3: Dispute Negative Thoughts

- It's normal to make mistakes but I will learn from them
- I can control my internet use
- I don't have to do things just to fit in
- I can change
- I fail at everything I do so why bother
- What's the point. No one cares about me anyway
- I am bound to get it wrong
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<th>Reflection prompts include....</th>
<th>What did I learn from the experience?</th>
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<td>How did I grow from the challenge?</td>
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<td>How did I experience life more fully?</td>
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<td>How can I make good things even better?</td>
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<td>What can I do to stay true to my values?</td>
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Past Success

OBSTACLE

[solution 1]
[solution 2]
[solution 3]
[solution 4]
[solution 5]
Past Success

Think of a time you successfully faced one of the obstacles you identified.
Past Success

Who helped or was supportive?

When (time of day, season, point in your life)?

Where were you and what was happening (place, situation, context)?

How were you feeling at that time?

What do you remember thinking?
Support System Roles

Who?

Husband

How can they help?

Agree to not keep junk food in the house, walk with me
Social System Boundaries

Who?
Husband

How can I set boundaries?
Suggest healthy foods we can eat at home rather than out
Strategy 5: Celebrate Small Victories
### Partial Success Feelings

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<th>List some steps you have taken towards being more active (recently or past)?</th>
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Rewards: Things, Events, & Activities

What are some rewards you could give to yourself?

Write them down.

If I stick to my plan for____, I’ll reward myself by...

...

....

.....
Strategy 1: The Barrier Dilemma

Strategy 2: Obstacles Check-In!

Strategy 3: The Power of Self-Talk

Strategy 4: Overcoming Obstacles

Strategy 5: Celebrate Small Victories
Thank you!

Questions?
References

5. Hanson, R.. (2018. May 18). How to Stand Up to your Inner Critic. TED [Video]. Article retrieved from [Link]