

Week 11: Walk to Wellness

Slips

We know that sometimes change is hard. It is not easy to be the best we can be. Nobody is perfect, and slips happen.

What Are Slips?

Slips are times when we do not follow our plans for healthy eating or being active. Slips are normal. If you haven't already had a slip, you will surely have one in the future. However, no need to worry. Slips do not always hurt our progress. What hurts our progress is the way we react to slips.

Why Do We Slip?

Because we're human. However, different things cause different people to slip. We talked about cues that make us eat or not be active. Moods or feelings cause many of us to slip from healthy eating. Some of us overeat when we are happy. Some of us overeat when we are bored. What causes us to slip is a habit, something we learned over time.

What if we slip?

The way we react to slips is also a habit. We can learn a new way to react to slips that will get us back on our feet again. Here are some suggestions:

- ✓ Talk back to negative thoughts with positive thoughts.
- ✓ Ask yourself what happened. Why did I overeat? Why did I not go for a walk?
- ✓ Take back control as soon as you can.
- ✓ Talk to someone who can support you.
- ✓ Focus on all of the positive changes you made.

Just remember this: give yourself permission to fall short once in a while.

After a Slip

As you go forward with this program, remember two things: slips are **normal** and are to be **expected**. Just about everyone who tries to lose weight and be more active has slips. A slip is not a problem. Just get back on your feet, and continue to work toward your goals.

Overeating once, no matter how extreme, will NOT ruin everything.

So after you slip:

1. Talk back to negative thoughts with positive thoughts.

Negative thoughts are your worst enemy. Talk back. "I am not a failure because I slipped. I am back on my feet again."

2. Ask yourself how the slip happened.

Learn from the slip. Can you avoid the cue in the future? Will you be able to handle the situation better?

3. Regain control immediately.

Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. Talk to someone supportive.

Call your Lifestyle Coach or another friend and discuss your new plan for handling slips. Commit yourself to a new effort.

5. Focus on all the positive changes you made.