

## A New Year, A New Start

Debra E. Schroeder, M.S.  
Extension Educator  
University of Nebraska–Lincoln Extension



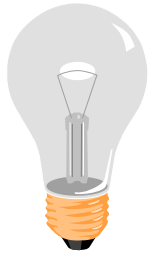
## Getting Motivated, Staying Motivated



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## Getting Motivated, Staying Motivated



- Making changes is neither quick or easy

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## Getting Motivated, Staying Motivated



- Making changes is neither quick or easy
- Acknowledge the need for change

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## Getting Motivated, Staying Motivated



- Making changes is neither quick or easy
- Acknowledge the need for change
- Getting ready to change

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## Taking Action




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## Taking Action

- Self monitoring





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## Taking Action

- Self monitoring
- Change your environment





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## Taking Action

- Self monitoring
- Change your environment
- Substitute a healthy behavior for your old habit





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## Taking Action

- Self monitoring
- Change your environment
- Substitute a healthy behavior for your old habit
- Outsmart the problem





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## Taking Action

- Self monitoring
- Change your environment
- Substitute a healthy behavior for your old habit
- Outsmart the problem
- Reward yourself



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## Developing a Plan



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## Developing a Plan

- Taking stock

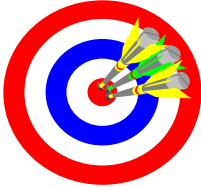



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## Developing a Plan

- Taking stock
- Choosing to change



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## Developing a Plan

- Taking stock
- Choosing to change
- Planning for action



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## Developing a Plan


- Taking stock
- Choosing to change
- Planning for action
- Monitoring your progress



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## Making a Change - Stages

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## Making a Change - Stages


- Pre-contemplation – not considering making any changes

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## Making a Change - Stages


- Pre-contemplation – not considering making any changes
- Contemplation – thinking about making changes

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## Making a Change - Stages


- Pre-contemplation – not considering making any changes
- Contemplation – thinking about making changes
- Preparation – actively planning to make a change

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## Making a Change - Stages


- Pre-contemplation – not considering making any changes
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- Action – making a change

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## Making a Change - Stages

- Pre-contemplation – not considering making any changes
- Contemplation – thinking about making changes
- Preparation – actively planning to make a change
- Action – making a change
- Maintenance – incorporating new behavior into a routine

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## Preparing to Change Behavior

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## Preparing to Change Behavior


- Set specific, achievable goals

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## Preparing to Change Behavior


- Set specific, achievable goals
- Make a workable plan

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## Preparing to Change Behavior


- Set specific, achievable goals
- Make a workable plan
- Plan for obstacles

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## Preparing to Change Behavior


- Set specific, achievable goals
- Make a workable plan
- Plan for obstacles
- Make change a priority

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## Preparing to Change Behavior


- Set specific, achievable goals
- Make a workable plan
- Plan for obstacles
- Make change a priority
- Go public

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## Preparing to Change Behavior

- Set specific, achievable goals
- Make a workable plan
- Plan for obstacles
- Make change a priority
- Go public
- Ask for support

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## Setting your Goals

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## Setting your Goals


- Take a look at what you are currently doing

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## Setting your Goals


- Take a look at what you are currently doing
- Plan to make a change

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## Setting your Goals


- Take a look at what you are currently doing
- Plan to make a change
- Start by adding one new habit a week

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## Setting your Goals


- Take a look at what you are currently doing
- Plan to make a change
- Start by adding one new habit a week
- Write down the details of the plan for your new habit

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## Setting your Goals


- Take a look at what you are currently doing
- Plan to make a change
- Start by adding one new habit a week
- Write down the details of the plan for your new habit
- Goals should include what, how much, when, and how many days

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- Make it easy to remember
- Share your plan with someone else

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## Setting your Goals

- Take a look at what you are currently doing
- Plan to make a change
- Start by adding one new habit a week
- Write down the details of the plan for your new habit
- Goals should include what, how much, when, and how many days
- Make it easy to remember
- Share your plan with someone else
- Practice makes perfect

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## Obstacles to Change

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## Obstacles to Change


- Your environment is working against you

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## Obstacles to Change


- Your environment is working against you
- Old habits are tough to change

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- Your environment is working against you
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- You feel discouraged and hopeless

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## Obstacles to Change


- Your environment is working against you
- Old habits are tough to change
- You feel discouraged and hopeless
- You are wasting energy

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## Obstacles to Change


- Your environment is working against you
- Old habits are tough to change
- You feel discouraged and hopeless
- You are wasting energy
- Lack of social support or you have loved ones that sabotage your plans

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## Overcoming Obstacles


- **Environmental**
  - Remove high fat calorie foods
  - Move food out of sight
  - Prepare healthy snacks
  - Use smaller plates
  - Smaller portions at meals
  - Limit dining out
  - Exercise close to home
  - Make sure home equipment is always set up
- **Create New Habits**
  - Be a mindful eater
  - Turn off TV while eating
  - Eat more slowly
  - Schedule time each day for physical activity
  - Take a walk when typically you snack
  - Take home containers first
  - Do not eat when driving
  - Exercise equipment in front of the TV

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## Overcoming Obstacles

- **Set Specific Goals**
  - Realistic weight-loss plan
  - Good reason for losing weight
  - Know exactly what action needs to be taken
  - Identify obstacles
  - Make plans for handling obstacles and lapses
- **Attend to the Basics**
  - Identify steps with health care team
  - Focus on healthy foods
  - Get your body moving
  - Monitor your weight regularly
  - Keep a food diary

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## Overcoming obstacles

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## Overcoming obstacles

- **Develop a support system**


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## Overcoming obstacles

- **Develop a support system**
  - Find an exercise buddy

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## Overcoming obstacles

- **Develop a support system**
  - Find an exercise buddy
  - Join a local weight-loss support group

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## Overcoming obstacles

- **Develop a support system**
  - Find an exercise buddy
  - Join a local weight-loss support group
  - Educate family and friends about diabetes

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## Overcoming obstacles

- **Develop a support system**
  - Find an exercise buddy
  - Join a local weight-loss support group
  - Educate family and friends about diabetes
  - Ask for support from family and friends

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## Overcoming obstacles

- **Develop a support system**
  - Find an exercise buddy
  - Join a local weight-loss support group
  - Educate family and friends about diabetes
  - Ask for support from family and friends
  - Ask family to join you in making healthy changes


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## Customizing Your Self Care Plan - Key Points


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- A lifestyle change is a process, not a single event

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## Customizing Your Self Care Plan - Key Points


- A lifestyle change is a process, not a single event
- Plans increase chances of success

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## Customizing Your Self Care Plan - Key Points


- A lifestyle change is a process, not a single event
- Plans increase chances of success
- Recognize and avoid situations that lead to problems

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## Customizing Your Self Care Plan - Key Points


- A lifestyle change is a process, not a single event
- Plans increase chances of success
- Recognize and avoid situations that lead to problems
- Substitute healthy behaviors for old habits

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## Customizing Your Self Care Plan - Key Points


- A lifestyle change is a process, not a single event
- Plans increase chances of success
- Recognize and avoid situations that lead to problems
- Substitute healthy behaviors for old habits
- Give yourself rewards

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## Customizing Your Self Care Plan - Key Points

- A lifestyle change is a process, not a single event
- Plans increase chances of success
- Recognize and avoid situations that lead to problems
- Substitute healthy behaviors for old habits
- Give yourself rewards
- Seek support from family and friends

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