

Healthy Mind

Healthy Weight

Motivation

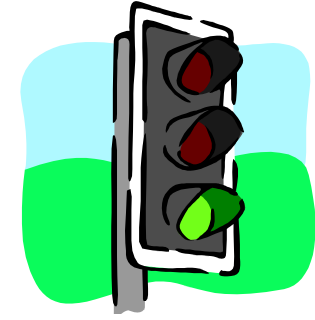
Aims of Today

What is motivation ?

Why do we lack motivation ?

How can we build motivation ?

What is Motivation?



Motivation is how ready you are to change

It is not a desire or wish to change

**“The only thing in this world
that is instant is coffee”**

Why is Motivation Important



Starting a 'diet' when you're not ready is like starting a long journey on a half-empty tank

“Failing to Plan is Planning to Fail”

Trying one diet after another can leave you feeling like a failure and full of self-criticism

These feelings can trigger a vicious cycle of over-eating because you feel so bad about yourself

Why do we Lack Motivation ?



Because life can get in the way !

Confidence

Focus

Direction

**How ready are you to
make the commitment
to change ?**



Emily's Story

My doctor referred me to the weight management programme. I have to admit I wasn't sure about coming along, I had tried so many other diets and I had lost some weight I had always regained and then some. The big challenge for me has always been in making the changes I make to my diet last. After a while I just get so sick of not being able to have any chocolate or ice cream that I give in and let myself. I always end up feeling really bad about myself because of this and then I start eating more to feel better.

At my assessment I learned a bit more about the programme and that it is about long term lifestyle changes and not just 'dieting'. I took some time to think about whether it was really the right time for me to opt into the programme. I spent some time thinking about what a new lifestyle would look like, what getting there might involve and why I wanted to make these changes. Although I still wasn't sure I would get there after my previous failed attempts I know it's what I want. I decided to opt in to the programme.

Stages of Change

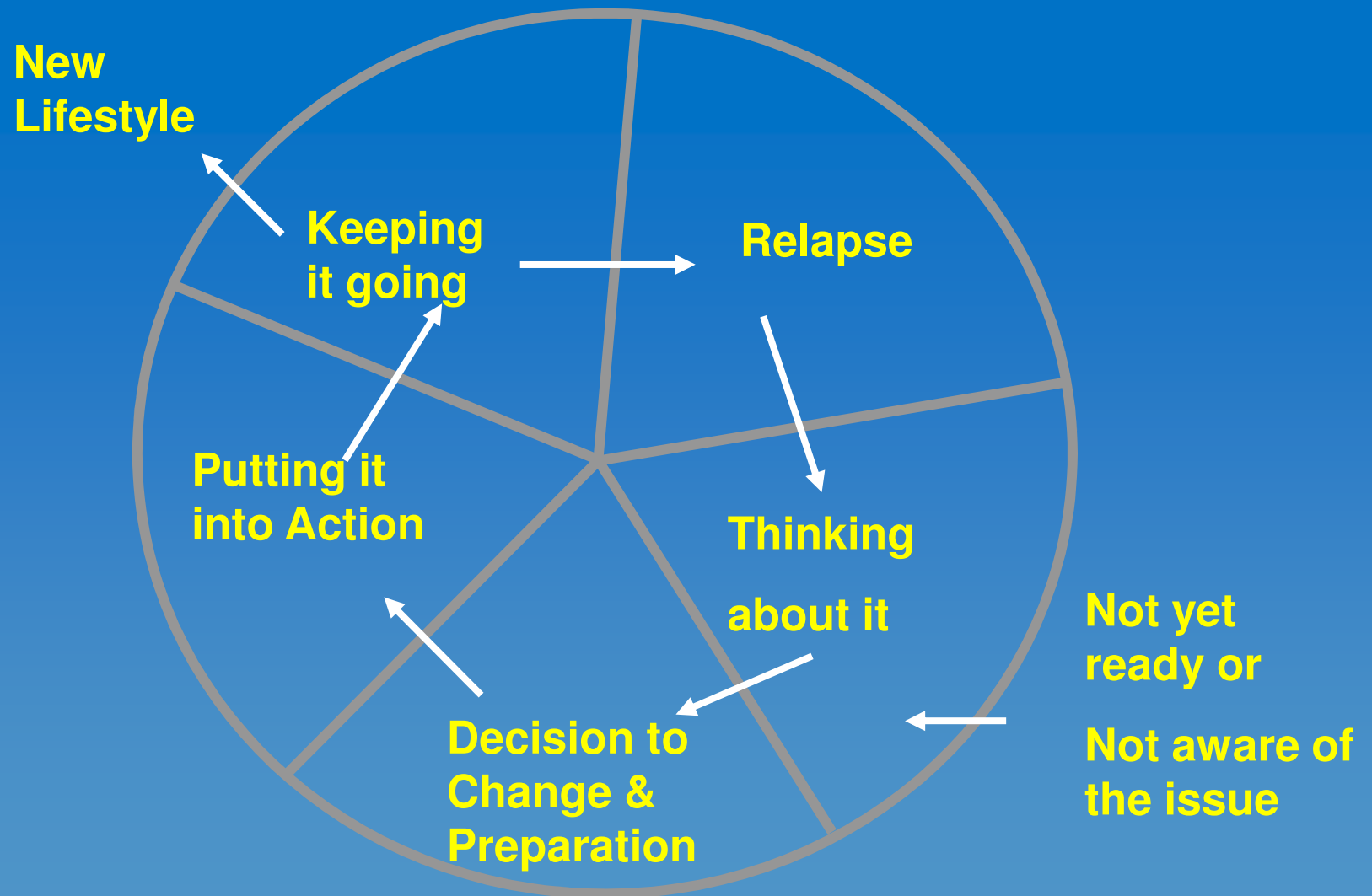


How often have you thought about going on a diet?

How often have you thought about going swimming?

**How often have you been determined to start a
new healthy lifestyle?**

Stages of Change



Prochaska & DiClemente (1986)

Stages of Change



Not yet Ready to Change Raising awareness of a problem

Thinking about Change Weighing up the pros and cons

Decision & Preparation WHAT will you do and HOW ?

Putting it into Action Carry out and comply with change strategies

Keeping it Going Develop new skills to maintain change

Ooops – Relapse Get back on track as soon as possible

Stages of Change



The change process can involve going round in circles for some time.

THIS IS NORMAL

“Anyone who has never made a mistake has never tried anything new.”

~ Albert Einstein

Most people go back to thinking about it after relapse.

Few people go back to being not ready or not aware of the issues.

Lapse or Relapse?

A lapse is just a slip or a 'one off'

e.g. eating more than intended, even on a few occasions,
e.g. missing an exercise session or two.

A relapse is when lapses continue and it is no longer a lapse but a return to previous habits.

It is how you respond to the situation that determines what will happen next!

Treat it as a setback

Deal with it immediately and positively



Emily's story

My first few months in the programme went well, I felt determined to make long term changes and I was trying to take it slowly and make small goals along the way. I had been doing really well, I was slowly losing weight and eating regularly. Then one day I had received some bad news at work and I went home and ate a whole tub of ice cream. I felt like such a failure. I was so angry with myself that I hadn't been able to stick to the changes I had made. I stopped following my PDP and exercising as I didn't see the point.

After a lot of thinking I decided to still go to my group session and I talked to the dietitian about what had happened. We discussed that lapses were normal and to be expected. Once I accepted this and started to question my 'diet mentality' I was able to see how my reaction to my lapses was ultimately what stopped me from achieving my goals.

I have had several lapses since starting the programme but now instead of blaming myself for these I try and learn from them and focus on what I've done well. They no longer stop me from getting back on track and I've been able to see why my lapses occur. This has been one of my biggest challenges in sticking to the programme but I now feel I am truly managing to change my lifestyle.

How can I Increase my Motivation to Change ?



Building Motivation

You are more likely to be motivated to change if you have a good enough reason, you have to want to change for your own personal reasons.

Miller & Rollnick

Action Builds Change



Weighing it up



PROS

What I could **GAIN**
if I start a weight loss plan

CONS

What I could **LOSE**
if I start a weight loss plan

What will I gain?

Why am I doing this?

What will I have to give up or change?

How will this impact on my social life?

How will this impact on my family?

In 5 years time.....



Weight Loss Future	Weight Gain Future
Relationships	Relationships
Work/ Education	Work/ Education
Social Life	Social Life
Health	Health
Quality of Life	Quality of Life

How do I Change ?



Four Key Behaviours

Self Monitoring

Lower Calorie, Low Fat Diet

Eat Breakfast

Regular Physical Activity

Main Behaviors of Successful Long-term Weight Management
National Weight Control Registry Data



Self Monitoring



Record food intake daily

Weigh yourself weekly and record

Be aware of everything you eat and drink

Help you get back on track if you have been slipping



Self Monitoring



Time	Food	Hunger 1-10	Situation	Calories Portions	Mood Feelings
8 am	2 slices wholemeal bread, margarine, Orange juice	6	Before work, in front of TV	2 starch 1 fat 1 fruit	Feel pleased, positive start to the day
10.30	Tea Banana	5	Break at work	1 fruit	Normally crisps, trying to swap for healthy snack, pleased I managed the craving



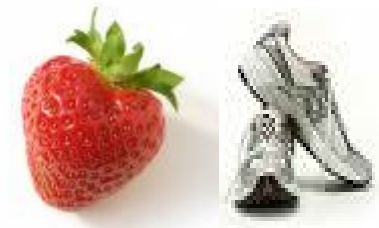
Diet



Use your PDP to plan your eating to ensure you do not eat more than you need

Limit certain foods

Limit quantity of food



Breakfast



Break the fast

Kick start your metabolism

Regular eating over the day



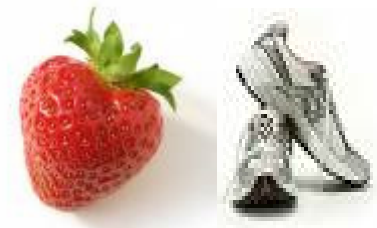
Physical Activity



Aim for 30 minutes of exercise most days at a moderate intensity.

Raise your body temperature

Feel a little bit out of breath



Goal Setting



Goal Setting can be a useful place to start

Short term

Medium term

Long term

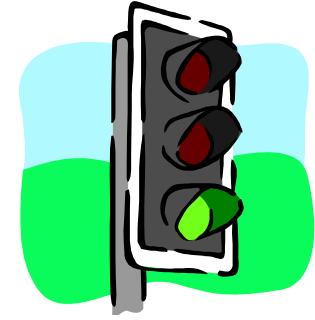
Develop a change plan for each goal

SMART Goals



- S** Specific & simple
- M** Measurable
- A** Achievable and practical
- R** Relevant to the primary goal
- T** Timescale is realistic

Keep Motivation Going



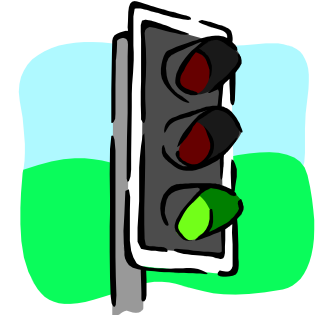
1) To keep motivation going you must have very good reasons, keep asking yourself and reminding yourself:

WHY AM I DOING THIS ?

2) Do you feel good if you achieve something ?

Then challenge yourself and set **SMART** goals

Keep Motivation Going



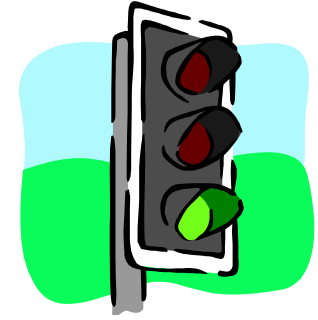
3) Be focused on the positives and make the experience enjoyable.

- Reward yourself when you have achieved goals and made progress.
- Celebrate all your successes, no matter how big or small.
- Recognise your achievements, do not make light of them.

4) Make it fun. If you are not enjoying what you are doing or if it does not seem important to you: you will not be able to continue.

Be creative and imaginative.

Keep Motivation Going

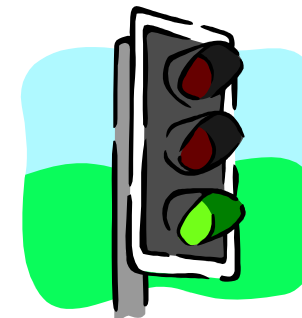


5) Relapse prevention

When you've been making changes for some time use diaries and your own knowledge of what works for you to plan for challenging times ahead.

Spend some time filling in the relapse prevention sheet. As time goes on it can be useful to add to this. Refer to it when you are feeling less motivated or at risk of going back to old habits.

Relapse Prevention Example



1. What keeps me motivated?

*Seeing changes to how I look and how I feel.
Other people noticing changes.
Wanting to prove to myself I can do this*

2. What works for me in losing weight and keeping it off?

*Not putting too much pressure on myself.
Going to Zumba and walking regularly.
Keeping diaries.
Planning my meals daily.*

3. What barriers to change do I face?

*Comfort eating when I'm down.
Old patterns of negative thinking and 'diet mentality'.
Finding it hard to ask for help.*

8. What can I do to prevent relapse?

*Stop blaming myself and putting pressure on myself.
What can I learn from the lapses?
Review motivation exercises and workbook.*

Where do I want to get to?

*Being a healthier me.
Feeling happier, less stressed and feeling more in control of my eating.
Exercising more and enjoying it.*

4. What types of support do I need from myself and others to keep on track?

*Allowing myself to make mistakes.
Encouragement.
Having loved ones give support when I ask.*

7. What can I do to help me when I'm struggling?

*Admitting how I'm feeling to myself and working out why.
Call a loved one for support.
Not blaming myself.
Set goals and problem solve – action planning.*

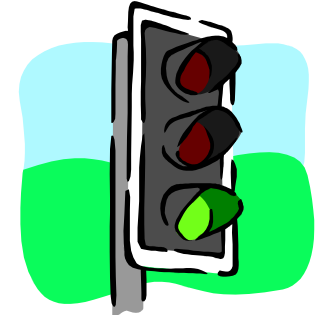
6. How will I notice if I'm beginning to struggle?

*Skipping Zumba classes/ walking less.
Not filling in diaries or planning meals.
Feeling stressed or down.
Buying junk foods*

5. When are the most difficult times for me?

*When I get stressed or down.
When others are critical.
When I spend too much time on my own.*

Keep Motivation Going



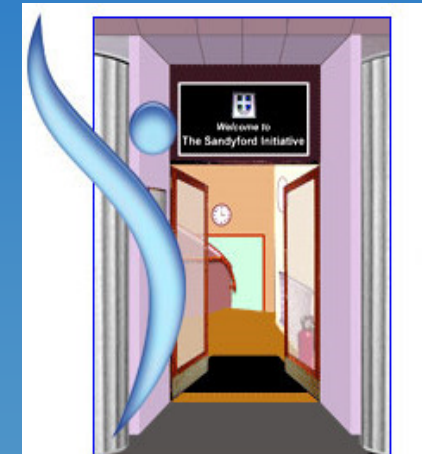
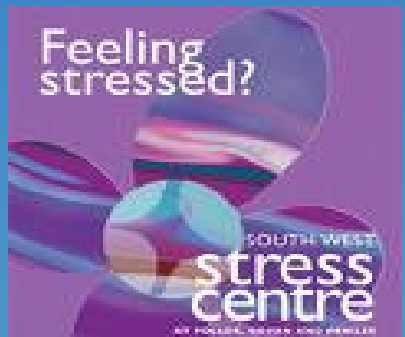
Keep Going

Remember you need to be aware of your own personal reasons to keep going.

Get Some Support



Championing Scotland's
Mental Health and Well-Being
Since 1923
If we can help you call **0141 568 7000**



Summary



Motivation can be built

To change, you have to have good reason

Lapses are normal

Remember the 4 key behaviours

Remember SMART goals

Get some support

Relapse prevention

KEEP GOING

A healthier weight through lasting lifestyle changes

Visit the GCSWMS website for information about the service and additional support.

www.nhsggc.org.uk/gcwms

Click on the “Patient Area” where you can download information such as:

Recipes

Healthy Mind Healthy Weight Talks

Activity Class Times

Lifestyle Diaries



Glasgow & Clyde Specialist Weight Management Service

Ward 2,

Second Floor,

Yorkhill Hospital,

Glasgow

G3 8SJ

0141 2321750

www.nhsggc.org.uk/gcwms

Delivering better health

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