



Session 12: Overview

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.



Quick Fact

What does diabetes cost us?

- Having diabetes is expensive, mainly because of the many complications associated with the disease.
- The medical costs for a person with diabetes average nearly \$12,000 a year. That amount is more than double the medical expenses of people without diabetes.
- Each year in the United States, the costs associated with diabetes total more than \$200 billion.

What if we slip?

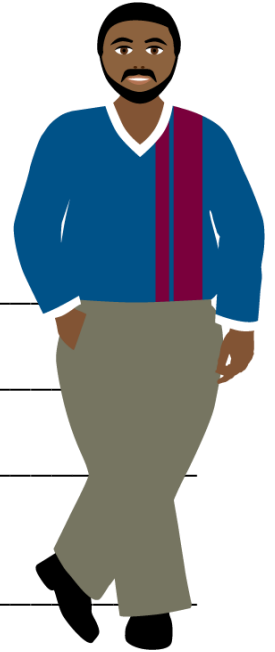
The way we react to slips is also a habit. We can learn a new way to react to slips that will get us back on our feet again. Here are some suggestions:

- 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.



Progress Review



Changes you made to be more active:

Changes you made to eat less fat and fewer calories:

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

If you have not met one or both of these goals, what will you do to increase your progress?



The Slippery Slope of Lifestyle Change

Slips are times when we don't follow our plans for healthy eating or being active. They are –

- ✓ A normal part of lifestyle change.
- ✓ To be expected.



Slips do not hurt our progress.

What hurts our progress is the way we *react* to slips. What causes us to slip is a habit, something that we learned over time.

The way we react to slips is also a habit. We can learn a new way to react to slips to get back on our feet again.

What causes me to slip from healthy eating?

What causes me to slip from being active?



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.

You are making lifelong changes, and slips are just part of the process.



Slips from Healthy Eating: Action Plan

To avoid slips from your healthy eating, spend a moment thinking about how you slipped in the past, and how you might handle similar situations better in the future.

1. Describe one thing that caused you to slip from healthy eating:

2. How can you avoid it in the future? If so, how?

3. Make a plan for how to get back on your feet the next time you slip:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants and my Lifestyle Coach help me?



Slips from Being Active: Action Plan

To avoid slips from being active, we can learn from past experience. Think about the situations that caused you to slip from being active in the past and how you might handle similar situations now.

1. Describe one situation that caused you to slip from being active:

2. How can you avoid similar situations in the future? If so, how?

3. Plan for how to get back on your feet the next time you slip:

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can the program participants or my Lifestyle Coach help me?



To Do Next Week

During the next week I will —

- Keep track of my weight, eating, and activity.
- Use my two action plans for handling slips.
- Answer these questions:

- ✓ Did my action plans work?

- ✓ If not, what went wrong?

- ✓ What could I do differently next time?

