

# SESSION 14: Get Support



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to talk about how to get support.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** Let's face it—it's not easy to make lasting changes in your lifestyle. Fortunately, you don't need to do it alone.

Getting support for your healthy lifestyle can help you change your habits and maintain healthier ones. Today, we will talk about how to get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs
- Professionals

Finally, you will make a new action plan.

## Get Support from Family, Friends, and Coworkers (18 minutes)

**SAY:** You've been working hard to make healthy changes in your lifestyle. Your family, friends, and coworkers can have a big impact on those efforts, for better or for worse.

Let's start by talking about some ways that family, friends, and coworkers might get in the way of your healthy lifestyle. This is not always on purpose, but it happens.

Let's look at an example. Please turn to "Jim's Story" on page 3 of this module's handouts.

**DO:** Read (or ask a volunteer to read) the first two paragraphs of the story.

**DISCUSS:** How might family, friends, and coworkers hinder your healthy lifestyle?

**They hinder your healthy lifestyle when they:**

- Buy and cook unhealthy items
- Complain about the healthy items you buy and cook
- Criticize you for failing to reach your eating and fitness goals
- Eat unhealthy items, and offer them to you
- Invite you to do things that involve sitting or lying around
- Make it hard for you to find time to be active
- Do only sedentary activities with you
- Tell you you're fine the way you are, so you don't need to change

**SAY:** Now let's turn this around.

**DISCUSS:** How could family, friends, and coworkers support your healthy lifestyle?

**To support your healthy lifestyle, they could:**

- Agree to do active things with you
- Buy and cook healthy items
- Eat healthy items, and offer them to you
- Encourage you to stick to your healthy lifestyle
- Invite you to do active things
- Praise you for being active
- Praise the healthy items you buy and cook
- Tell you you're making great progress

**SAY:** Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing, or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

**DISCUSS:** How could you get family, friends, and coworkers to support your healthy lifestyle?

**To get them to support your healthy lifestyle, you could:**

- Share facts about healthy behaviors
- Tell them why you are trying to lead a healthy lifestyle
- Ask them nicely to support your efforts
- Give them regular updates on your progress
- Set family rules (like eating meals together at the table, etc.)

**You could also invite them to:**

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you

### **Optional ACTIVITY: Practice Getting Support**

**SAY:** Getting support from family, friends, and coworkers takes practice. Let's practice it together right now.

**DO:** Break participants into small groups. Have them practice asking family, friends, and coworkers to support their healthy lifestyle. Tell them to use "How to Get Support: Family, Friends, and Coworkers" for ideas. If you'd like, you can ask for volunteers to show their role-play to the whole group

**SAY:** We've talked about how to get support from family, friends, and coworkers. Now let's talk about how to get support from other people in your community

- One way to get support from others in your community is to join a support group. Some support groups meet in person. Others connect online.
- Support groups are for people who share a common issue. There are support groups for people who have lost a child, for people with cancer, and for people with a spouse who drinks too much.
- There are also support groups for people like you—people who want to live a healthy lifestyle.
- Support group members share facts, ideas, and feelings. They listen to and encourage each other.

Another way to get support from others in your community is to join an online health community.

- There are health communities for people with a range of lifestyle goals.
- Members share tips and stories, compete with each other, and cheer each other on.

Another way to get support from others in your community is to take a class or join a club. This lets you learn about and practice healthy habits with like-minded people.

**DISCUSS:** What are some classes and clubs that could support your healthy eating habits?

And what are some classes and clubs that could support your healthy fitness habits?

What are some ways to find groups, classes, and clubs that support your healthy lifestyle?

**SAY:** Some community groups can also connect you with healthcare, transportation, financial help, and more.

**DO:** If possible, provide a list of local groups, classes, and clubs that participants might be interested in.

**Classes and clubs that support healthy eating habits include those for:**

- Healthy cooking
- Healthy meal planning

**Classes and clubs that support healthy fitness habits include those for:**

- Dancing
- Clubs for specific sports (e.g. softball, pickle ball, biking)
- Walking, hiking, or running groups

**Ways to find groups, classes, and clubs that support your healthy lifestyle include:**

- Ask your healthcare provider.
- Contact community groups.
- Search online.

**SAY:** We've talked about how to get support from family, friends, and coworkers and from others in your community. Now let's talk about how to get support from professionals. These are people who have specialized training.

**Please turn to "How to Get Support: Professionals".**

**DO:** Review handout. Discuss briefly.

**SAY:** I hope you'll always feel free to ask me for support.

## Setting goals: Plan for Success (10 minutes)

**SAY:** Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

**SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

**Decide:**

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

## Summary and Closing (5 minutes)

**SAY:** Please look at "How to Get Support: Family, Friends, and Coworkers". Between now and the next session, I'd like you to complete the chart. In the left column, write some ways they hinder your healthy lifestyle. In the right column, write how you will get their support.

I'd also like you to read "How to Get Support: Groups, Classes, and Clubs". Think about trying some of these ideas!

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we discussed getting support for your healthy lifestyle. We talked about how to get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs
- Professionals

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.