

HEALTHY LIVING HABITS



ÉQUIPE DE RECHERCHE
UQO-FQRSC-Quartiers en santé

Promotion de la santé urbaine
et des saines habitudes de vie

Welcome

HEALTHY LIVING HABITS



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Workshop

Motivation to Change

ARE YOU READY TO CHANGE?



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After this workshop, participants will be able to:

- Describe their **motivation** to change their personal and familial lifestyle choices
- Describe the **stages of change**
- **Identify the changes** they are willing to make in order to develop healthy lifestyle choices:
 - **Eating habits**
 - **Physical activity**

CONTENT



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Are you ready to change?

The wheel of change:

- **Becoming aware**
- **Decision and commitment**
- **Action**
- **Maintenance**

ARE YOU READY TO CHANGE?



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The exercise book for this presentation

- Exercise 1: Our acquired skills!
- Exercise 2: The **advantages** and **constraints** of healthy living habits
- Exercise 3: Our **food consumption**
- Exercise 4: Our **physical activity level**
- Exercise 5: The **decision-making** scale
- Exercise 6: The **ruler**
- Exercise 7: My **personal change plan**

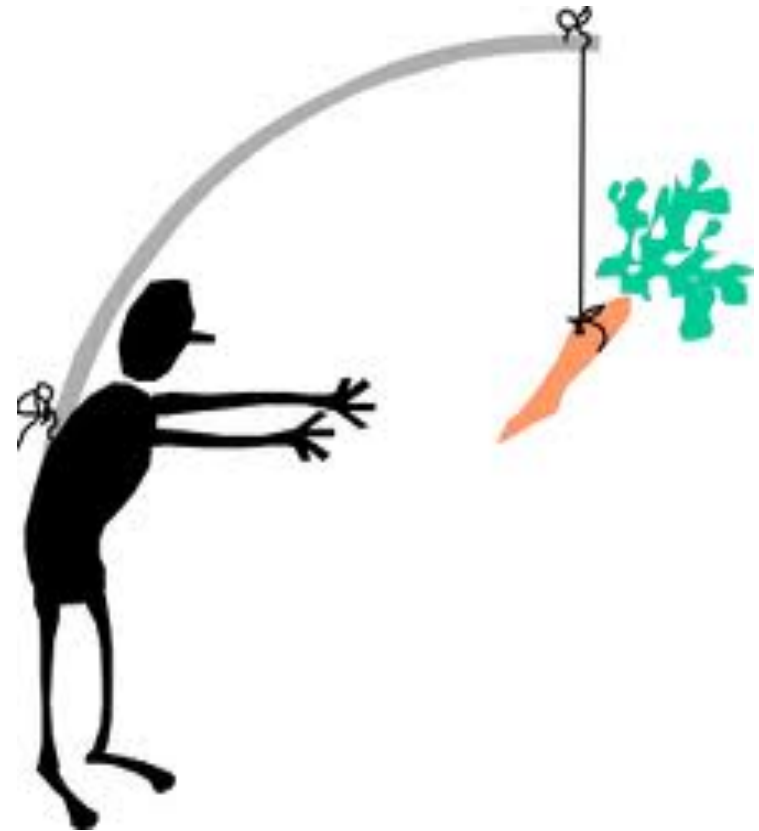
ARE YOU READY TO CHANGE?



Motivation:

The probability that an individual will commit and stick to a specific change

Miller et Rollnick (1991)



ARE YOU READY TO CHANGE?



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Think back to a situation you were in where you had to change a behaviour or develop a new habit

List the things you think

- **encouraged you** to change
- **discouraged you**

*See toolbook, p. 1, Exercise 1:
Our acquired skills (15 min.)*

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Just like an **acorn** has all it needs to become a big **oak tree**, each **individual** has all they need to grow towards greater **welfare**, a better **sense of responsibility**, more **autonomy** and more **serenity**.

Carl Rogers (Phaneuf, 2006)

ARE YOU READY TO CHANGE?



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You should know that...

- ...you need to **want** and be ready to change:
this is motivation
- ...motivation is not imposed from the outside:
change belongs to you and it comes from
within
- ...**ambivalence** is part of the process of change

ARE YOU READY TO CHANGE?



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You should know that...

- ...the path to change is not constant, and there are unavoidable **twists and turns**
- ...the most important thing is to feel esteemed, accepted and **supported**

The Pygmalion effect: **people who are told that they will succeed have a greater chance of succeeding.**

READY TO CHANGE MEANS WILLING TO CHANGE...



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- Ready:** change is a priority for you
- Willing:** you really believe change is important
- Able:** you are confident that you can change

Adapted from Rollnick, Mason & Butler, 1999

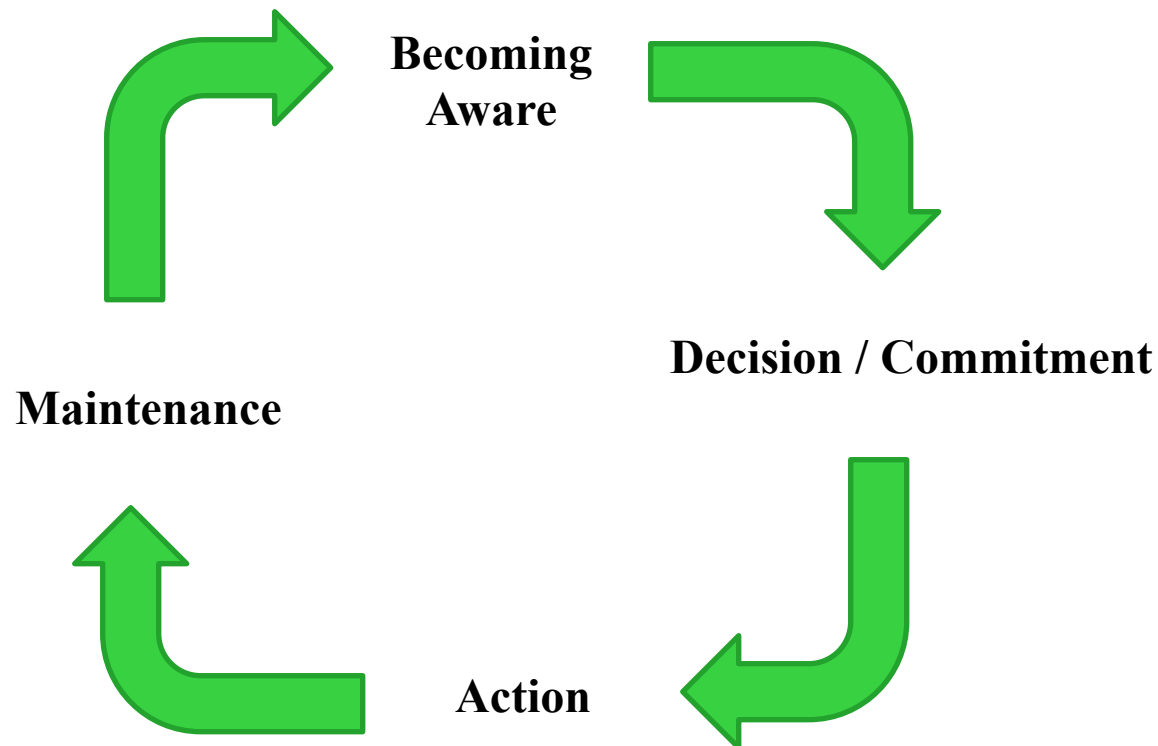
0 _____ 5 _____ 10
Not Ready *Uncertain/Ambivalent* *Ready*

THE WHEEL OF CHANGE



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THE WHEEL OF CHANGE

1. Becoming aware



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Information ...

- on **obesity**
- on **risk factors**
- on **healthy lifestyle choices: nutrition and physical activity**

...is the **first step** towards **motivation**

THE WHEEL OF CHANGE

1. Becoming aware



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The value we assign to:

- Healthy eating
- Physical activity

See exercise book pp. 2 to 7:

- Exercise 2: The **advantages** and **constraints** of healthy living habits
- Exercise 3: Our **food consumption**
- Exercise 4: Our **physical activity level**

THE BENEFITS OF HEALTHY EATING



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Healthy eating:

- provides the nutrients needed for **healthy growth and development**
- provides the **nutrients needed for our daily activities**
- promotes **healthy weight**
- improves our **capacity for learning**
- strengthens our **immune system**
- affects our **mood**

BENEFITS OF PHYSICAL ACTIVITY AND AN ACTIVE LIFESTYLE



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Physical activity:

- gives us **more energy**
- helps us maintain a **healthy weight**
- helps us **sleep better**
- helps us be **autonomous** for longer
- reduces **blood pressure**
- helps us manage **stress**
- strengthens the **immune system**

ARE YOU AT RISK? DO YOU WANT TO IMPROVE YOUR HEALTH?



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THE WHEEL OF CHANGE

1. Becoming aware



Based on your answers, what **should be changed**

- as regards **nutrition?**
and/or
- as regards **physical activity?**

THE WHEEL OF CHANGE

1. Becoming aware



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Willingness to change

- ✓ Where do you **think you are** with what you want to change?
- ✓ Which **change or changes** are important?

THE WHEEL OF CHANGE

1. Becoming aware



The perception of behaviours to change

- What are the advantages and disadvantages of the status quo?
- What are the advantages and disadvantages of changing?

See exercise 5, p. 9 in the toolbook: The decision-making scale
(15 minutes)

THE WHEEL OF CHANGE

2. Decision/Commitment



- **Deciding is the way to go!**
 - **Believing in ourselves, believing we can change our behaviour or habits**
 - **Believing the change will improve our health**

THE WHEEL OF CHANGE

2. Decision/Commitment



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The levels of motivation

These three examples express your level of
commitment to change

- **I' ll think about it.** (low)
- **I' ll try** (uncertain)
- **I promise!** (high)

*See toolbook, p. 11: Exercise 6: The ruler
(15 minutes)*

THE WHEEL OF CHANGE

2. Decision/Commitment



- **You are the one who decides what you want to do**
- **No one can decide for you**

THE WHEEL OF CHANGE

3. Action



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Make a plan

What is **realistic** in my case?

It is important for **keeping resolutions**

(See exercise 7, p. 12: My personal change plan, in the toolbox)

THE WHEEL OF CHANGE

3. Action



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Imagine yourself 6 months from now...

- **Action and Strategies**
- **Concrete action plan:**
- **What do I want to do?**
- **How much and how often do I want to do it?**
- **How will I do it?**
- **Am I able to do it?**
- **When will I do it?**
- **Journal**
 - **Your personal record: a tool to help you visualize progress**
- **Others...**

THE WHEEL OF CHANGE

4. Maintenance



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Keeping up good habits:

- **Congratulate yourself, every step of the way**
- **Find someone who can help you maintain your resolutions**
- **Put your achievements and setbacks into perspective - Adjust your strategies when you need to**

MOMENTS OF DOUBT



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It is **normal** to go back to old habits

We **often** slip up **5 or 6 times** before completely kicking old habits

This is not a lack of will



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QUESTIONS?

WORKSHOP REFERENCES AND WORKS CITED



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