A Nudge in the Right Direction



Improving health through changing behaviour

Lots of things can affect our health.



By setting personal goals for change, you can develop more control and improve your health and well being in both short the and long term.

This workbook gives you some tools to make changes that are right for you.

It can also be used with other things like:-

Pregnancy/Breastfeeding **Taking Medication**

Resolving Conflict



The important thing is what you decide to do is entirely up to you!

We wish you well in your efforts.

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How would you describe your health?
(Please circle your answer)

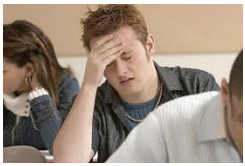
Excellent Very good Good Fair Poor



Drugs



Smoking



Your mental health & emotional well being



Alcohol

What could be affecting your health?



Lack of physical activity



Isolation



Unhealthy eating

Other



Unsafe sexual behaviour or relationships

Which behaviour concerns you the most and is worth considering changing?

Where are you with Change?

Everyone goes through five stages when changing any behaviour like smoking, drinking, inactivity.



What are the 5 Stages?

1. **Not thinking about change (Precontemplation)**
Someone who is at the first stage is not really thinking about changing. They either like what they are doing or don't see it as a problem.

2. **Thinking about it but not quite ready to change (Contemplation)**
At this stage, someone is considering change but, that is all they are doing, considering it. Although they are more aware of the consequences of what they are doing, they are not ready to change.

3. **Getting ready to change (Preparation)**
Someone in the preparation stage has made the decision to change and is getting ready to change. It is a mind set shift and the person makes a plan of "how" they are going to do it.

4. **Making change happen (Action)**
In this stage, someone begins to make those changes, perhaps using short-term rewards to keep themselves motivated and often turning to family, friends and others for support.

5. **Keeping the change going (Maintenance)**
Someone in the maintenance stage keeps to the decision to change.

If you slip back or relapse you go back to a previous stage.

When changing any behaviour, we move from being uninterested (precontemplation stage) to thinking about change (contemplation stage) to committing to make a change.

Does it help to know what stage you are? Your next step will depend on what stage you are in.

Where are you in the Stages of Change?





What behaviour are you considering changing?

What stage do you think you are at with this behaviour?

What makes you think this?

What is your next step?

An information booklet The Big Five - Taking Control of your Health, may give you additional information you will find helpful.

For further reading see; Prochaska, J.O., Norcross, J.C., & DiClemente, C.C. (1994) Changing for good. New York: Avon Books

What do I stand to gain?

Consider what you stand to gain by changing something in your life.

The benefits of increasing physical activity



- Reduce risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity
- Reduce some of the effects of ageing
- Joints, tendons and ligaments will be more flexible
- Help maintain a healthy weight by increasing metabolism (the rate we burn calories)
- Can relieve stress and anxiety and make you feel happier
- Increase energy and endurance levels.

The benefits of strengthening my well being

- Less tension and stress
- A natural energy boost
- Improved sleep
- A sense of achievement
- Focus in life and motivation
- Less anger or frustration
- A healthy appetite
- Having fun.



Benefits of behaviour you would like to change

-
-
-
-
-
-

The benefits of drinking less alcohol

- Less chance of embarrassing yourself on a night out
- Less likely to have an accident
- Reduce risk of heart disease and cancer
- Liver more able to recover and repair damage
- Not getting into harmful situations
- Increase energy and concentration
- Less likely to upset friends and family
- If pregnant, no alcohol means no risk of foetal alcohol problems.



The benefits of giving up smoking



- Reduce the chances of getting lung and heart disease
- Reduce the chances of getting cancer
- Being able to run/walk without getting out of breath
- Save money by not buying cigarettes
- Clothes and breath will smell better
- Sense of taste will improve
- Skin will look better
- Likely to live longer.

The benefits of eating healthily

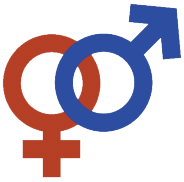
- Reduce risk of heart disease and high blood pressure
- Reduce chances of getting cancer
- Having more energy
- Might be ill less often
- Might lose weight
- Will have improved bowel health
- Skin, nails and hair will look healthy.



The benefits of a healthy relationship

Sometimes there can be surprising benefits when in a healthy relationship

- Relieves stress
- Boosts immunity
- Improves heart health
- Boosts self-esteem
- Improves intimacy
- Reduces pain
- Helps you sleep better.



Which benefits are most important to me?

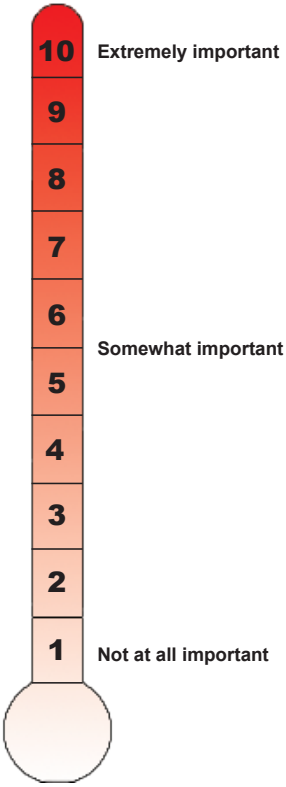
Self rating readiness scale

Please rate your feelings about the possibility of **changing**

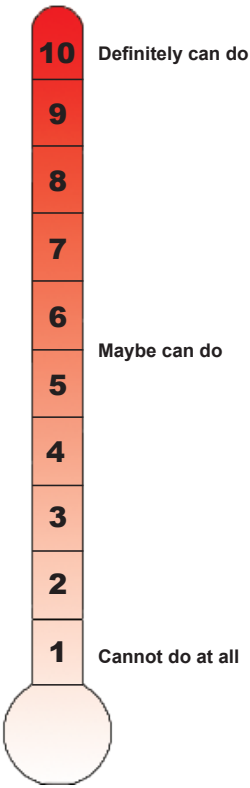
_____.

For each scale, circle the number that shows how you feel about changing **today**.

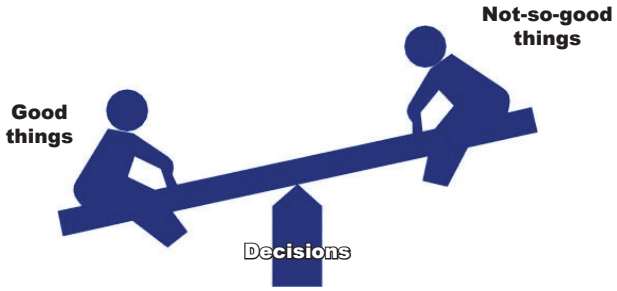
How important is changing _____ today?



How confident I am that I can change if I decide to?



Decisional Balance Worksheet



What are the advantages and disadvantages of changing?

If I DO change my behaviour	

What are the advantages and disadvantages of NOT changing your behaviour?

If I DON'T change my behaviour	

Next steps worksheets

Setting Goals



Where I want to be with this behaviour in the next 30 days:

My Goal:

Possible examples:

- Drink/ - less: _____ days per week instead of _____ days per week
- Walk _____ day per week
- Stop smoking from _____

The reasons this goal is important to me:

-
-
-

It would be good to tell someone about your goal. Who are you going to tell?

How do I plan to do this?



The steps I plan to take are:

Goal 1

-
-
-
-
-

Possible examples:

Ask a friend to support you by going to places that don't involve alcohol.

Find out where local walking groups meet.

Support - who is there to help me?

Barriers and Supports

Barriers / Unhelpful things:

a) Places and things. Is there anything about the things around me or the places I am in that makes it difficult to change? What can I do differently?

b) People. Are there any people I spend time with who make it difficult to change? How can I manage this?

c) Thoughts and feelings. Is there anything that I am thinking or feeling that makes it difficult change? How can I overcome these things?

Supports:

a) Places and things. Is there anything about my physical surroundings that makes it easier to change? What can I do to use these helpful things?

b) People. Are there any people I spend time with who make it easier to change? How can I ask them to help me?

c) Thoughts and feelings. Is there anything that I am thinking or feeling that makes it easier to change? How can I encourage these thoughts and feelings?

Difficult situations and a plan to deal with them

Can you think of any situations that could make it especially difficult for you: a time, a place or a feeling that might tempt you to go back to your old behaviour?

For example: on a Friday night getting pressure from friends to drink.

What would be difficult situations for you?



-
-
-
-

Now make some plans for how to avoid these situations or make them more manageable. For each difficult situation, think of something you could do that would lower the chance of it interfering with your plans for change.

Fill in the table below with your difficult situations, and for each one, make an ‘if-then’ plan for coping with it.

Difficult situations	How I will avoid or cope with them?

Dealing with setbacks



If you slip back from your goal, don't be too hard on yourself. Work out where things went wrong and what you could change next time. You might think of some new ideas that can help you keep on track.

Support – are you getting enough?

Are you getting enough support from your friends, family and your community? If the answer is no, think about the following questions:

- Are there certain people who are good at helping me with up my goal? If yes, can I spend more time with them or speak to them more often?
- How can the community help? Do you have any local support groups that you can go to? Does your local library have any information that you need?

Am I being realistic?

If you set the bar too high and the real results didn't match your expectations, you may have become disappointed and decided that all the effort wasn't really worth it.

Having realistic expectations of what changing your behaviour will do for you means that you will be much more satisfied with the results.

Being realistic = more satisfaction = more likely to achieve goal.

Rewards

Giving yourself little treats or a reward when you've made progress towards your goal can encourage you to keep going and make more progress.

Rewards that don't cost money	Rewards that cost money
• Having a nice relaxing bath • Borrowing a book or magazine • Doing something positive and fun just for yourself • Spend time with friends that bring out the best in you • Listening to music • Going for a walk • Asking friends or family to look after your children so you can have some time for yourself • Asking someone close to you to notice and praise you when you have achieved something.	• Buying yourself a CD or new clothes • Going to the cinema • Planting flowers • Buying yourself sports equipment • Going to a football match • Going out for a meal • Renting a DVD • Booking a holiday or weekend break.

It may seem a little strange at first to set time for yourself. Give it a go. You will really see it works.

Rewards that would work for you:-

•

•

•

•

The Five ways to wellbeing?

Looking after our emotional wellbeing is central to everything.

The Five Ways to Wellbeing is a set of practical, evidence-based public mental health messages aimed at improving everyone's' mental health and wellbeing.

They were developed by NEF (The New Economics Foundation) and commissioned by Foresight, the government's think-tank on Mental Wellbeing. If you want to know more have a look at:

http://www.neweconomics.org/publications/five-ways-well-being-evidence



Connect - With the people around you. With family, friends, colleagues, neighbours or professionals who work with you. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

keep Learning - Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

be Active - Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

take Notice - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Give - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Step to wellbeing	Examples	What are you already doing	What could you do more of?
Connect	Call someone you have not seen in a while. Spend time with people who have similar interests.		
keep learning	Choose something on TV that will teach you something. Read something new.		
be active	Walk to the shop instead of driving or asking for a lift.		
take notice	Look at the clouds. Enjoy a baby's smile.		
Give	Smile at someone. Give to charity .		

Keeping a diary: **Using a Food Diary, Physical Activity Diary, Smoking Diary or Alcohol Diary.**



Start any change by paying attention to your current behaviours. Keep a daily journal of your actions in the area you want to change.

Self-monitoring is good way of tracking patterns and progress.

For example, you may keep track of your physical activity as well as the things that helped or hindered you in being physically active

If you are uncertain about change, keeping track of what you do (or don't do) may give you the nudge you need to change ie. how much you smoke or drink.

We have given you one diary sheet in this booklet that you can use for any behaviour you are thinking of changing.

Additional copies can be downloaded from the Health Development Departments section page on the Trust's website or from the worker who is helping you.



Diary for behaviour changes Use this diary to record what you do throughout the week.

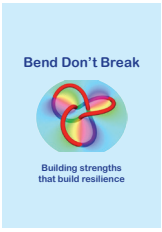
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Contacts and helpful information

The Health Development Department has a range of helpful tools and information that can help you with the goals you set for yourself.









The A to Z Card has an overview of a range of help and services available.



A Range of additional self help resources are available covering:

Stress
Abuse
Alcohol and You
Anxiety
Bereavement
Depression and Low Mood
Eating Disorders
Hearing Voices
Obsessions and Compulsions
Panic
Post traumatic Stress
Postnatal Depression
Self Harm
Shyness and Social Anxiety
Sleeping Problems
Controlling Anger

Programmes are also available including:

Positive Steps
Cook It
Walking Groups
Talking to your Children about Tough Issues



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For more information see the Health Development page on the Trust's web site:

www.setrust.hscni.net

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VOYPIC

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