

Another great source of support is your health care providers. Be sure to contact them when:

- You have concerns about your health and wellness.
- You want to try making healthy changes.
- You have questions about where to start.
- You need some motivation to stay on track.

“I have to avoid buffets and all-you-can-eat restaurants so I don’t overeat.”

“I keep fresh fruits and vegetables washed and ready to go in my refrigerator so I have a healthy snack when I’m in a rush.”

“I post a picture of a stop sign on my refrigerator that reminds me to stop and think before eating.”

“I stay away from bars and restaurants that don’t have non-smoking sections.”

“I threw away all ashtrays, old hidden cigarettes, and lighters. Then, I had my carpets and house cleaned so it would smell fresh. Now it feels like a non-smoker’s house.”

“I have a link on my computer to a great stop smoking website so I can get help whenever I need it.”

Get Support

Research shows that those who change their behavior for good rely on the support of friends, family members, and others during the change process. Check off how you would like others to encourage you to maintain your healthy changes, and add your own ideas to this list:

- Remind you of your commitment
- Help you avoid tempting situations
- Be there if you need to talk
- Remind you that your efforts are worth it
- Spend time with you doing healthy activities
- Check to see how you are doing
- Help distract you if you have an urge to do the old behavior
- Point out positive changes in your health or life since you made the change, such as being more relaxed
- Praise you
- Celebrate your success with you

For more information about choosing people who can support you, please refer to Get Support on page 22-24 of the Preparation section.

Use Substitutes

Changing your behavior involves replacing old habits and ways of thinking with new ones. Think of this as the “instead of” rule. Instead of doing an unhealthy behavior, substitute a healthier one. Instead of thinking something can’t be done, think of ways it could happen.

Research shows us that some of the best replacements for unhealthy habits are exercise, new hobbies, and healthy activities. Learn how others who have changed their routines and old ways of thinking to make lifetime changes.



“I kept telling myself that stress management was a waste of time. After all, time is money! Then I realized that I was losing business because I couldn’t concentrate at work. I was so busy that I was losing track of things.

Now I tell myself that the 20-minute walk I take at lunchtime every day is one of my best investments. The fresh air clears my head, allows me to relax a little, and allows me to be more focused in the afternoon.”



“Doing relaxation rather than eating when I’m stressed has helped me manage my stress more effectively and lose a little bit of weight. But there are still times, on a bad day, when ice cream seems like a quick fix.

When that happens, I remind myself that the extra calories will only add stress when I try to lose weight later. I also tell myself that ice cream will not solve the problems or make me feel better the way relaxation can.”



Do you know?

People who take action to improve their well-being have about four positive thoughts for every negative one.

It takes time and patience for a new behavior to turn into a habit, but the “new and improved you” will be worth the wait.