

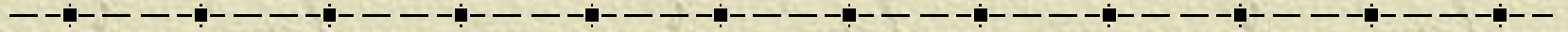
# Effective Strategies to Motivate and Encourage Healthy Lifestyle Changes

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# Helping people with chronic health conditions



✦ Goal: To encourage people with chronic health conditions to sustain a level of wellness

# What is Wellness?

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- ✦ Expanded idea of health
- ✦ Largely determined by the decisions you make about how to live your life
- ✦ Living your life with vitality and meaning



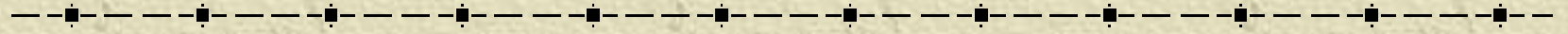
# Building Motivation to Change

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✦ Knowledge – important

✦ Motivation necessary for behavior change

✦ Skills to manage change



✦ How do most people with chronic health conditions spend most of their time?

✦ Dealing and/or managing illness

# Dealing with your illness

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- ✦ 20% of your time
  - \* medication, testing
- ✦ 80% of your time
  - \* physical activity
  - \* doctor visits
  - \* changing diet



# Daily needs

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✦ Employment

✦ Chores

✦ Family life

✦ Social life

✦ Need to take charge of what is happening in your life

# Manage changing emotions

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✦ Stress

✦ Uncertainty about future

✦ Worry

✦ Resentment

✦ Changes in goals and expectations

✦ Depression

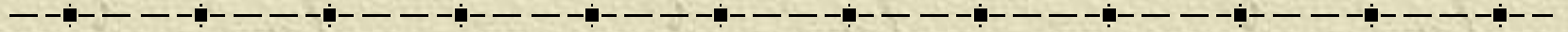
✦ Other



# Self-Efficacy

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- ✦ Your belief in your ability to successfully take action and perform a specific task
- ✦ Having the confidence in yourself and in your ability to change a behavior



Self-efficacy  
*I can do this!*

# Self-efficacy influences

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- ✦ The choices we make
- ✦ The effort we put forward
- ✦ How long we persist when you confront obstacles
- ✦ How we feel



# Knowing this.....

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✦ Key: “coaches” or  
facilitators

✦ Those people who work directly  
with clients with chronic health  
conditions

# Locus of control

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- ✦ Figuratively refers to “place” a person designates as the source of responsibility for events in one’s life
- ✦ Internal: people who *believe* they are in control of their own lives
- ✦ External: life is up to fate, outside forces, heredity, luck of the draw

# Motivation for Change

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- ✦ Internal locus of control reinforces motivation and commitment to change
- ✦ External locus of control can sabotage efforts to change behavior



# Stages of Change model

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✦ Precontemplation

✦ Contemplation

✦ Preparation

✦ Action

✦ Maintenance

✦ Termination

# Stages of change & messages

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- ✦ Precontemplation – personalize the risk, emphasize benefits of new behavior and outcome expectancies
- ✦ Contemplation – encourage trying the new behavior or refraining from risk behavior, reinforce positive expectations, identify ways to effectively overcome barriers to change




# Stages of change & messages

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- ✦ Preparation – Help people maintain motivation by encouraging them to set short term goals which keep them progressing to long term goals
- ✦ Help people identify obstacles and plan solutions
- ✦ Model social reinforcement of appropriate behaviors



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- ✦ Action – Encourage refining skills to avoid relapse and productive coping with setbacks
  - ✦ Encourage people to feel good about themselves when they make progress
  - ✦ Make explicit or reiterate long-term benefits of behavior change

# The Facilitator Role

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- ✦ Provide warm, supportive, non-confronting environment
- ✦ Respect the dignity, individuality and viewpoint of participant
- ✦ Involve the participant in learning
- ✦ Honor their experiences as valid
- ✦ Engage in listening respectfully and clarify if needed



# Facilitator Role Continued

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- ✦ Ask about preferences, experiences, willingness to change
- ✦ Review, clarify, summarize communication that has taken place
- ✦ Support and encourage
- ✦ Celebrate success
- ✦ DON'T give advice, tempting as it is!



# Strategies for Behavior Changes

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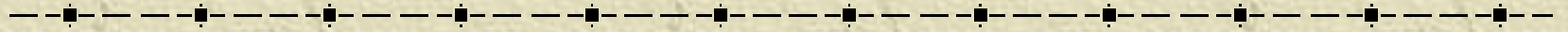
- ✦ Visualization and self talk
- ✦ Interactive teaching and learning experiences
- ✦ Role plays
- ✦ Storytelling
- ✦ Journaling
- ✦ Developing communication skills
- ✦ Action planning

# How people learn

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- ✦ Knowledge – People construct new knowledge and understanding based on what they already know and believe
- ✦ Skills – to do something
- ✦ Practice – most important, often minimized
- ✦ Apply

# A Lesson from the Geese



**Thank You**