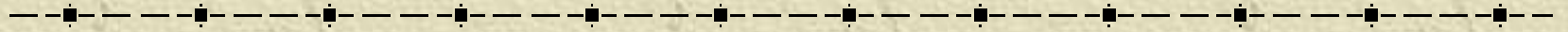


Effective Strategies to Motivate and Encourage Healthy Lifestyle Changes

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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?

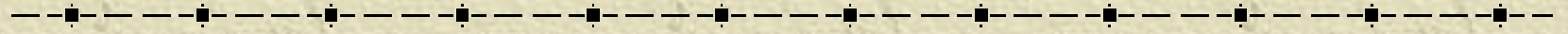
- ✦ Expanded idea of health
- ✦ Largely determined by the decisions you make about how to live your life
- ✦ Living your life with vitality and meaning

Building Motivation to Change

✦ 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

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

Daily needs

✦ Employment

✦ Chores

✦ Family life

✦ Social life

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

Manage changing emotions

✦ Stress

✦ Uncertainty about future

✦ Worry

✦ Resentment

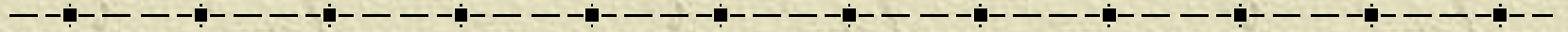
✦ Changes in goals and expectations

✦ Depression

✦ Other

Self-Efficacy

- ✦ 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

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

Knowing this.....

✦ Key: “coaches” or
facilitators

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

Locus of control

- ✦ 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

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

Stages of Change model

✦ Precontemplation

✦ Contemplation

✦ Preparation

✦ Action

✦ Maintenance


✦ Termination

Stages of change & messages

- ✦ 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

- ✦ 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

- ✦ 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

- ✦ 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!

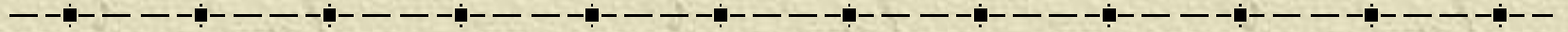
Strategies for Behavior Changes

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

How people learn

- ✦ 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