Effective Strategies to Motivate and Encourage Healthy Lifestyle Changes

Sandy Klarenbeek, CHES
Black Hills State University

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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
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