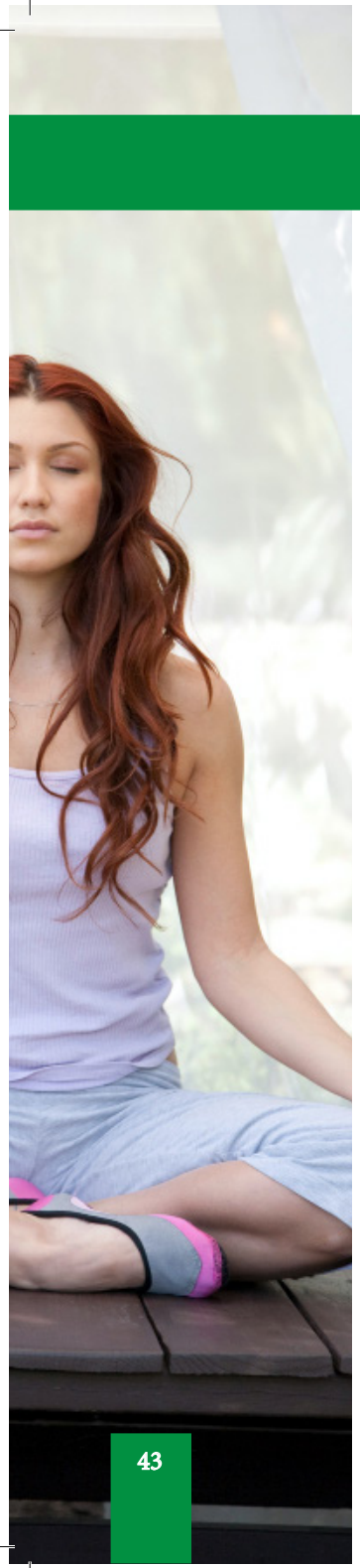


Session 21 - Managing Triggers

I. Objectives

- Understand what a trigger is
- Identify what causes triggers in us
- Identify healthy and unhealthy ways to cope

II. Introduction

Triggers are all around us – the way certain foods smell, sitting on the couch to watch a movie, having the grandkids over. Triggers are a psychological stimulus that take us back to an original moment. For instance, when you first smelled grandmas' fresh tamales. This can make us feel happy and loved. Or maybe the last time we ate tuna salad we got ill. So, now the smell of fish seems disgusting. Triggers may be different for everyone, but they often cause us to act in unhealthy ways.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client of the benefits of identifying and managing triggers. Participants may never have thought about triggers and what activities lead to unhealthy behavior patterns. Triggers can range from sights, smells, and being in certain places or with certain people. The first step in being able to manage triggers is identifying which triggers affect you the most. Once triggers are identified, a plan can be made to help manage those triggers so that they are less likely to result in unhealthy behavior patterns.

Common triggers include:

- Feeling tired
- Shopping while hungry
- Going to the movie theater
- Snacking on the couch
- Eating out with friends
- Going to a bar
- Feeling mad/anxious/stressed/upset/bored/alone
- Not having energy
- Sales or coupons
- Habits of always purchasing the same things
- Buying items for the family
- Not being able to say no to family

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Once a trigger is identified, how can participants plan to manage that trigger and keep it from derailing their goals? Managing triggers takes planning and recognition. Once a trigger is recognized, what actions will we take to manage them healthily? For example, grandma's holiday tamales are something that you look forward to every year. Usually, you pile your plate high and before you leave, she always gives you an extra bag to take more tamales home. What are acting as triggers? What are strategies we can use to manage the triggers?

Common management techniques include:

- Explaining your health journey and purpose to family
- Show your love for others in healthy ways
- Don't shop while hungry – have a healthy snack before you go
- Buy healthier versions of your favorite snacks
- Purchase smaller, single serving items – eat out of smaller bowls
- Don't use coupons unhealthy items
- Stick to your shopping list
- Shop at a different store
- Stay along the walls of the grocery store
- Stop eating when you feel full
- Talk with friends instead of eating feelings
- Join a club, walking group, or exercise class
- Watch less TV
- Make a rule to only eat at the breakfast/ dinner table – don't eat in the car
- Take smaller portion sizes
- Share food with someone else
- Get more sleep
- Exercise
- Remember that your health is more important than making other people feel good!

V. Activity

Give participants time to choose one trigger and come up with a plan to manage it. Discuss with the group. Have participants complete the remaining four triggers and management plans on their own.

Participant Activity

	Trigger	Management Plan
1		
2		
3		
4		
5		

