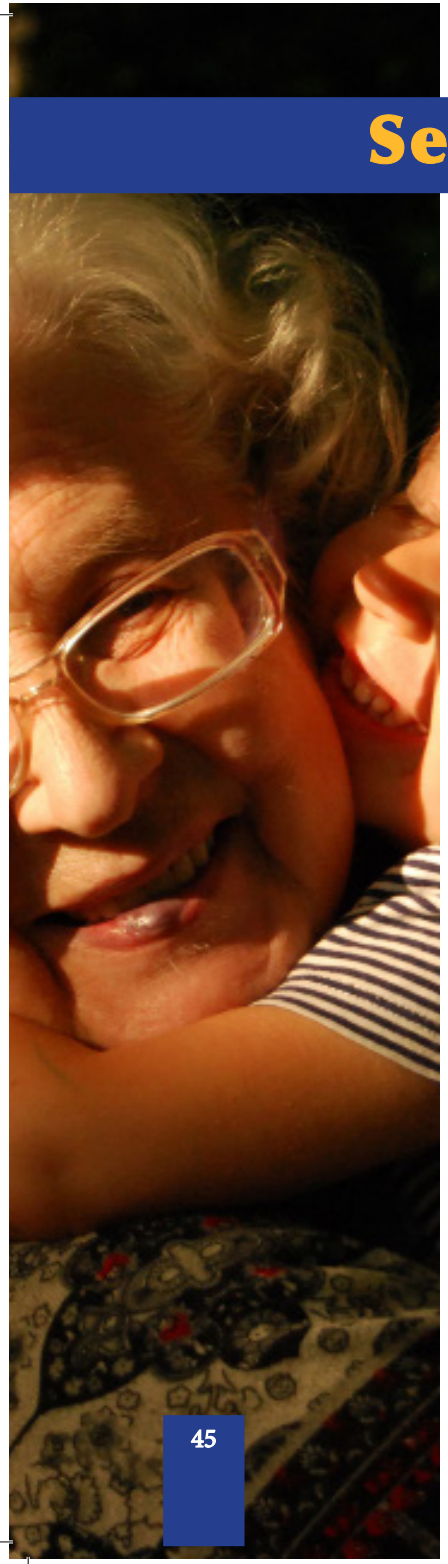
Session 22 - Getting Back Up



I. Objectives

- Identify mistakes that led to a slip-up
- Reflect on mistakes and come up with a plan
- Implement the plan into our routine

II. Introduction

Mistakes happen. Everyone is only human after all! The most important thing is the recognition of falling off the wagon and actions taken to make strides to hop back on!

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the risks of reverting back into old habits. Letting one mistake ruin a week is a negative approach to looking at the situation. Instead, how can one reframe the situation into a positive? Recognizing that a slip-up is the first step in making a recovery. Below are some positive ways of thinking about getting back on the wagon:

- I've worked hard in the past… I can keep at it!
- Look how far I've come!
- How proud would the me that started this journey be of me now?
- One mistake isn't worth giving up all that I have gained from my healthy lifestyle journey.
- I've done hard things before and can do them again!
- The few mistakes I made will be easier to manage now than if I wait any longer.

What caused the slip-up? Once we've recognized we've fallen off the wagon and are ready to hop back on, take some time to reflect. Why did this happen? How long did it take to notice? What thoughts did I have along the way that could have warned me? Common stressors include:

- Job stress
- Vacations
- Family/friend troubles
- Illnesses
- Money troubles
- Lack of time
- Boredom

After identifying what the cause of the slip-up was, make a plan. Not every plan tried will work the first time. It is a good idea to come up with several remedies, choose the best one for now, and it if doesn't work, come back to your list, and try a different approach.

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V. Activity

Identify a problem that has caused a slip-up previously or that you are concerned might occur. Plan at least three ways to solve the problem, then choose the best option for right now. Next, think of how to put that plan into practice daily.

Participant Activity

What is the Problem?	What caused it?	Three Ways to solve the problem are:
		1. 2. 3.
		1. 2. 3.
		1. 2. 3.

