



Participant Guide

Take Charge of Your Thoughts



Session Focus

Taking charge of your thoughts can help you prevent or delay type 2 diabetes.

This session we will talk about:

- The difference between harmful and helpful thoughts
- How to replace harmful thoughts with helpful thoughts

You will also make a new action plan!



Tips:

- ✓ Identify your harmful thoughts.
- ✓ Put on the brakes.
- ✓ Think helpful thoughts instead.





Anna's Story

Anna is at risk for type 2 diabetes. So she's trying to eat well and be active.

Most days, Anna walks around the park. But on Tuesday, it's raining. Anna thinks: "The weather is lousy. I'd better skip my walk today."

Anna decides to replace her harmful thought with a helpful one: "It's raining, so I'll walk in the mall instead. It will also give me the chance to run some errands."

To prevent harmful thinking:

- Make sure your Action Plan is realistic, doable, specific, and flexible.
- Have a sense of humor.
- Take care of yourself: manage stress, get enough sleep, eat right, and stay active.
- Keep things in perspective.
- Be around people who practice helpful thinking.
- Celebrate and reward your progress.





3 Steps to Replace Harmful Thoughts with Helpful Thoughts

1. Identify your harmful thoughts. What thoughts get in the way of your eating and fitness goals?



2. Put on the brakes. Some people like to picture a big red stop sign. Others like to imagine the sound of a car slamming on its brakes, or the word "Stop!" How can you put the brakes on your harmful thoughts?

3. Think helpful thoughts instead. What helpful thoughts could you replace your harmful thoughts with?



Replace Harmful Thoughts with Helpful Thoughts

Here are some ways to replace harmful thoughts with helpful thoughts.

Type of harmful thinking	Instead of thinking ...	Tell yourself ...
All or Nothing You see only the extremes. You don't see anything in between.	I can't eat ice cream ever again.	<ul style="list-style-type: none"> I can have ice cream once in a while. When I do have ice cream, I'll measure it. That way, I won't have too much.
	Exercise is boring.	<ul style="list-style-type: none"> I haven't found an activity that I enjoy yet. I'll keep trying new activities until I find one that I like.
Making Excuses You blame situations or other people for your mistakes.	It's too cold/hot outside to go for a walk.	<ul style="list-style-type: none"> I will dress for the weather and walk anyway. I will work out indoors.
	I can't meet my eating goals because my wife keeps making cookies.	<ul style="list-style-type: none"> I find the cookies tempting. I will ask my wife to make something healthy instead.
Filtering You ignore the good and focus on the bad.	No one else supports my healthy lifestyle.	<ul style="list-style-type: none"> My friend Shelly supports it. I will ask for more support.
	I haven't stuck to my diet at all this week.	<ul style="list-style-type: none"> I stuck to my diet four out of seven days. I have a plan for how to stay on track in the future.
Self-Labeling You call yourself something bad.	I'm such a weakling.	<ul style="list-style-type: none"> I can climb the stairs without getting out of breath now. I'll be a little more active each week.
	I'm the world's worst cook.	<ul style="list-style-type: none"> My daughter liked the stir-fry I made last night. I'll keep learning more about cooking.



Replace Harmful Thoughts with Helpful Thoughts

Type of harmful thinking	Instead of thinking ...	Tell yourself ...
Comparing You compare yourself with other people and find yourself lacking.	Teo has lost so much more weight than I have.	<ul style="list-style-type: none"> ■ My weight loss has slowed down. ■ I'll ask Teo for some tips.
	Stella is so much stronger than I am.	<ul style="list-style-type: none"> ■ I'd like to be stronger. ■ I'll try using a resistance band.
Gloom and Doom Thinking You assume the worst.	I just know I'm going to get hurt. Then I won't be able to work out.	<ul style="list-style-type: none"> ■ I'll take steps to work out safely. ■ If I do get hurt, I'll find a different way to be active.
	I just know I'm going to get type 2 diabetes, since both of my parents had it.	<ul style="list-style-type: none"> ■ I know a lot more about how to prevent type 2 diabetes than my parents did. ■ I'll do what I can to prevent type 2 diabetes.



Participant Guide

Get Support



Session Focus

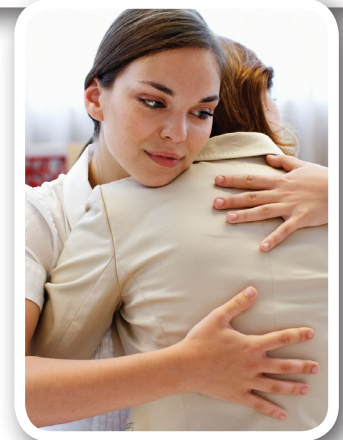
Getting support for your healthy lifestyle can help you prevent or delay type 2 diabetes.

This session we will talk about:

How to get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs
- Professionals

You will also make a new action plan!



Tips:

- ✓ Tell family, friends, and coworkers what you're doing, and why you're doing it. And tell them how to support your efforts.
- ✓ Check with your local library, recreation center, community center, or senior center. Ask about groups, classes, and clubs that support your healthy lifestyle.



Jim's Story

Jim is at risk for type 2 diabetes. He's made healthy changes in his eating and fitness habits. But he doesn't always get the support he needs from his family, friends, and coworkers.

At home, his kids complain about missing their favorite foods, like pizza and ice cream. His wife resents the time Jim spends working out, instead of being with the family. His mom keeps telling him he's just fine the way he is. And some of his coworkers always put out candy.

Jim asks his family, friends, and coworkers to support his healthy lifestyle. Today, his kids (almost) never complain about the healthy meals.

His wife no longer resents Jim for spending time away from the family to work out. In fact, the two of them go out dancing sometimes. And the whole family plays soccer or tag after dinner.

Jim's mom now praises him for changing his lifestyle. She's thinking about changing hers too. And his coworkers have stopped putting out candy.

Jim has also joined an online health community. He and the other members share tips and cheer each other on. Right now, they're competing to see who can take the most steps each week.





How to Get Support

Family, Friends, and Coworkers

Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing, or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

Here are some ways to get family, friends, and coworkers to support your healthy lifestyle:

- Share facts about type 2 diabetes and how to prevent it.
- Tell them why you are trying to lead a healthy lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Set family rules.

You could also invite them to:

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you





How to Get Support

Family, Friends, and Coworkers

Your family, friends, and coworkers may not know how to support your healthy lifestyle.

- In the left column, write some ways they get in the way of your healthy lifestyle.
- In the right column, write how you will get their support.

Ways They Hinder My Healthy Lifestyle	How I Will Get Their Support
Example: My husband buys chips.	Example: I'll remind him that I'm trying to eat healthy to prevent type 2 diabetes. I'll ask him to stop buying the chips, or leave them at work.



How to Get Support

Groups, Classes, and Clubs

Here are some groups, classes, and clubs that could support your healthy lifestyle and ways to find them.

Groups, Classes, and Clubs	Ways to Find Them
Groups <ul style="list-style-type: none"> Online health community Support group 	<ul style="list-style-type: none"> Ask your healthcare provider. Check with your local library, recreation center, community center, or senior center. Contact the American Diabetes Association: 800-DIABETES (800-342-2383). Contact community groups. Contact your local health department. Look for postings at your gym. Look in your community newspaper. Search online, or in your phone book. Start your own!
Classes and Clubs <p><u>Healthy eating</u></p> <ul style="list-style-type: none"> Healthy cooking Healthy meal planning <p><u>Fitness</u></p> <ul style="list-style-type: none"> Basketball Biking Dancing Hiking Martial arts Running Soccer Softball Walking Weight-lifting 	



How to Get Support

Professionals

Here are some professionals who could support your healthy lifestyle.

- **Endocrinologists** are doctors who specialize in diabetes. They can help you with the medical side of diabetes.
- **Lifestyle coaches** can help you adopt and sustain healthy habits.
- **Nutritionists** and **dietitians** can help you with food and eating concerns.
- **Pharmacists** can talk with you about the effects of medicine.
- Your **primary care provider** is likely the person who told you about being at risk for type 2 diabetes. He or she can help you learn about how to prevent this disease and refer you to other professionals.
- **Psychologists** and **psychotherapists** can help you cope with thoughts, feelings, and behaviors.
- **Recreational therapists** can help you manage daily life and be involved in your community.
- **Social workers** can provide counseling and connect you to services.
- **Trainers** and **exercise physiologists** can tell you how to move your body in order to be healthy.

