

# PREPARING FOR SUCCESS

**SELF-MANAGEMENT  
& GOAL SETTING**

Today we  
will talk  
about ...



Wellness & Chronic  
Disease Self-Management



Preparing for Change  
➤ Motivators & Barriers



Goal Setting  
➤ Action plan for change  
➤ Problem solving

# Chronic Disease

“Conditions that last 1 year or more and require ongoing medical attention, or limit activities of daily living, or both.”

- Centers for Disease Control and Prevention



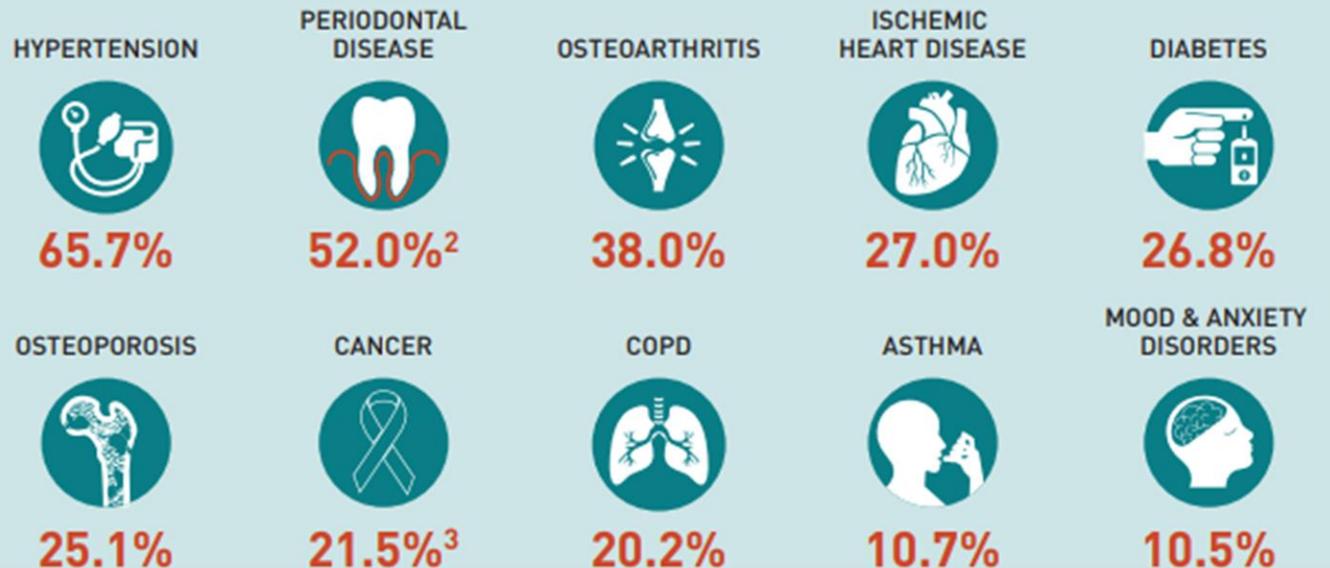
# Chronic Disease

## PREVALENCE OF CHRONIC DISEASES AND RISK FACTORS AMONG CANADIANS AGED 65+

**73%** of individuals aged 65+ years have at least **1 of 10** common chronic diseases<sup>1</sup>



### PREVALENCE OF THE MOST COMMON CHRONIC DISEASES AND CONDITIONS



Individuals  
living with a  
chronic condition  
may experience:



Fatigue



Loss of physical strength & endurance



Emotional distress (e.g. frustration, anger)



Sense of helplessness



Feeling overwhelmed by health demands

# Impact of stress on the body

**Stress: The body's  
physical response to  
environmental factors**

**Prolonged stress can cause:**

- Cardiovascular disease
- Weight gain
- Digestive issues
- Decreased concentration
- Irritability
- Shortened lifespan

**Learning to manage stress is an important part of living a healthy life**

# MANAGING STRESS

- If you are feeling overwhelmed, hopeless, or like you can't get through your daily routine ...
- Speak with your primary care provider
- Consult with a licensed mental health professional (e.g. psychologist or counsellor)

TRUE OR FALSE?

“You can have a chronic condition  
and still live a healthy life”

**TRUE**

# THE FACTS

Being healthy in all aspects of our life helps us to:

- **Take control of our own health**
- Cope with challenges (chronic illness or other concerns)
- Live life to the fullest
- Improve our quality of life

Health: “A state of complete physical, mental and social well-being, and not merely the absence of disease”

-World Health Organization

# Wellness

“Includes the presence of positive emotions and moods, satisfaction with life, fulfillment and positive functioning”

-Centers for Disease Control and Prevention



Physical Activity



Professional Help



Enjoyment



**Healthy  
coping strategies  
for wellness**

Social Support



Sleep



Mental Wellness



TRUE OR FALSE?

“I am dependent on health care professionals to manage my chronic condition”

**FALSE**

# HEALTH SELF-MANAGEMENT

We can live a healthy life with a chronic condition by working to overcome the problems caused by the condition, which may be:



Physical



Mental



Emotional



Social

# HEALTH SELF-MANAGEMENT SKILLS

- Managing common symptoms and problem solving
- Maintaining a healthy lifestyle
- Decision making
- Safe use of medication
- Community resources
- Effective communication with family and health care team
- Adapting social activities

# Take Back Control:

## Steps to self-management

- Educate yourself
  - Fight fear with knowledge
- Stay informed
- Give up the guilt
- Ask for support from those around you
- Practice self-care
- Develop a realistic plan
- Take action
  - Set clear, specific, short-term goals for action

**GET READY TO CHANGE**

TRUE OR FALSE?

“To make a change,  
all I need is willpower”

**FALSE**

# THE FACTS



Change is not  
that simple



If only we could just  
wish we could change,  
and we did!



Change is hard for  
many reasons ...

# WHY IS CHANGE SO HARD?

- We are creatures of habit
- Path of least resistance
- Disease management is demanding
- “Pleasure principle”
- Culture
  - High stress
  - Over-consumption of high fat, high sugar, and high salt foods

# GETTING MOTIVATED TO MAKE A CHANGE



Changing our behaviour requires *practice* and a *desire* to change

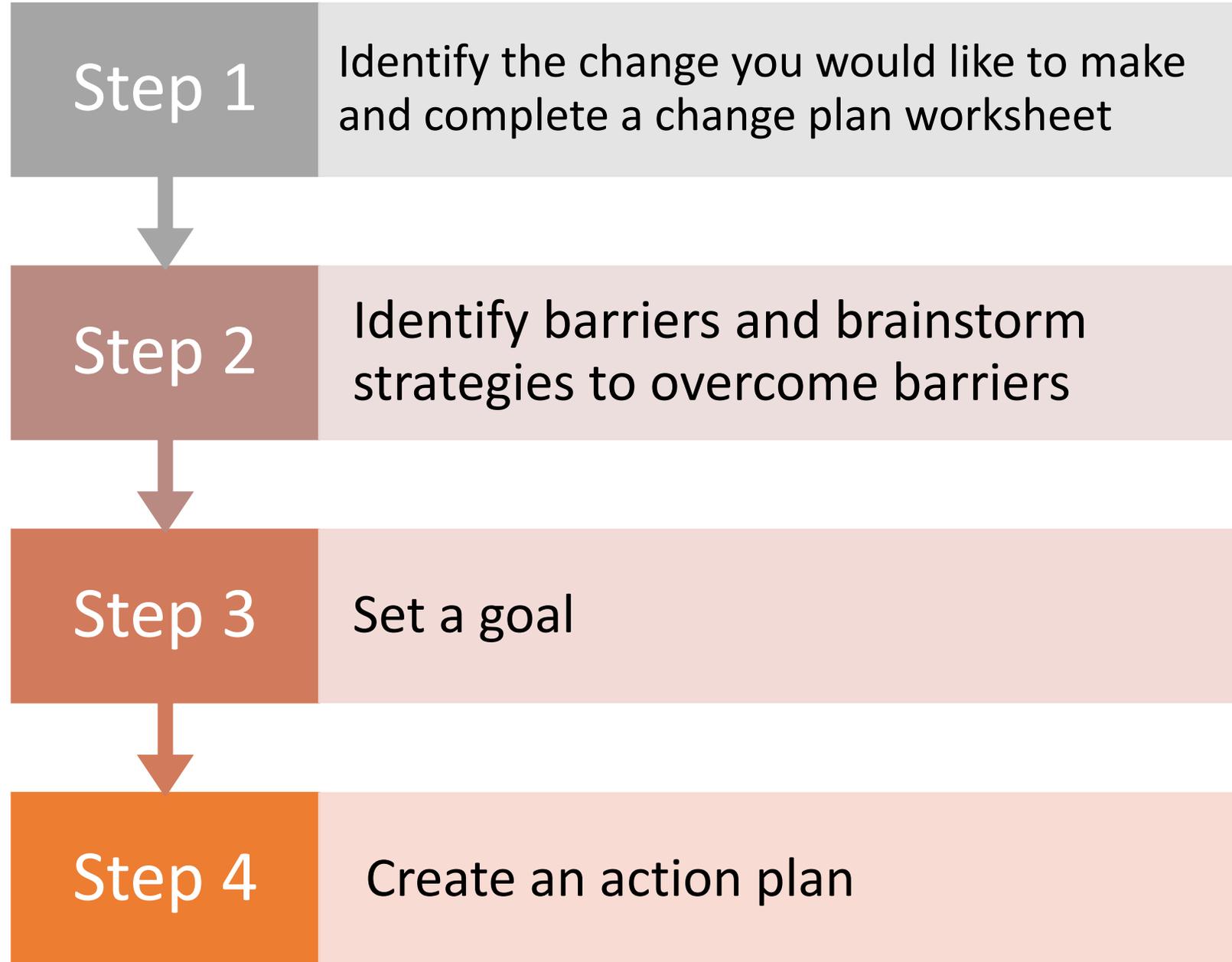
Ask yourself:

- What is the behaviour that I'd like to change and **WHY?**
- What are 3 benefits to this change right now?
- What are the long-term benefits?

Break down the change into  
small pieces



# Behaviour change: Where do I start?



# CHANGE PLAN WORKSHEET

## Change Plan Worksheet

1) The changes I want to make (or continue making) are:
2) The reason why I want to make these changes are:
3) The steps I plan to take in changing are:
4) The ways other people can help me are:
5) I will know that my plan is working if:
6) Some things that could interfere with my plan are:
7) What I will do if the plan isn't working:

Check your email  
(sent with the link to today's class)

## Step 1

# CHANGE PLAN WORKSHEET

- 1) The change(s) that I want to make (or continue making) are:
- 2) The reasons why I want to make this change are:
- 3) The steps I plan to take in changing are:
- 4) The ways other people can help me are:
- 5) I will know that my plan is working if:
- 6) Some things that could interfere with my plan are:
- 7) What I will do if the plan isn't working:

## Step 2

# BARRIERS TO CHANGE

- Change is hard
- It takes practice to change old habits
- What could prevent you from achieving your goal?
- What can you do to overcome these barriers?

## Step 2

# OVERCOMING BARRIERS

*The change you want to make:* “Eat healthier” (for example)

*Barriers:*

- Difficult to choose better foods at the grocery store
- Don't know which foods are healthy
- Your partner also eats unhealthy foods

*Overcome the barriers:*

- Make a grocery list before going to the store
- Research healthy foods online
- Ask your partner to agree to the same meal plan

## Step 3

# GOAL SETTING

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Goals are the new skills and behaviors we want to achieve

---

Goals can help us improve our physical and mental quality of life

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With the right tools, our goals can become easier to achieve

---

Goals must be realistic and specific



EMOTIONAL  
GOALS



OUTCOME  
GOALS



ACTION  
GOALS

# Types of Goals

# Steps to create a goal



1) Start with the change  
you want to make



2) Break it down into  
small, actionable pieces



3) Identify a goal



4) Create an action plan

# Example



1) Your change:  
“More physical activity”



2) Break it down:  
Dancing, walking, biking . . .



3) Choose a goal:  
“I will dance”



4) Create an action plan:

This week I will do a dance workout (**what**) for 10 min  
(**how much**) after lunch (**when**), 2 times per week (**how often**)

## Step 4

# ACTION PLANNING

An 'action plan' is a tool you can use to help you accomplish your goal. It asks:

- Exactly ***what*** are you going to do?
- ***How much*** will you do?
- ***When*** will you do this?
- ***How often*** will you do the activity?
- On a scale of 1 -10, ***how confident*** are you that you can complete your plan?

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### My Action Plan

When you write your action plan, be sure it includes the following:

1. What you are going to do (a specific action)
2. How much you are going to do (time, distance, portions, repetitions, etc.)
3. When you are going to do it (time of the day, day of the week)
4. How often or how many days a week you are going to do it

Example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will \_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how often)

How sure are you that you can complete this plan?

0	1	2	3	4	5	6	7	8	9	10
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Not at all sure Absolutely sure

Comments \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

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In your email ↑



1) Start with the change you want to make



2) Identify a goal



3) Create an action plan

This week I will \_\_\_\_\_ (*what*) \_\_\_\_\_ (*how much*)  
\_\_\_\_\_ (*when*), \_\_\_\_\_ times per week (*how often*)



4) Rate your confidence level

YOUR  
TURN

# TIPS FOR SUCCESS TO ACHIEVE YOUR GOAL

- Start small
- Only work on 1-2 goals at a time
- Re-evaluate your goals regularly
- If at first you don't succeed, try again
- Celebrate your successes



# RECOVERING FROM SLIP-UPS

- Everyone slips up or “falls off the wagon” once in a while
- Change is hard and it requires practice
- Don’t blame yourself or cast judgment
- Problem solve – What caused you to slip up?
- There is no such thing as failure, just feedback!

# STRESS / MENTAL HEALTH RESOURCES

- **Mental Health & Wellness Resource Finder**

<https://sharedhealthmb.ca/health-providers/mental-health-and-addictions/mental-health-and-wellness-resource-finder/>

- **Body Scan (4 minute meditation)**

<https://www.youtube.com/watch?v=ZM3eYRODNbc>

- **Breathing Exercise & Deep Muscle Relaxation Exercise**

<http://www.adam.mb.ca/audio-relaxation>

# STRESS / MENTAL HEALTH RESOURCES

- Anxiety Canada resources: [AnxietyCanada.com](https://www.anxietycanada.com)
- Smartphone app: *MindShift CBT*
- Free online counselling (*AbilitiCBT*): [myicbt.com/home](https://myicbt.com/home)
- Counselling: Check if your benefits include EAP (Employee Assistance Plan) or cover other mental health services

# FREE CLASS SERIES

- ***Cognitive Behavioural Therapy with Mindfulness (CBTm)***
  - Changing your thought patterns to improve your mental health
- ***Get Better Together***
  - Coping with a chronic physical or mental health condition
- ***Powerful Tools for Caregivers***
  - Managing your own wellbeing while caring for a loved one

[wrha.mb.ca/groups/](http://wrha.mb.ca/groups/)

**THANK  
YOU!**

**Any questions?**

Use the chat function  
or un-mute your microphone

**Please complete  
an evaluation**