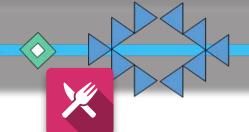


# Participant Guide

**Cope with Triggers** 







### **Session Focus**

Coping with triggers can help you prevent or delay type 2 diabetes.

#### This session we will talk about:

- Some unhealthy <u>food shopping</u> triggers and ways to cope with them
- Some unhealthy <u>eating</u> triggers and ways to cope with them
- Some triggers of <u>sitting still</u> and ways to cope with them



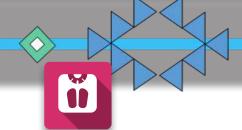


#### You will also make a new action plan!



#### Tips:

- ✓ Instead of buying treats for your loved ones, show your love in a healthy way.
- ✓ If you snack when you watch TV, avoid eating out of large containers and bags. Get yourself a single serving—and that's all.
- If you always lie on the couch and watch TV after dinner, be active during the ads.





### Michelle's Story

Michelle just learned that she's at risk for type 2 diabetes. So she needs to change her eating and fitness habits.

On a typical workday, Michelle gets up at 5:30 in the morning. As soon as she enters the kitchen, she starts making coffee. Just the smell helps her wake up. Then she warms up a pastry to dunk in her coffee.

By 3 in the afternoon, she's getting drowsy again. So she stops off at the coffee machine in the staff lounge. At the vending machine, she buys herself another pastry to dunk in her coffee.



Later that evening, Michelle needs to unwind after a stressful day. So she curls up on the couch and watches TV. During one of the commercial breaks, she grabs a bag of chips and a beer.

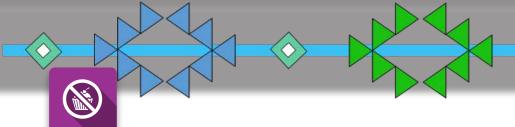
What are some of the things in Michelle's life that trigger her to act in unhealthy ways?



Michelle decides to cope with her triggers. These days, she gets more sleep, so she doesn't get as drowsy during the day. She still has her morning and afternoon coffee. But instead of having a pastry for breakfast, she has some plain nonfat yogurt with berries.

Michelle stays away from the vending machine at work. Instead, she nibbles on baby carrots.

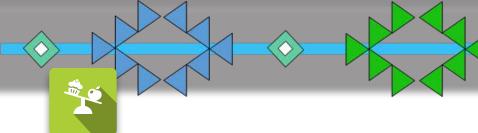
Michelle still watches TV to unwind after a stressful day. But she rides a stationary bike or lifts weights while she watches it. And now she has cut-up veggies for her evening snack instead of chips and beer.





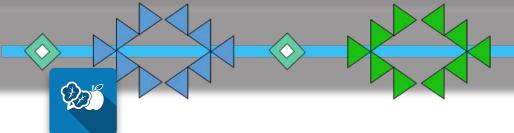
It can be challenging to cope with triggers. Here are some common triggers and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Shopping Triggers	Ways to Cope	Other Ways to Cope
I'm hungry.	☐ Have a healthy snack before you go shopping.	
I feel sad/ anxious/ stressed/mad.	<ul> <li>□ Put off the shopping trip until you feel better.</li> <li>□ Cope with your feelings in a healthy way. For instance, take some deep breaths.</li> </ul>	
It's on sale, or I have a coupon for it.	<ul><li>☐ Find ways to save money on healthy items instead.</li><li>☐ Don't clip coupons for unhealthy items.</li></ul>	
It looks tempting.	<ul> <li>Stay away from the tempting parts of the store, such as the candy, chip, and ice cream aisles.</li> <li>Buy a very small amount. For instance, get a single ice cream bar instead of a whole container of ice cream.</li> <li>Buy a healthier version. But take a close look at the Nutrition Facts. Don't rely on the word "healthy" alone.</li> <li>Keep in mind that the store's goal is to get you to buy things.</li> </ul>	
I always buy this.	<ul> <li>□ Shop with a list, and stick to it.</li> <li>□ Remind yourself that you are making better choices now.</li> <li>□ Try a different store, such as a farm stand.</li> </ul>	
It's for my spouse/kids/ grandkids.	☐ Show your love in healthier ways. It will be better for you—and for them.	



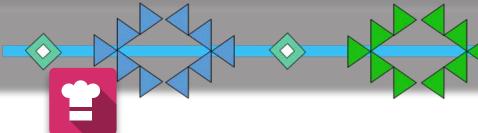


Eating Triggers	Ways to Cope	Other Ways to Cope
l'm hungry.	<ul><li>□ Eat something healthy.</li><li>□ Stop when you feel full.</li><li>□ Use a small plate.</li></ul>	
I like to nibble on this while I watch TV.	<ul> <li>□ Avoid eating out of large containers and bags. Get yourself a single serving—and that's all.</li> <li>□ Knit, ride a stationary bike, use resistance bands, or lift weights instead.</li> <li>□ Chew sugar-free gum instead. Or nibble on non-starchy veggies, like celery.</li> <li>□ Watch less TV.</li> <li>□ Eat only at the kitchen/dining room table.</li> </ul>	
I feel sad/ anxious/ stressed/mad.	☐ Ease your feelings in healthy ways. For instance, talk with a friend.	
I feel bored.	□ Do something healthy: go for a walk, mow the lawn, or try a new healthy recipe.	
I feel lonely.	<ul> <li>□ Contact your friends or family.</li> <li>□ Meet people: take a class, join a team or club, or volunteer.</li> <li>□ Think about adopting a pet.</li> </ul>	
This is easy to get or make.	☐ Stock up on healthy items that are easy to get or make, like baby carrots.	





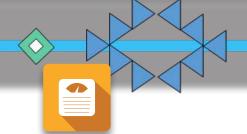
Eating Triggers	Ways to Cope	Other Ways to Cope
This looks or smells tempting.	At home:  ☐ Keep a supply of healthy items that you like.  Make sure they are visible and ready to eat.  For instance, keep cut-up veggies in your fridge and a bowl of fruit on your table.  ☐ Don't keep unhealthy items at home.  ☐ Keep unhealthy items out of sight, or make them hard to reach.  At work:  ☐ Avoid walking by vending machines and "free" food.  ☐ Keep healthy snacks on hand.	
I have happy memories of eating this.	<ul> <li>□ Change it to make it healthier.</li> <li>□ Have a very small serving.</li> <li>□ Share it with someone else.</li> <li>□ Make new memories of eating healthy dishes.</li> </ul>	
I don't want to waste food.	<ul> <li>□ Cook smaller amounts.</li> <li>□ Store the leftovers in the fridge or freezer.</li> <li>□ Give it away.</li> <li>□ Remind yourself that your health is more important than a few bites of food.</li> </ul>	





Eating Triggers	Ways to Cope	Other Ways to Cope
I always get this at the drive-thru after work.	<ul> <li>□ Take another route so you don't pass the drive-thru.</li> <li>□ Don't eat in your car.</li> <li>□ Order something healthy instead.</li> </ul>	
I see photos or videos of unhealthy food.	<ul><li>☐ Try not to look at them.</li><li>☐ Look for photos and videos of healthy food.</li></ul>	

Triggers of Sitting Still	Ways to Cope	Other Ways to Cope
I'm tired.	<ul><li>☐ Get more sleep at night.</li><li>☐ Take a short nap.</li></ul>	
I feel sad/ stressed/ anxious/mad.	☐ Ease your feelings in healthy ways. For instance, take a brisk walk.	
My joints/ feet hurt.	☐ Find ways to be active that are easy on your body, such as swimming or yoga.	
I always lie on the couch and watch TV after dinner.	<ul> <li>□ Ride a stationary bike, use resistance bands, or lift weights while you watch TV.</li> <li>□ Be active during ads.</li> <li>□ Go for a walk after dinner instead.</li> </ul>	





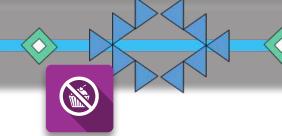
## **My Triggers**

Your triggers are things in your life that you tend to react to in a certain way—without even thinking about it. They can be sights, smells, sounds, or feelings. They can also be people, places, activities, or situations.

What triggers your unhealthy shopping habits?
How will you <u>cope</u> with these triggers?
What triggers your unhealthy <u>eating</u> habits?
How will you <u>cope</u> with these triggers?
What triggers you to <u>sit still</u> , instead of being active?
How will you cope with these triggers?









### **Common Triggers**

### **Common unhealthy shopping triggers:**

"When we go out to the movies, we always get a big tub of popcorn to share, plus some soda."

"My family gets a pizza every Friday night."

"I always stop off at the taco truck during my lunch break."

"I keep cookies on hand for when my grandkids visit."

"When I feel down, I pick up a container of ice cream."

### **Common unhealthy eating triggers:**

"I always have something sweet after dinner."

"My friends and I always have chicken wings, beer, and chips while we watch the big game."

"After church, my women's group has coffee and donuts."

### **Common triggers of sitting still:**

"My friends and I sit together in the cafeteria every day during lunch."

"I always play video games after work."

"My family plays board games all day on Saturdays."

"When dinner is over, it's time for TV."





