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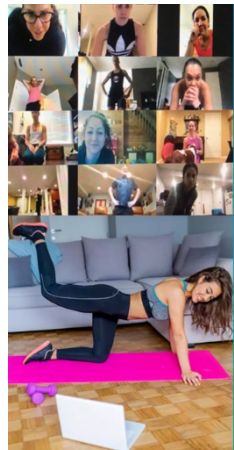
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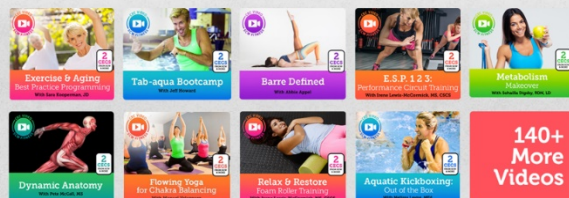
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
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- AQUATIC EXERCISE
- BARRE
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- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
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- GROUP STRENGTH
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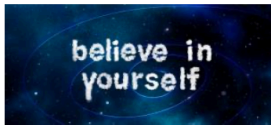
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Self-Coaching Strategies for Wellness and Weight Loss



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Self-Coaching Strategies for Wellness and Weight Loss

Session Description:

Discover helpful strategies that you can use or share with your clients. Find new ways to motivate yourself and clients to move more and eat right. Learn more about mindful eating, tapping, self-compassion, journaling, vision boards, gratitude and more for wellness and weight loss!

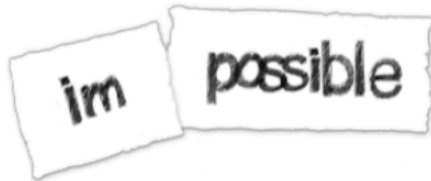


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Consider yourself a science experiment

- ◆ Try new things and observe the outcomes.
 - For example, try a yoga class to see what impact it has on your mind and body.
 - Observe how you feel before, during, and after the session.



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Cultivate Mindfulness

- ◆ Be more aware in the moment
- ◆ Remove distractions, so you can focus
- ◆ Become more self-aware of the patterns of behaviors that serve you and those that don't
- ◆ Consider meditation



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Mindful Eating

- ◆ Slow down the rate of eating
- ◆ Increase the number of chews for each bite you take
- ◆ Remove distractions such as reading or watching tv
- ◆ Tune into your food
- ◆ Use smaller plates and cups

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Remove Clutter

- ◆ Clutter can be a source of stress, contributing to lack of focus
- ◆ To declutter
 - Divide large project into small pieces
 - Set Goals

"People with messy or cluttered homes are 77 percent more likely to be overweight or obese."

- The American Association of Nurse Anesthetists

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Stages of Change: Where are You?

Realize there are stages of change and consider what stage you are at and what stage you want to be at.

- ◆ Precontemplation (Not Ready For Change)
- ◆ Contemplation (Thinking About Change)
- ◆ Preparation (Preparing for Action)
- ◆ Action (Taking Action)
- ◆ Maintenance (Maintaining a Good Behavior)



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Use Visioning

- ◆ Create a vision of where you want to be in a period of time (3 months for example)
- ◆ Create a vision board.
 - "A tool used to help clarify, concentrate and maintain focus on a specific life goal."
-www.makeavisionboard.com
 - A place where you display images that symbolize what you want to be, do, or have in your life.



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Improve Self-efficacy

- ◆ Improve your self-efficacy, the belief that you are capable to start and maintain a certain behavior
 - Personal, environmental, and behavioral factors influence self-efficacy

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Ways to enhance self-efficacy:

Personal: Do more things that recharge you. (Reading, sight-seeing, massage, hot bath)

Environmental: Surround yourself with people who are successful at what you are trying to achieve, and those who give you motivation (exercise class instructor, coach, trainer, supportive friend)

Behavioral: Set small goals that are achievable, such as focusing on making one meal healthier this week, or get 10 minutes of exercise today

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Practice Gratitude

- ◆ Being appreciative and grateful for what you have rather than being focused on what you don't have
- ◆ Can help change your mindset to put you in a better frame of mind for any wellness change you are trying to make

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Practice Forgiveness

Forgiveness can help you put the past in the past, so you can move on to a more positive mindset. Try Martin Seligman's Reach technique:

Recall the Hurt

Empathize

Altruistic gift of forgiveness

Commit to forgive publicly

Hold onto forgiveness

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Add More Movement

- ◆ Track your steps.
- ◆ Aim to move 3-10 minutes out of every 30 minutes.
- ◆ Think about connecting your fitness goals to goals outside of fitness. (ex. Raising money for a charity.)
- ◆ Commit to trying something new

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Log Your Food

Log your food.

-The following three apps are really helpful: LoseIt, MyFitnessPal, and Sparkpeople

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Plan

- ◆ Your shopping
- ◆ Your cooking
- ◆ Your meals
- ◆ Your movement sessions
- ◆ Your fun

If you fail to plan,
you may be planning
to fail.



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Consider techniques that help you to cope and get through tough times.

Examples: support groups, therapy, spending time with others, volunteering, journaling, tapping, self-compassion

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Self-Compassion

Self-compassion is having compassion for yourself. There are 3 parts to self-compassion:

Self kindness	Common Humanity	Mindfulness
Be warm and kind to yourself. Don't "beat yourself up." Treat yourself as you would a friend. Life can be difficult, we all fail at times. Be gentle with yourself.	You are not alone. Others have experienced the same thing. The feelings of suffering and not being enough are felt by others.	Take a balanced approach to bad feelings, don't deny or overaccentuate them. Don't judge yourself. Know that others have felt this way. Be more positive than negative about the situation.

Source: Dr. Kristin Neff www.self-compassion.org

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Soothing Touch

A form of comfort, a way to practice self-compassion.

- ◆ Give yourself a gentle hug or caress, or put your hand on your heart and feel the warmth of your hand
 - Might feel awkward, but your body doesn't know. It responds to the warmth and kindness
 - Releases oxytocin:
sense of security, soothing, calming
- ◆ Try soothing touch a few times a day for a week, and see how you feel.

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Tapping

- ◆ Emotional Freedom Technique: a self-help healing tool that can help reduce stress and tension.
- ◆ It utilizes a tapping motion on meridian points on the body.

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Set a Vision/Outcome Goals

Set Process Goals

- 1.
- 2.
- 3.
- 4.
- 5.

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Questions ?

What is your most meaningful takeaway from attending this session?

What is your next step?

Contact: tricia@triciasilverman.com
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