

Building Your Support Team

Weight Management Support Group
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- ▶ Those who accomplish goals have a few things in common:
 - ▶ Realistic goals
 - ▶ Accountability
 - ▶ Support!

Reflection...

- ▶ Have any of you been in a situation where people have perhaps innocently suggested you stray from bariatric lifestyle?
 - ▶ Perhaps by saying "you are so skinny you can have a cheat day", "you are not as fun at the bar anymore" or "we never buy foods that I like".
- ▶ What are some situations where YOU have found yourself tempted to stray from staying on track?

Rationalization

- ▶ As well developed humans with sophisticated brains, we are able to create justifications, rationalizations, "reasons why we should" for just about anything!
- ▶ What are some that you can think of?
 - ▶ "It's such a busy night with driving the kids to practice that we HAVE to do fast food. I won't have time to prepare a meal."
 - ▶ "Himm, my old favorite chips are on sale. I have been so good recently with my diet, so I bet just a few wouldn't be the end of the world."
 - ▶ "I slept so terrible last night! I'll definitely need some caffeine to get me through the day."
 - ▶ "Ugh, today was so stressful. I think I'll reward myself by just relaxing tonight instead of going to the gym. The gym would be so crowded anyway."
 - ▶ Over the holidays → "Well it's not so bad because I only have it this time of year."

Who would you envision on your ideal support team?



Train your support team

- ▶ Education
- ▶ Reinforcement
- ▶ Redirection

Education

- ▶ If your team doesn't know exactly what makes up bariatric lifestyle guidelines, they're not ever going to be able to help you stick with them. Examples of lifestyle guidelines include:
 - ▶ Choosing lean proteins and vegetables, limiting carbohydrates/sweets
 - ▶ Reducing sweetened/carbonated/caffeinated/alcoholic drinks
 - ▶ Avoiding unplanned snacking in between meals
 - ▶ Limiting going out to eat/fast food/take out

Education continued...

- ▶ Consider teaching your team HOW they can help you follow these guidelines.
 - ▶ "You would really help me stay on track if we could set up walking dates instead of coffee dates."
 - ▶ "We could get healthier as a family if we all pitched in with grocery shopping and cooking. What kinds of meals should we learn how to cook?"
 - ▶ "I know you offer me pop out of kindness, but it would really help me out if you didn't."

Reinforcement

Consider what value could be added to you and your team's lives with sticking to healthy habits

- ▶ "Now that we've been doing walking dates for a month now, I'm really enjoying getting in some exercise along with your company!"
- ▶ "I am so thankful for you helping me out with preparing healthy tasty dinners, especially on days when work runs late. I can tell we are all getting healthier as a result!"
- ▶ "I've been pop-free for two weeks now and I'm so thankful for your support. It hasn't been easy, but I appreciate you helping me with my goal."
- ▶ How else might you reinforce your team doing a good job?

Redirection

- ▶ No one is perfect- including those on your support team. When someone on your support team either intentionally or unintentionally strays be gentle, remind them of your health goals.
- ▶ "Ugh, I know we had planned on meeting up for group exercise tonight, but I really just feel like vegging out."
- ▶ "Oh, sorry to hear that- maybe we should meet up and go for a breezy walk instead. Otherwise I know there's a class on Saturday mornings too we could try instead."

Refer to Page 53 or 89 in binder...

Lack of support
While ultimately you need to make these changes on your own, it is important to have supportive people around you while you make lifestyle changes.
If you have tried losing weight without success before, you may even be afraid of telling people you are trying again, for fear of failure. However, if you tell people what you are doing, and only build an accountability, these people can also support you when you need it.
Think about what support is helpful for you (as exercise buddy) and what is not (someone judging your food).

The people who I can count on for support are _____

The support I need in order to succeed is _____

Competing priorities and values
With all the different hats you wear (parent, spouse, co-worker, volunteer, cleaning person, chauffeur, etc.), it is no surprise you may feel overwhelmed. When you add weight loss to the mix, it can be hard to figure out how to do it all.
It is not uncommon to have competing priorities. The key is figuring out how to manage them. Are there things you have committed to that you would like to stop doing? What do you get back from some of these commitments?
For example, volunteering is a wonderful thing, but does it drain you more than you get back? Or maybe keeping a child home is a priority for you, but is it really that bad if it does not get done? Take a moment and think about your priorities.

The priorities or commitments that may get in the way of my success are _____

These are the strategies I have to manage competing commitments _____

Support groups

- ▶ Support groups, just like these, are a great way to connect with others that have the same goals.
- ▶ Anyone have any other support groups they are apart of that they would care to share with the rest of the group?

