

Learning How to Change Habits

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Describe the stages of changing habits ▪ Identify the stage they are at for changing a habit impacting their diabetes management ▪ Develop a plan for changing a habit
Time Required:	20 minutes
A-V:	PowerPoint, laptop and projector
Handouts:	Choose to Live – Your Survival Guide*
Talking Points:	<ul style="list-style-type: none"> ▪ Many times habits, especially those we've had for a long time, are difficult to change ▪ Understanding the stages of changing habits can be very helpful to developing a successful plan ▪ Review stages: Precontemplation, contemplation, preparation, action and maintenance ▪ Steps to develop a plan to change a habit you would like to change ▪ Complete the worksheets in the "Survival Guide" for a change you would like to make ▪ There are hints that can help you be successful ▪ You may not be successful the first time you try; remember that patience and persistence will pay off in the long run ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ Visit the Diabetes Learning Center at diabetes.org
Activity:	Participants select a habit to change, identify their current stage of change, and develop a plan for changing the habit

* Used in all "Managing Diabetes" presentations