

Dust Yourself Off

Session Overview

This session defines a slip, introduces planning for slips, and teaches techniques for problem-solving.

OBJECTIVES FOR SESSION

1. Identify a slip and the possible causes of slips
2. Learn how to problem-solve
3. Learn how to plan ahead to prevent and control slips

SESSION PREPARATION

- Have the following materials available to share with participants:
 - B35 Slips and Setbacks
 - B21 Life's Little Pleasures
 - B36 Fit for Life
 - My Problem-solving Worksheet
- The following materials may also be helpful for facilitator review when planning the session or for participants to review independently, after session:
 - B12 Emotions and Your Weight
 - B13 Boost Your Confidence
- Prepare to evoke as much information as possible from the group.
- Your role is to facilitate discussion without lecturing.

Session Outline *(60 minutes)*

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- Stretch Activity (2 minutes)
- Putting It All Together (10 minutes)

CHECK-IN *(5 minutes)*

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries, acknowledge/affirm completion.

DISCUSSION TOPICS *(40 minutes)*

Introduction

- Welcome everyone to the session & congratulate on progress toward attending all or most of 13 sessions.
- Review Group Guidelines if needed (only if new people, but can keep posted for prn use).
- Describe the purpose of today's class. State today's objectives and discussion topics.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, goals, progress, success and challenges since the last class.
- Facilitate group problem-solving for any barriers.

Discussion #1: What is a slip and what causes it?

- Ask the group to define a "slip."
- Write the following information on a board and discuss with the group:
 - Anytime you make choices that don't fit into your plan or support your goals, they're probably slips.
 - Slips are normal when learning new behaviors.
 - Even Olympic athletes have occasional setbacks or slips.
 - The problem is not the slip, but rather how you choose to deal with it.
- Ask participants to list things that trigger slips. Any strong positive or negative emotion may lead to a slip.

- Listen for and highlight examples of emotional triggers:
 - Some people overeat when they are happy (celebrations, holidays, promotions, etc.).
 - Some people overeat when they are sad or upset (bad day at work, argument with spouse, etc.).
 - Share information from your preparation in handout [B12 Emotions and Your Weight](#), if needed, to fill in blanks.
- Ask the group what might trigger a slip for them and record these on the flip chart. Follow this with a question about how any past slips affected their weight loss efforts.

Discussion #2: How can I manage the slip?

- Use handout [B35 Slips and Setbacks](#) and review the “tips on managing slips” section with the group. Invite them to note which ones seem most helpful.
 - Resist feeling guilty.
 - Don’t give up.
 - Don’t make it bigger than it is.
- You may want to draw the cycle of events, thoughts, feelings, and behaviors to illustrate how it can perpetuate itself.

Stretch Activity (2 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides the opportunity to demonstrate some simple but effective exercises.

Ask participants to join you, if they wish, in doing the following stretch activity:

Invite participants to stand up if they are able. If not, they may remain seated.

Simple Stretch:

Extend your arms overhead with elbows straight. Lower arms to sides and reach away from your body. Reach arms behind you and extend away from your body within your comfort zone.

Discussion #3: Are there ways to manage a slip?

- Invite participants to complete the [My Problem-solving Worksheet](#), and use this as a tool to guide the discussion. Help them identify the chain of events that led to their slip.

Discussion #4: Can I make a plan to deal with slips?

- Use the Problem-solving Worksheet completed above to facilitate a group discussion during which participants identify solutions to help break the chain of events identified in Discussion #3.
- Evoke suggestions from the group, perhaps using the handout [B21 Life's Little Pleasures](#), to help deal with slips as they arise.
- Ask participants to share some pleasurable activities they have used to prevent themselves from having a slip.

PUTTING IT ALL TOGETHER (10 minutes)

Session recap:

- This is a great time to ask participants how they can refresh their weight management efforts. Ask participants how they might increase their confidence and use information from handout [B13 Boost Your Confidence](#) if needed, to add to some of the key points they offer. Review handout [B36 Fit for Life](#) for further support and encouragement of their efforts.
- Summarize session highlights.
- Ask, “What was most helpful today? What could have been better?”

Goals and action planning for the next week:

- Ask participants to keep track of times during the next week when they want to eat but don't, and what they do to prevent emotional eating. Have them keep a list of their success strategies to share.
- Ask participants to be aware that slips and setbacks happen. Have them identify if they had a slip and how they handled it, and encourage them to share it at next week's session.
- Ask, “What was most helpful today? What could have been better?”

Homework for next week:

- Remind participants to continue the good work logging in their Daily Food and Physical Activity Diary, and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

Topic for next week:

[Keep It Positive](#)