

Conquer Triggers and Cues

Session Overview

This session focuses on effectively managing social cues for successful weight management.

OBJECTIVES FOR SESSION

1. Identify environmental cues that may affect your eating and physical activity
2. Learn how to control and respond to the cues
3. Develop a plan for successfully managing social cues

SESSION PREPARATION

- Have the following materials available to share with participants:
 - ☐ B20 Lose Weight by Planning Ahead
 - ☐ B24 Control Yourself!
 - ☐ B27 Involving Others in Your Weight Control Program
- 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
 - ☐ B05 Yes, Now You're Doing It!
 - ☐ B34 Eating With Others
- Prepare yourself to encourage interaction and participation from the group, so the balance of talking rests with participants instead of the leader.
- 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 and affirm completion.

DISCUSSION TOPICS *(40 minutes)*

Introduction

- Welcome everyone to the session and acknowledge this is the second to last one – great perseverance!
- Post Group Guidelines, review only as needed.
- 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, and challenges since the last class.
- Facilitate group problem-solving for any barriers.

Discussion #1: What are social cues?

- Write “What are your daily triggers or cues for overeating or being less active?” on a flip chart. If necessary, give some examples to start the discussion, such as:
 - What you're feeling
 - What someone says
 - What you see
 - Certain places, activities, or events (for example, movies, TV, special occasions, vacations, etc.)

Ask the group, “what kinds of things have you done to change a habit in the past” or “has anyone successfully quit smoking? If so, what kinds of things did you do to manage the triggers?”

Suggest that to change a problem or habit, you can choose to:

- Stay away from the problem (or keep it out of sight).
- Brainstorm a different way to solve the problem.

- Ask participants what they can do to avoid or change the way they react to these cues (since environment, family, friends, and social outings will be discussed later in the session) and focus problem-solving on emotions that trigger eating (e.g., boredom, depressed mood, etc.).

Discussion #2: Can I control the cues in my environment?

- Explain to the group that you are going to do a visual exercise (Home Makeover) to examine things at home that may trigger them to overeat or make poor food choices.
- Ask the group to visualize the following, eyes open or closed:
 - You have just opened your front door. You have a video camera and are taking a video of what's in the room. Which room are you in? Do you see any food in the room? Do you see anything that might make you think about eating, like a comfortable chair or a TV? Write down one thing that you could change to make it easier for you not to overeat in this room. Move from room to room. Are there other rooms that cause problems for you? For each problem that you see, write down how you might solve it by either putting it out of sight, avoiding it, or changing it so it becomes a healthier habit. Imagine the kitchen once again. Open the cabinets and the fridge. Do you see any foods that you know are not part of a healthy diet? List these on your paper. Since you are in charge, what could you do about these unhealthy foods?
- Ask the group to choose one or two things that they would like to do to address problem cues they may have over the next week. Ask them to write this in their Daily Food and Physical Activity Diary as a goal for the next week. Invite 1 or 2 to share their plans. Remind participants to review handout [B05 Yes, Now You're Doing It!](#) as they create new goals.

Stretch Activity (2 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an 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: How should I respond to those cues (people and other) I encounter?

- Ask the following question: How does what other people say and do affect your eating and physical activity choices (positively or negatively)? Make a list of both positive and negative examples. Invite participants to come up with solutions to some of the problems discussed. Discuss feedback and use handout [B24 Control Yourself!](#)

Discussion #4: Is there a way to plan ahead for successful social encounters?

- Elicit ideas from the group about how to prepare.
- Invite the group to share how they might use planning ahead and the support of others to help them achieve weight loss success.
- If needed, you can share some of the tips included in handouts [B20 Lose Weight by Planning Ahead](#) and [B27 Involving Others in Your Weight Control Program](#) to add to what the group offers or to help guide you through a discussion about planning for success.

PUTTING IT ALL TOGETHER *(10 minutes)*

Session recap:

- Summarize key points discussed today.
- Review the handouts that generated the most discussion in today's session.

Goals and action planning for the next week:

- Ask participants to look at handout [B24 Control Yourself!](#), identify 1-2 tricks to manage food urges, and to try the tricks this next week.
- Invite participants to look at handout [B27 Involving Others in Your Weight Control Program](#), select one of the tips suggested that will work for them, and set a goal to implement it.
- Encourage participants to decide on one or two things they want to change in their environment over the next week. Tell them that you will discuss the changes they made and how those changes worked when you meet next week.
- Ask, "What was most helpful today? What could have been better?"

Homework for next week:

- Remind participants to continue 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:

[Maintain Your Momentum](#)