

Slips and Setbacks

Slips Defined: Any time you do not meet your weight management goals, we can call this a slip. Even Olympic athletes have occasional setbacks or slips.

The Challenge of Slips: Slips can make you feel guilty. You may also feel like you lack skills or confidence to manage your weight. These thoughts can lead you to give up. If you have a slip, it isn't the end of the world, don't make it bigger than it is.

How to Learn from Slips:

- First, look at a slip as an opportunity. Continue moving forward to meet your health goals.
- Recall the reasons why you are managing your weight and how hard you've worked to get to where you are now.
- Take a problem-solving approach:
 - What led to the setback? Was the trigger a person, place, or thing?
 - Think about what you can do differently if this happens again.



Tips on Managing Slips:

Slips often have clear triggers. You can change the trigger or how you respond to the trigger. Here are some tips:

- **Change** the trigger. For example, use a smaller plate, eat in a different place, or at a different time.
- **Avoid** the trigger. If you know you can't manage it, avoid it. For example, don't eat at a buffet.
- **Substitute** a healthy response for the trigger. For example, choose an apple rather than chips or take the stairs instead of the elevator.

Ask for Help: Use the support of your friends, family, or your MOVE![®] team when you have slips.