

Keep It Positive

Session Overview

This session provides strategies to take control of unhelpful thoughts, feelings, and behaviors.

OBJECTIVES FOR SESSION

1. Identify the thoughts, feelings, and behaviors that influence your eating habits
2. Differentiate positive from negative thoughts
3. Learn how to change your thinking about weight management

SESSION PREPARATION

- Prepare the following materials:
 - B08 Body Image
 - S10 Change Your Thinking About Food, Exercise and Yourself
 - B17 Irrational Ideas about Eating
 - B29 Take Control of Your Thoughts, Feelings and Behavior
- 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 and commend completers.

DISCUSSION TOPICS (40 minutes)

Introduction

- Welcome everyone to the session and note they are up to 14 out of 16, which is impressive!
- Post Group Guidelines but only review 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, with permission.

Discussion #1: How does my thinking affect my eating habits?

- Set the stage for positive thinking by asking the question above. Acknowledge responses offered and highlight positive thoughts. If needed, review some of the information in handouts [B08 Body Image](#) and [S10 Change Your Thinking About Food, Exercise and Yourself](#). Ask participants if they can convert what might be a problem thought into a positive one. (You may choose to discuss the problem, then the solutions.)
- Ask members, "How has your weight affected things you used to enjoy?" Then ask, "How are things going since you joined this group?"
- Generate discussion focusing on self-talk, thought traps, and feeling comfortable in your own skin.

Discussion #2: Can I separate positive from negative thoughts?

- Ask the group to share some positive and negative thoughts they have had related to their weight. Refer to handout [B17 Irrational Ideas about Eating](#) to identify some common myths about weight and how to convert them to positive or neutral thoughts.
- Ask, "What strategies did you use to get through basic training? Could you use any of those ideas to help with this?"
- Ask the participants if they rationalize excuses to give themselves permission to stray. (Example: "I will eat two donuts today because I'll exercise in the morning".)
- Consider adding examples from MOVE! Success Stories or the National Weight Control Registry (www.nwcr.ws) on ways people have successfully changed their thinking to stay on track.

Discussion #3: Is there a way to change how I think about my weight?

- Facilitate a popcorn-style discussion and ask any willing participant to share one negative thought regarding weight and weight loss that the group can then help them turn into a positive thought. Use handout [B29 Take Control of Your Thoughts, Feelings and Behavior](#) as needed to enhance the discussion.

Stretch Activity (2 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides 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.

PUTTING IT ALL TOGETHER (10 minutes)

Session recap:

- Summarize highlights of how thinking affects confidence and success.

Goals and action planning for the next week:

- Ask participants who have access to the Internet to check out the National Weight Control Registry (www.nwcr.ws) and look at ways that people have successfully managed their weight by changing their ways of thinking.
- Also ask them to check out the MOVE! Success Stories at www.move.va.gov.
- 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:

[Conquer Triggers and Cues](#)