

## Learning How to Change Habits

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