

THE EDUCATOR >>>>



Information you can use to **TAKE CONTROL** of your health

Issue 1, 2023

THINK POSITIVE: HOW TO STAY UP WHEN TIMES ARE TOUGH >>>>

Healthy thoughts and coping methods are the keys to helping us get through tough times, especially if you are managing a chronic condition or attempting a lifestyle change.

Here are few tips to turn your negative thoughts around:

- ✓ Give yourself credit for all the good things you do
- ✓ Avoid overgeneralizing with "never" or "always"
- ✓ Don't think in terms of "all or nothing"
- ✓ Remember past successes and believe you can do it again

think
POSITIVE
feel
POSITIVE
live
POSITIVE

In addition to replacing those negative thoughts, it's a good idea to look at your actions too – are you leaning on unhealthy coping methods? Try one of these substitutions instead.



UNHEALTHY COPING

- Smoking
- Overeating
- Not finding time for activity
- Staying up too late
- Avoiding people and social situations
- Drinking alcohol or taking drugs



HEALTHY COPING

- Participating in community activities
- Being physically active
- Getting 7 to 9 hours of sleep
- Meditating
- Finding a hobby
- Joining a support group or journaling

Don't forget your friends, family, neighbors, and coworkers can be a great support system if you need some outside positivity. Express appreciation for their help but let people know if you need some space, too. With time and practice, you can change what you say to yourself and cope in a healthy way even when you have a setback or a tough day.

KEEP IT CLEAN >>>>

Handwashing can help you stay healthy, especially during these key times when you are likely to get and spread germs. Make sure to wash your hands:

- Before, during, and after preparing and eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound



- After using the toilet, changing diapers, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After handling pet food or pet treats, touching an animal, animal feed, or animal waste
- After touching garbage

Source: cdc.gov



TAKE CONTROL >>>>
CONDITION MANAGEMENT PROGRAM

Interested in learning more? Call today to schedule a session with a TakeControl educator.

Newport News: (757) 327-4183 Ingalls: (228) 205-7667

takecontrol@quadmedical.com

OVERCOME BARRIERS TO HEALTHY EATING >>>>

The first step to healthy eating is figuring out what your barriers are. What has stopped you from changing your eating habits in the past? What do you think might stop you in the future?



COMMON BARRIER

HOW TO OVERCOME IT

"I'll never be able to change how I eat."



Carefully define "success" and "failure." If your goal is simply to improve your food choices or lose a modest amount of weight, you will probably be successful.

"I don't have time to make changes."



Don't try to make too many changes at once. Small changes take less time, but they add up. Try a cookbook that features fast and easy meals.

"Healthy foods cost too much."



Stay within your budget by putting in some extra time shopping and meal-prepping. The more time you invest, the more money you'll save.

"I'm not good at making changes."



The success you feel from improving your eating habits may improve your self-esteem as well. Bit by bit, you may begin to change how you view yourself and your ability to change.

"My family members can be picky eaters"



Eating healthy is good for everyone! Be a positive model for change and encourage your family to try new options with you.

CELEBRATE NON-SCALE VICTORIES FROM NON-STANDARD ACTIVITIES >>>>

We all know most weight-loss programs include exercise. But, if you're not excited about the gym, find ways to add activity to your day, such as washing your car yourself instead of going through a car wash, shoveling snow instead of using a blower, or taking the stairs instead of the elevator.



If you have arthritis or another joint disease, exercises that are non-weight bearing may be easier and less painful. These include swimming, water aerobics, and biking.

And while the scale can be frustrating, it doesn't account for physical and emotional victories, such as:

- Better sleep and higher energy levels
- Increased self-confidence
- Improved focus and stamina
- Decreased stress and anxiety
- Difference in how clothing fits
- Fewer cravings
- Eating smaller portions

Set yourself up for success by making a SMART goal!



Scan the QR code below to download the worksheet.

MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

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CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.