



Information you can use to TakeControl of your health

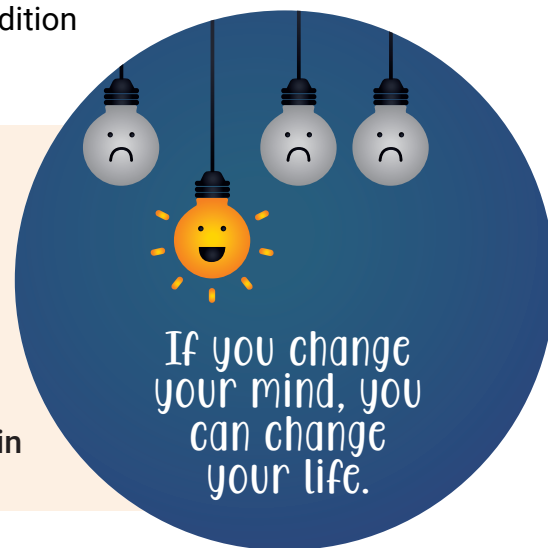
Issue 1, 2025

MIND OVER MATTER >>>>

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 help reframe your thoughts:

- ✓ 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



Completing the exercises below can help you reframe your thinking and focus on the positive!

EXERCISE #1

What are two coping statements or positive phrases you can say when going through a difficult moment?

EXERCISE #2

Who inspires you? What do you admire about this person? What can you learn from them?

EXERCISE #3

What is an activity that almost always makes you feel calm and relaxed?

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.

QuadMed

TakeControl >>>>
CONDITION MANAGEMENT PROGRAM

TakeControl educators can provide personalized support and accountability to help you achieve lifestyle changes that can improve your health. Call today to schedule a free session.

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OVERCOMING 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?

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

Try this: 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.

Barrier: *"I don't have time to make changes."*

Try this: 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.

Barrier: *"Healthy foods cost too much."*

Try this: 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.

Barrier: *"I'm not good at making changes."*

Try this: 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.

Barrier: *"My family members can be picky eaters"*

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

LITTLE MOVES, BIG REWARDS >>>>

Most people expect weight loss programs to 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 snow 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 could include swimming, water aerobics, and biking.

While seeing the scale move may be exciting, it can be frustrating when it doesn't. Try to focus on non-scale victories, such as:



Better sleep and higher energy levels



Increased self-confidence



Improved stamina and focus



Decreased stress and anxiety



Difference in how clothing fits



Fewer cravings and eating smaller portions

MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl. As an active member, you are more likely to have better management of your chronic condition(s); improved A1c%, better glucose control, and reduction of blood pressure. As part of the HII benefits plan incentive, active members are also 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 the TakeControl team to learn more about becoming an **active** member.

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