Welcome!

What did we talk about last time?

Aloha and welcome to lesson 8, the final lesson, of the PILI Lifestyle Program.

Before we get started with today’s lesson, let us begin with a review from last session.

We talked about ways to **prevent problems** from getting in the way of reaching your healthy lifestyle goals.

The theme was **Talking it out!**

We talked about how to . . .

1. **Problem-Solve** to prevent difficult situations from getting in the way of maintaining your healthy lifestyle goals.

2. **Partnering with your doctor** to get the most out of your healthcare to prevent health problems.

Let us review the action plan you made last time.

**PILI 'OHANA**

Partnership for Improving Lifestyle Intervention
We will talk about . . .

1. Getting rid of negative thoughts that get in the way of our healthy lifestyle goals.

2. Managing negative emotions . . . such as depression, anxiety and stress . . . that get in the way of our healthy lifestyle goals.

Remember that everyone has negative thoughts at times.

But, negative thoughts can sometimes lead to negative emotions such as feeling bad about yourself or becoming frustrated.

Negative emotions can then lead to overeating or being inactive.

Here is an example of how a negative thought leads to a negative emotion and overeating:

**Situation:**
“My boss yelled at me for not doing my work right.”

**Thought:**
“I can’t do anything right.”

**Emotion:**
“Now I feel bad about myself.”

**Result:**
“I’m craving ice cream.”

Here is another example:

**Situation:**
“I had to sit in traffic too long and now I have no time to workout.”

**Thought:**
“Too many things get in the way of my exercise. No sense working so hard.”

**Emotion:**
“I’m frustrated.”

**Result:**
“I’m too worked up to exercise.”
Lesson 8
Wrapping It Up!

Since negative thoughts trigger negative emotions and behaviors, let us learn more about dealing with our negative thoughts.

Here are some common types of negative thoughts:

<table>
<thead>
<tr>
<th>Some common negative thoughts:</th>
<th>Example(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All or Nothing</strong>&lt;br&gt;This happens when you divide the world into good or bad or when you see yourself as either a success or failure.</td>
<td>“Look at what I did. I ate that cake. I’ll never be able to succeed in watching my weight.”&lt;br&gt;“I am supposed to walk 3x this week, but I only walked 2x. I can’t do anything right.”</td>
</tr>
<tr>
<td><strong>Making Excuses</strong>&lt;br&gt;This happens when you blame something or someone else for your problems.</td>
<td>“I don’t have the willpower.”&lt;br&gt;“I have to buy these cookies just in case company drops in.”</td>
</tr>
<tr>
<td><strong>“I should . . .”, “I have to . . .”, “I must . . .”</strong>&lt;br&gt;This happens when you think you ‘have to’ or ‘must do’ something which leads to guilty feelings.</td>
<td>“I should have eaten less of that dessert. I’m depressed now.”&lt;br&gt;“I must walk 20 minutes every day or else I’m a failure.”</td>
</tr>
<tr>
<td><strong>I’m Not As Good As I Should Be</strong>&lt;br&gt;This happens when you compare yourself to someone else or blame yourself for not measuring up to some expectation.</td>
<td>“Mele lost two pounds this week, and I only lost one.”&lt;br&gt;“I expected to walk 2 blocks this week but I’m so bad, I only walked 1 block.”</td>
</tr>
<tr>
<td><strong>I Give Up</strong>&lt;br&gt;This usually happens after another negative thought.</td>
<td>“This program is too hard. I might as well forget it.”</td>
</tr>
</tbody>
</table>
Lesson 8
Wrapping It Up!

You can get rid of negative thoughts before they turn into negative emotions by doing a couple of things.

You can . . .
Catch yourself by thinking, "I'm doing it to myself again."

Imagine shouting, "STOP!" to yourself whenever you get the negative thought.

**Picture a huge, red stop sign to change your negative thought.**

Talk back with a positive thought.
Lesson 8
Wrapping It Up!

How can I change negative thoughts to positive ones?

Here are some examples of how to change negative thoughts to positive thoughts:

<table>
<thead>
<tr>
<th>Negative thought:</th>
<th>Talk back with a positive thought:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All or Nothing</strong></td>
<td><strong>Work toward Balance</strong></td>
</tr>
<tr>
<td>&quot;I can never eat dessert again.&quot;</td>
<td>&quot;I can eat that dessert and then cut back on something else.&quot;</td>
</tr>
<tr>
<td>&quot;Look at what I did. I ate that cake. I’ll never succeed.&quot;</td>
<td>&quot;One slip-up isn’t the end of the world. I can get back on track now.&quot;</td>
</tr>
<tr>
<td><strong>Making Excuses</strong></td>
<td><strong>It’s Worth a Try</strong></td>
</tr>
<tr>
<td>&quot;It’s too hot to take a walk.&quot;</td>
<td>&quot;I can try going for a walk and stop if it gets too hot.&quot;</td>
</tr>
<tr>
<td>&quot;I don’t have the willpower.&quot;</td>
<td>&quot;It’s hard to change old habits, but I’ll give it a try and see how it works.&quot;</td>
</tr>
<tr>
<td><strong>&quot;I should . . .&quot;, &quot;I must . . .&quot;.</strong></td>
<td><strong>It’s My Choice</strong></td>
</tr>
<tr>
<td>&quot;I should have eaten less dessert.&quot;</td>
<td>&quot;It was my choice. Next time I can decide not to eat so much.&quot;</td>
</tr>
<tr>
<td>&quot;I must write down everything I eat.&quot;</td>
<td>&quot;I’m writing down everything I eat because it helps me eat better.&quot;</td>
</tr>
<tr>
<td><strong>I’m Not As Good As . . .</strong></td>
<td><strong>Everyone’s Different</strong></td>
</tr>
<tr>
<td>&quot;Mele lost two pounds this week, and I only lost one.&quot;</td>
<td>&quot;It’s not a race. Mele and I can lose weight at different rates and both succeed.&quot;</td>
</tr>
</tbody>
</table>
How can I deal with my negative emotions?

Lesson 8
Wrapping It Up!

Most of the time negative thoughts lead to negative emotions as we just learned. So, you can avoid negative emotions by dealing early with your negative thoughts.

But, sometimes we feel sad, nervous, and stressed but don’t know why.

Here are some ways you can deal directly with negative emotions that might get in the way of your healthy lifestyle goals:

Talk about your feelings with someone.
Talking with someone about your feelings can be very helpful.

Ask the ‘ohana or a friend for support.
Having your family and friends aware of your healthy lifestyle goals, such as eating more fruits or walking more, can be very helpful.

By knowing your goals, they will be better able to give you the type of support you need.

Take more control over your life.
Sometimes we feel sad or upset because life gets too busy or overwhelming.

Stop and look at what is really important in life, such as being with family and friends.

Make a list of the most important things you need to do and do them one-by-one.

Be active on a regular basis.
Physical activity is the best way to combat depression and anxiety. By getting out and being active you’ll feel better.

Better yet, get out and exercise with a friend.

Find new things to do.
Spice up old routines by doing new things and making new friends.

Get outside every day and enjoy the beauty of our island home.

What strategy can I use to deal with my negative emotions?
(pick just one)
What have we covered today?

1. Negative thoughts often lead to negative emotions, which then leads to overeating or being inactive.

2. Negative thoughts can be changed to positive thoughts which can lead to healthier eating and being more active.

3. Negative emotions can be changed by talking with others, getting out more often, and taking control of our lives.

Let us review what was covered in all the lessons of the PILI Lifestyle Program.

PILI 'OHANA
Partnership for Improving Lifestyle Intervention
Let us take some time to review what was covered in all the lessons of the PILI Lifestyle Program.

In Lesson 1, we learned . . .

1. The benefits of making healthy lifestyle changes are . . .
   - Preventing health problems
   - Looking and feeling better
   - Being an example for family and friends

2. How making changes will be easier if your plans are . . .
   - Realistic
   - Flexible
   - Specific
   - Doable
   - Enjoyable

3. Ways to stay on track throughout the program, but if you slip remember to . . .
   - Keep your thoughts positive (not negative)
   - Learn from what happened
   - Regain control as soon as you can
   - Talk with your support person
   - Focus on the positive changes

4. About staying motivated while making healthy lifestyle changes by . . .
   - Staying aware of the benefits
   - Keeping visible signs of your progress
   - Tracking your progress
   - Adding variety to your routine
Lessons 8
Wrapping It Up!

In Lesson 2, we learned . . .

1. How to turn inactive time into active time by . . .
   - Setting aside one block of time (20 to 30 minutes) everyday to be active
   - Looking for free time (10 to 15 minutes) during the day

2. About safety and preventing injuries while being active by…
   - Stretching before & after activity
   - Treating injuries if they occur

3. About eating less fat by…
   - Eating high fat foods less often
   - Eating smaller amounts of high fat foods
   - Eating lower fat foods instead

In Lesson 3, we learned . . .

1. Healthy eating involves eating less fat by . . .
   - Eating less of the bad fats
   - Choosing lower fat foods, such as lean meats and skinless chicken
   - Preparing foods at home in less fattening ways, such as broiling or baking instead of frying
   - Finding hidden fats in the foods you eat, for example, by reading the food labels

2. The right amount of activity is 30 minutes of moderate activity a day on most days of the week.
Lesson 8
Wrapping It Up!

In Lesson 4, we learned . . .

1. Healthy eating involves the “3 R’s” . . .
   - Eating at the RIGHT TIME
   - Eating the RIGHT AMOUNT
   - Eating the RIGHT FOODS

2. How to follow the “3 R’s” by using the Plate Method and that the “3 R’s” can be used for eating out and social gatherings.

3. Ways to prevent boredom in our physical activities by using the F.I.T.T. plan to strengthen your heart muscle.

In Lesson 5, we learned . . .

1. About tipping the calorie balance . . .
   - The balance comes from the calories we take in through what we eat and the calories we burn off through our activities.

   - Depending on the foods we eat (calories in) and the activity we do (calories out), three things can happen:
     - You can lose weight
     - You can gain weight
     - Your weight can stay the same

   - To tip the balance in order to lose 1 pound of body fat . . . we must decrease our weekly total by 3,500 calories. The best way to do this is by eating less and increasing activity.

2. Eating healthy doesn’t have to be expensive. The keys are to plan ahead, stick to your shopping list and save eating out for special occasions.
Lesson 8
Wrapping It Up!

In Lesson 6, we learned how to deal with . . .

1. **Challenging situations**, such as social and day-to-day situations, that get in the way of making healthy lifestyle changes.

2. **Changing old habits** to new ones to deal better with “triggers” and “barriers.”

3. **Social and day-to-day challenges** and strategies, such as . . .
   - Staying away from or changing the situation, if you can.
   - Just saying “No” nicely.
   - Planning ahead for things you know will come up.
   - Knowing what triggers your unhealthy behaviors and replacing them with healthy behaviors.
   - Asking others for help.

In Lesson 7, we learned . . .

1. **Problem-Solve** to prevent difficult situations from getting in the way of maintaining your healthy lifestyle goals.

2. **Partnering with your doctor** to get the most out of your healthcare to prevent health problems.
Lesson 8
Wrapping It Up!

Remember, this is not the end of our program.

You will now be enrolled to either the PILI ‘Ohana Program or continue in the PILI Lifestyle Program.

If you are selected to continue in the PILI Lifestyle Program, you will . . .

1. Be contacted via phone once a month for 6 months.
   - The phone calls will be a way for us to check in with you and offer support and assistance for maintaining your healthy lifestyle changes.

2. Receive review materials in the mail once a month for 6 months.

If you are selected for the PILI ‘Ohana Program, you will . . .

1. Be asked to attend another group meeting once a month with your support person (family member or friend) for 6 months.

2. Receive information in the mail once a month for 6 months.
   - Information received will include information about community activities and resources around healthy eating and exercise.
Lesson 8
Wrapping It Up!

As explained to you when you first joined our study, how you will be selected is based on random assignment (chosen by chance, like a toss of a coin).

In the next week, you will be contacted about what group you have been selected for and given more information about the next steps.

You will also be asked to complete another round of assessments just like the one you did when you first started.

You will have the opportunity of receiving another $10 gift certificate for participating in the assessment.

Here are the dates of the next assessment:

In the meantime, continue to follow the action plans you have made for yourself.

We will follow-up with you on your action plans after you have been assigned to your next program as explained earlier.

Are there any questions about what I explained and what will happen?

We want to thank you for attending all 8 sessions and look forward to seeing or talking with you again soon.