

# Problem Solving

Kim Pullman, RD, LN  
Deb Rapaport, RN, BSN

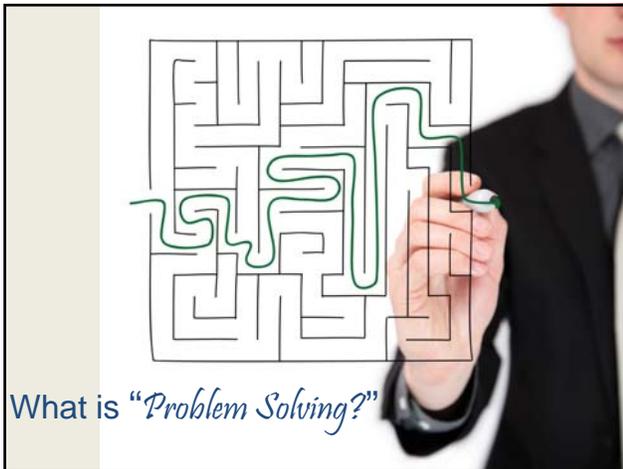
*Did you set down your glass of water yet today?*

*First things first:*

1. Write your weight on your chart.
2. Draw a line from your eighth week's weight to the ninth.
3. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Are you seeing the results you want at the calorie level you are at?
  - c) Make a note about how you did this week.

*Review:*

- Plan Ahead
- Ask For What You Want
- Take Charge of Your Environment
- Choose Foods Carefully
- *Example:* Concessions
  - <http://www.oskaloosa.k12.ia.us/OCSD/lunch/concessions.htm>
- More resources:
  - [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out\\_UCM\\_304183\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out_UCM_304183_SubHomePage.jsp)



## Problem Solving

- Which of these is MOST difficult for you?
  - Your family is celebrating. Holiday/birthday/vacation. There is plenty of everyone's favorite foods, from appetizers to desserts. Your family's custom is to take it easy, have fun, and relax.
  - You're at home, watching a favorite TV program. You're feeling okay, pretty relaxed, a little bored. A commercial comes on and you find yourself wandering into the kitchen.
  - You're settling down at home after a long day. Someone starts to talk about something that is an ongoing argument. You both get angry and he/she stomps out and slams the door. You head for the kitchen.
  - You're behind on a project at work. The boss is micromanaging you and constantly checking on your progress. You feel pressured and very tense. You go get a cup of coffee and see a treat that someone brought in this morning.

## Now, let's strategize

- Pick a situation that you know is difficult for you.
  - Write down the sequence of events. Why did you slip? Was it a common occurrence? Was it your emotional state? Was it social pressure to eat, or forgo activity for work or family needs?
- Practice positive self-talk.
  - "Good or Bad" – Work Towards Balance. Don't expect perfection – you are working towards balance.
  - "Excuses" – It's Worth a Try.
  - "Should" – It's My Choice
  - "Not as good as" – Everyone is Different
  - "Give Up" – One Step at a Time
- What could you do to learn from the slip?
- Regain control – it makes a difference if you stop NOW.
- Talk to someone supportive – brainstorm, vent, troubleshoot.
- Celebration + Appreciation = Motivation

## Slips

- Normal and To-Be-Expected
- Becoming a Toddler again
- Problem Solving.
- What are you afraid of?
  - Write it down. What is the worst that can happen?
  - No, really – what's the worst that could happen?
- Becoming an Experienced Life Navigator requires...



### *Patterns Are Important*

#### **Think of the “stress” of paying attention.**

When you are operating in old, familiar patterns you don't need to think about what you are doing, which leaves your mind free to wander and “de-stress.”

“**Preparatory Set**” – a mechanism our brain uses to sort huge amounts of data and keep it manageable.

Program this mechanism

- Write it down and make it clear.
- Visualize what it will actually look like to do it.
- *This will allow you to be more aware of certain events, opportunities and people who can be helpful.*



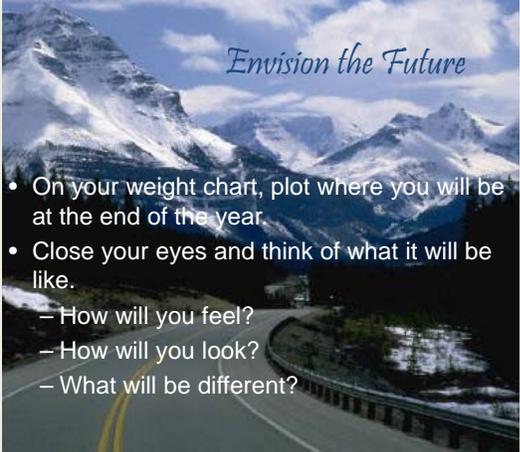
What do you notice **FIRST**?

To make it easy to include easy exercise in your life, write down your goal (I will walk an extra half hour a day) and picture yourself walking and enjoying it \_\_ perhaps you picture parking a few blocks away (where it's cheaper) and walk the rest of the way, or get off the bus or subway one stop early, or walk to that nearby restaurant (or art museum) for lunch, or take the stairs instead of the elevator when you go to the Xerox, or take a sandwich to a nearby park, or take the dog for a bit longer walk than usual before and after work. If you picture yourself walking and enjoying it, you'll soon find that you're noticing more new and different ways you can add in walking without stressing about it.

*For Example*

Pick something you have been considering –  
do a *Preparatory Set*





*Envision the Future*

- On your weight chart, plot where you will be at the end of the year.
- Close your eyes and think of what it will be like.
  - How will you feel?
  - How will you look?
  - What will be different?

*Remember YOUR Goals?*



1.  
Weight Loss



2.  
Exercise



3.  
Healthy Habits

**Review all three goals**

- How are they working?
- Are you meeting them?
- If you need to change your goals – DO SO!  
*Remember, achievable, specific, measurable, time for completion.*

*Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.*



*Food and Fitness Log*

This weeks mission: Record everything you eat + portion size + calories + activity



### Positive Thinking

- The slip is not the problem. The problem is if you don't get back on your feet again and going towards your goals.
- No one time of overeating or not being active, no matter how extreme, will ruin everything.
- Slips are the **ONLY** way you can become experienced and confident in yourself.



### This Week:

1. **DO** what you've decided that you will to meet your goal.
2. **PRINT** another week for the food and fitness log.
3. **RECORD** your food, fitness and weight in your log.
4. **BRING** your binder and log to our next webinar.

Our next meeting is **Monday from 12-1pm.**

*Let us know if you have any questions during the week.*



Your Turn