

BODY VITALITY



Week by Week

~~Week 1: Overview of the Program~~

~~Week 2: Food, Mood & Cravings-I~~

~~Week 3: Food, Mood & Cravings-II~~

~~Week 4: Weight Worries-I~~

~~Week 5: Weight Worries-II~~

~~Week 6: Body Image~~

~~Week 7: Body Image~~

~~Week 8: Social & Family Sabotage~~

Week 9: Resistance To Change

Week 10: Healthy Food Choices

Week 11: Healthy Exercise Choices

Week 12: Healthy Habits

The Themes

- Unhelpful/misleading *Family Cultures & Personal Beliefs*
- Direct & indirect *Social Pressure*
- Direct & indirect *Drinking Pressure*
- *Healthy Socialising* – the solution to your social eating/drinking problems

Resistance to:

- Caring for yourself – Self Care
- Change
- Losing weight
- Making healthy choices

Resistance To Self Care

- Tend to look after others more than yourself
- Find work or other commitments get in the way of your own self-care
- Are often last on your priority list or find it difficult to put yourself first
- Find making enough time for self-care challenging
- Have limiting beliefs about caring for yourself
- Find yourself coming up with reasons, justifications, or excuses not to take time for yourself
- Have trouble saying “no”, being assertive, or setting boundaries
- Are having trouble finding the time for this program

Resistance To Self Care

- I do not deserve to put myself first because ..
- If I put myself first, it means I am a Person
- If I put myself first, what is the worst that will happen?
- If I put myself first, what will others think about me?
- If I put myself first, what relationships will I have to let go of?
- If I put myself first, what situations will need to change?
- If I put myself first, what is the best that will happen?

Resistance To Change

- Feel resistant feelings or physical sensations when trying to reach your goals
- Have part of you that does not believe you can make the changes you want to
- Have a rebellious part of you or don't like being told what to do
- Feel like the process of change is too hard or the benefits are not worth the effort
- Feel overwhelmed, pressured, or burned out with trying to change
- Have a part of of you that doesn't want to change

Resistance To Change

- It is not safe to change because..

Resistance To Weight Loss

- Feel like a part of you wants to hold onto your weight
- Have a pattern of sabotaging your success (consciously or unconsciously)
- Feel unsafe, anxious, or fearful about losing weight
- Struggle with intense emotions, painful memories, or unexplained physical sensations when losing weight
- Feel your weight is serving as a protection (even if you don't know what it's protecting you from)
- Have a part of of you that doesn't want to change

Resistance To Weight Loss

- Losing weight is too hard because ...
- It is easier to hold onto the weight because ...
- The weight is protecting me from ..

Resistance To Healthy Choices

- Have reasons, justifications, and excuses not to prepare or ask for nutritious foods
- Feel you don't have the time to plan, shop for, or prepare nutritious foods
- Feel a resistance to regularly preparing nutritious foods
- Are concerned about how others will respond when you prepare more nutritious foods

Summary

- Caring for yourself – self care
- Change
- Losing weight
- Making healthy choices

BODY VITALITY

