



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Cope with Triggers

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Session Focus

Coping with triggers can help prevent or delay type 2 diabetes. This module teaches participants how to cope with triggers of unhealthy behaviors.

Participant Learning Objectives

By the end of the session, participants will identify:

- ▶ Some unhealthy food shopping triggers and ways to cope with them
- ▶ Some unhealthy eating triggers and ways to cope with them
- ▶ Some triggers of sitting still and ways to cope with them

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it on their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- What Is a Trigger?..... Page 8 8 Min
- How to Cope with Unhealthy Shopping Triggers Page 9 12 Min
- How to Cope with Unhealthy Eating Triggers..... Page 10 12 Min
- How to Cope with Triggers of Sitting Still Page 11 6 Min
- Plan for Success..... Page 12 5 Min
- Summary and Closing Page 13 5 Min

Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about coping with triggers.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: Coping with triggers can help you prevent or delay type 2 diabetes. Triggers are things in your life that you react to in a certain way—without even thinking about it. Today, we will talk about:</p> <ul style="list-style-type: none">■ Some unhealthy <u>food shopping</u> triggers and ways to cope with them■ Some unhealthy <u>eating</u> triggers and ways to cope with them■ Some triggers of <u>sitting still</u> and ways to cope with them <p>Finally, you will make a new action plan.</p>

Notes to Coach	What Is a Trigger? (8 minutes)
	<p>▶ SAY: Let's start by talking about what a trigger is. Triggers can be sights, smells, sounds, or feelings that you react to in a certain way, without even thinking about it. They can also be people, places, activities, or situations.</p> <p>Some triggers are <u>helpful</u>. For instance, when you touch something very hot, you let go.</p> <p>But other triggers are <u>harmful</u>. These include triggers that keep you from reaching your eating and fitness goals.</p> <p>Let's look at an example. Please turn to "Marta's Story" on page 3 of this module's handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the first four paragraphs of the story.</p> <p>▶ SAY: Again, this is what Marta does almost every workday.</p> <p>▶ ASK: What are some of the things in Marta's life that trigger her to act in unhealthy ways?</p> <p>ANSWER:</p> <ul style="list-style-type: none"> ■ Being sleepy triggers Marta to have coffee. This in turn triggers her to eat something unhealthy (pastry). ■ Feeling stressed triggers Marta to eat and drink something unhealthy (chips and beer). It also triggers her to lie on the couch instead of being active. ■ Seeing a vending machine triggers Marta to want to eat a snack, even if she might not be very hungry.

Notes to Coach	How to Cope with Unhealthy <u>Shopping</u> Triggers (12 minutes)
<p>Unhealthy <u>shopping</u> triggers and ways to cope include:</p> <p>I'm hungry.</p> <ul style="list-style-type: none"> ■ Have a healthy snack, like baby carrots, before you go shopping. <p>I feel sad/anxious/stressed/mad.</p> <ul style="list-style-type: none"> ■ Put off the shopping trip until you feel better. <p>It's on sale, or I have a coupon for it.</p> <ul style="list-style-type: none"> ■ Don't clip coupons for unhealthy items. <p>It looks tempting.</p> <ul style="list-style-type: none"> ■ Stay away from tempting parts of the store. <p>I always buy this.</p> <ul style="list-style-type: none"> ■ Shop with a list, and stick to it. <p>It's for my spouse/kids/grandkids.</p> <ul style="list-style-type: none"> ■ Show your love in a healthy way. 	<p>▶ SAY: Let's start by talking about how to cope with unhealthy <u>shopping</u> triggers.</p> <p>🗨️ DISCUSS: What triggers you to <u>buy</u> unhealthy food items?</p> <p>👉 DO: Write the triggers on a flip chart or white board, if you are using one.</p> <p>▶ SAY: Now let's brainstorm.</p> <p>🗨️ DISCUSS: What are some <u>ways to cope</u> with these triggers?</p>

Notes to Coach	How to Cope with Unhealthy <u>Eating</u> Triggers (12 minutes)
<p>Unhealthy <u>eating</u> triggers and ways to cope include:</p> <p>I'm hungry.</p> <ul style="list-style-type: none"> ■ Eat something healthy, like an apple. <p>I like to nibble on this while I watch TV.</p> <ul style="list-style-type: none"> ■ Avoid eating out of large containers and bags. <p>I feel sad/anxious/stressed/mad.</p> <ul style="list-style-type: none"> ■ Ease your feelings in healthy ways. <p>I feel bored.</p> <ul style="list-style-type: none"> ■ Do something healthy. <p>I feel lonely.</p> <ul style="list-style-type: none"> ■ Contact your friends or family. <p>This is easy to get or make.</p> <ul style="list-style-type: none"> ■ Stock up on healthy items that are easy to get or make, like baby carrots. <p>I don't want to waste food.</p> <ul style="list-style-type: none"> ■ Freeze the leftovers. 	<p>▶ SAY: We've talked about how to cope with unhealthy <u>shopping</u> triggers. Now let's talk about <u>eating</u> triggers.</p> <p> DISCUSS: What triggers you to make unhealthy choices about <u>eating</u>?</p> <p> DO: Write the triggers on a flip chart or white board, if you are using one.</p> <p>▶ SAY: Now let's brainstorm.</p> <p> DISCUSS: What are some ways to cope with these triggers?</p>

Notes to Coach	How to Cope with Triggers of <u>Sitting Still</u> (6 minutes)
<p>Triggers of <u>sitting still</u> and ways to cope include:</p> <p>I'm tired.</p> <ul style="list-style-type: none"> ■ Get more sleep at night. ■ Take a short nap. <p>I feel sad/stressed/ anxious/mad.</p> <ul style="list-style-type: none"> ■ Ease your feelings in healthy ways. <p>My joints/feet hurt.</p> <ul style="list-style-type: none"> ■ Find ways to be active that are easy on your body. <p>I always lie on the couch and watch TV after dinner.</p> <ul style="list-style-type: none"> ■ Ride a stationary bike while you watch TV. ■ Be active during ads. 	<p>▶ SAY: We've talked about how to cope with unhealthy shopping and eating triggers. Now let's talk about some triggers of sitting still.</p> <p>🗨️ DISCUSS: What triggers you to <u>sit still</u>, instead of being active?</p> <p>📌 DO: Write the triggers on a flip chart or white board, if you are using one.</p> <p>▶ SAY: Now let's brainstorm.</p> <p>🗨️ DISCUSS: What are some ways to cope with these triggers?</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about coping with triggers.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ DO: Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ How to Cope with Triggers ■ My Triggers ■ Action Plan 	<p>► SAY: Between now and the next session, please complete “How to Cope with Triggers” on pages 4 to 7. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.</p> <p>I’d also like you to complete “My Triggers” on page 8. What triggers you to <u>shop</u> and <u>eat</u> in unhealthy ways? What triggers you to <u>sit still</u>, instead of being active? And how will you <u>cope</u> with these triggers? You can use “Common Triggers” on page 9 for ideas.</p> <p>↗ DO: Answer questions as needed.</p> <p>► SAY: We have come to the end of our meeting. Today, we discussed coping with triggers. We talked about:</p> <ul style="list-style-type: none"> ■ Some unhealthy <u>shopping</u> triggers and ways to cope with them ■ Some unhealthy <u>eating</u> triggers and ways to cope with them ■ Some triggers of <u>sitting still</u> and ways to cope with them <p>🗣️ DISCUSS: Do you have questions about anything we talked about today?</p> <p>► SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>