

## Welcome to your week ten activity sheet!

Take a moment to consider how you view your health and your weight. Perhaps think about how you felt at the beginning of the programme to how you feel now and focus on the words that you would use to describe this.

1. What are some common thoughts you have about your health and your weight? What words come up a lot in these thoughts?

Sometimes when we are looking to make a change, we can view our current health and weight negatively, putting our focus on all the things we haven't achieved, rather than all the things we have achieved. It is important to consider the way in which we talk to ourselves, as our thoughts are very powerful and can influence our feelings, attitudes, and actions.

2. Imagine for a moment that you overhear a conversation between two people in a shop and one is telling the other how they need to address their health using the thoughts you've written down above and the words you've noted. Do you think this would sound like a nice conversation or would it sound quite unpleasant?



Talking about the way our thoughts sound is important. If you catch yourself in a negative thought pattern, try to disengage with it and only allow yourself to consider the thought when it is phrased more positively. For example, you want to improve your amount of self-control at work, as you struggle to manage food portions and snacking during break times, telling yourself that you'll never get healthy or achieve your goals. This thought could change to, how can I make it easier to stick to my plan at work or how could I practice moderation? Don't entertain the negative thought, reword it and refocus your efforts on finding positive ways forward rather than punishing yourself for behaviours. Focus on what you can do and not what you can't do.

3. Consider some common unhelpful thoughts that you experience and rewrite them in a more helpful way in the box below. What else do you think you could do to manage your reactions when you recognise unhelpful thoughts?

Having social support can be important for making a positive lifestyle change. It is easy to be influenced by those around us, so it can be helpful to make others aware of the changes we want to make and how they can help. Consider areas of motivation or support you could benefit from and think about the way you plan to communicate this to your support network. Remember to be assertive and tell them what would not be helpful also.

4. Is there anyone in your friends or family that can help you with your weight loss journey? Can you talk to them about what support you need?



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