

# My Take Home Action Plan

## Session 6: Long Term Strategies

GET SMART:

Smart, Measurable, Action-based,  
Realistic and Time-bound

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### MINDFULNESS FOCUS

1. Adopt a 3 Step Stress Reduction Plan:
  - List all stressors
  - Identify 1–2 stressors that are within your control and work towards alleviating them
  - Commit to a daily stress reducing activity
2. Partipate in stress reduction concepts each day.
3. Weigh myself frequently to monitor weight loss. Do not allow more than a 3 lb upswing.
4. Engage friends and family to help support me with maintaining your weight loss.

1. I will \_\_\_\_\_  
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Prevent Stress Eating and Weight Re-gain with Effective Stress Management Strategies

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### ACTIVITY FOCUS

1. Add an exercise or activity that will help me improve balance and/or flexibility and practice it 2 – 3 times per week or everyday. Consider:
  - Stretching after exercise (hold each stretch comfortably for 10 – 30 seconds)
  - Yoga, Tai-Chi or Pilates

1. I will \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

Flexibility Train to Improve Range of Motion, to Properly Cool Down After Exercise, and to Connect Mind, Body, and Breath

### NUTRITION FOCUS

1. Set up a healthy home & work environment so that the likelihood of “stress eating on high calorie/high-fat foods” is minimized.
2. Ask myself the following:
  - Am I really hungry?
  - Why do I want \_\_\_\_\_?
3. Seek help from mental health professional if time management, stress levels and/or stress eating become overwhelming.
4. Prevent deprivation followed by binge eating by allowing favorite indulgences in smaller portions.
5. Celebrate success without food.

1. I will \_\_\_\_\_  
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Prevent Weight Re-gain During Stress by Avoiding “Stress Eating”

# Long Term Strategy Goals

## MINDFULNESS

**1. I will adopt a 3 Step Stress Reduction Plan and refer to it often:**

- List your stress points
- Identify 1–2 stressors that are within your control and work toward alleviating them
- Commit to a daily stress reducing activity

**2. I will commit to a daily stress reducing activity for 5–10 minutes every day to “arm myself” and prepare myself for those times when stress levels start to increase. Doing so will help me to better manage my stress before things get out of hand.**

**Ideas include:**

- Yoga
- Deep breathing
- Meditate
- Go for a walk
- Read
- Write in a journal
- Take a nap
- Spend time with loved ones
- Spend time with a pet
- Call a friend or relative
- Other: \_\_\_\_\_

**3. I will seek help from a mental health professional if I am having a difficult time managing my stress level(s) and/or find myself routinely engaging in “stress eating”.**

**Prevent Stress Eating and Weight Re-gain with Effective Stress Management Strategies**

## ACTIVITY

**1. I will incorporate flexibility training into my exercise routine either everyday or at least 2 – 3 times/week. Ideas include:**

- Stretching after exercise (hold each stretch comfortably for 10 – 30 seconds and breathe in for 3 seconds through your nose and breathe out for 3 seconds through your nose while holding the stretch)
- Yoga
- Tai-Chi
- Pilates
- Other: \_\_\_\_\_

**Flexibility Train to Improve Range of Motion, to Properly Cool Down After Exercise, and to Connect Mind, Body, and Breath**

## NUTRITION

**1. I will set up a healthy home & work environment so that the likelihood of “stress eating” on high-calorie/high-fat foods is minimized. Ideas include:**

- Not buying unhealthy foods/snacks
- Hiding unhealthy food/snacks in an inconvenient location
- Buying only individually portioned snacks or pre-portion them ahead of time
- Keeping healthy, pre-portioned snacks/foods on hand (at home, work, etc.)
- Preparing and bringing healthy snacks and/or lunches to work

**2. I will ask myself the following questions:**

- Am I really hungry?
- Why do I want \_\_\_\_\_?

**3. I will seek help from a mental health professional if I am having a difficult time managing my stress level(s) and/or find myself routinely engaging in “stress eating”**

**4. I will prevent deprivation followed by binge eating by allowing myself favorite indulgences in smaller portions.**

**5. I will celebrate success without food. Ideas include:**

- Sign up for a day-trip or active adventure/tour or take a hike with a friend/family member
- Purchase new workout attire
- Download a new song on my playlist
- Other: \_\_\_\_\_

**Prevent Weight Re-gain During Stress by Avoiding “Stress Eating”**