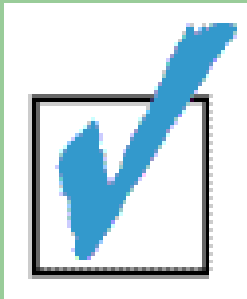


Introduction to Your Social Support Team

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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Who needs to be on your Social Support Team?

- Your spouse or significant other
- Family members
- Relatives, including aunts, uncles, cousins, etc.
- Close friends
- Co-workers
- Social contacts
- Neighbors
- Members at church, synagogue, or temple
- Other _____ (fill in the blank)



What is a Social Support Team?

A team of people you have put together to provide you:

- Positive feedback
- Encouragement
- Understanding
- Healthy Confrontation & emotional support and understanding as you struggle with the lifestyle changes necessary to make you successful in getting and keeping your weight off



What is Helpful Confrontation?

It consists of

- compliments on your success
- reminders when you deviate
- understanding when you are discouraged and hurting



What does a Social Support Team do?

- Accept no excuses from you why you can't do this lifestyle change for yourself
- Help you to maintain your motivation and commitment to this lifestyle change
- Try to do nothing which would try to give you a TRIGGER or lead you into a RELAPSE situation
- Assist you to restructure your home, work site, and social life to be more conducive to your lifestyle change



Why you need a Social Support Team?

You need positive social support so you will not:

- **Lose interest in your efforts & feel like your efforts are meaningless**
- **Feel like your efforts go un-rewarded**
- **Lose the motivation to change**
- **Forget the reason for changing**
- **Feel discouraged when you have hit a plateau where your changes are less apparent**
- **Feel depressed because the changes require too much effort & your work is un-rewarded**
- **Want to give up since there is no visible change in your life or in the ways others react to you**



Tasks for you need to delegate to your Social Support Team:

1. Give open and honest feedback concerning your progress and efforts to change your lifestyle
2. Positively reinforce you for ***your efforts*** to change rather than just reinforce the ***changes*** which you make
3. Assist you in monitoring your efforts to change
4. Listen and be understanding when you are depressed over an apparent lack of progress



Tasks for you need to delegate to your Social Support Team:

5. Kick you in the butt when needed to keep you on track
6. Accept you in your new lifestyle and to continue to reinforce you in these changes
7. Point out needed alterations in your lifestyle without nagging, harping, complaining, or criticizing



Steps to make your group members members of your support team:

1. Share your concerns, fears, hopes and insights on the Program's Bulletin Board
2. Share telephone numbers & email addresses
3. Maintain and encourage a sense of humor during the re-adjustment time of lifestyle change
4. Call or write one another during the week to reinforce each other's efforts
5. Call or write one another when you are discouraged
6. Celebrate each other's progress and efforts



Steps to make your group members members of your support team:

7. Encourage one another to stick to the program of lifestyle change
8. Take each other seriously and provide support when discouraged or weakening
9. Be tough with one another so that when the going gets rough you can confront each other to stay on track
10. Reward each other's attendance at group meetings and recognize that just being there is a sign of wanting to change



Steps to make your group members members of your support team:

11. Openly admit to one another how hard it is to change one's lifestyle
12. Brainstorm and share tips on what works in getting through the rough stages and plateaus in the weight loss process
13. Share insights and information to make the weight loss and lifestyle change process more palatable
14. Give permission to confront each other in order to re-focus on the serious and difficult task of lifestyle change and weight loss



Get rid of these crazy messages about seeking out support:

- I should be able to do this on my own.
- It is a sign of my weakness to ask others for support
- I am embarrassed to let others know of my personal weaknesses
- I should never burden anyone else with my feelings, personal concerns or problems
- If I let others know what I am trying to do, they will always be on my back
- I hate to be reminded of things I know I need to be doing for myself