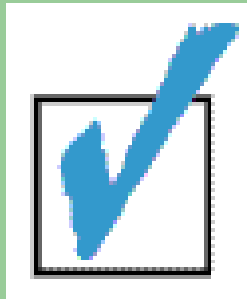


# **ALERT System-Change Irrational Thinking To Become Healthy**

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

Strategies for  
Success in Health  
Management

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# ALERT System

- ASSESS
- LESSEN
- EASE OUT
- RELAX
- TAKE STEPS

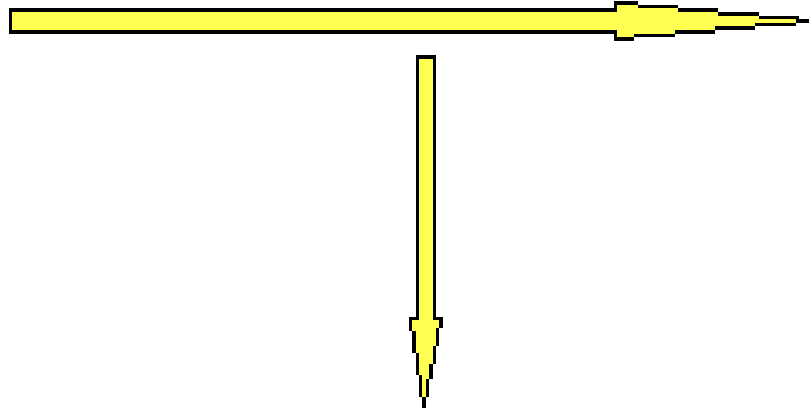
# ALERT

## Stimulus

1. Fear
2. Challenge
3. Pressure
4. Crisis

## Old "Sick" Response

1. Anxiety
2. Panic
3. Stress



Assess  
Lessen  
Ease  
Relax  
Take Action

New Healthier Response



# ASSESS

1. Stop what you are doing
2. Try to figure out what is causing your stress, or inability to adapt new health behaviors and habits in your life which will enhance your health
3. Try to see the truth of what is being told you by your medical team when they encourage you to change your lifestyle



# ASSESS: Identify Your Thinking about Unhealthy Habits

- It is my right to do what I want to do even if it is unhealthy for me
- I do not have problem with unhealthy habits
- I do not hurt anyone by my lifestyle which you say is unhealthy
- My lifestyle you call unhealthy, helps me relax and enjoy life
- My so called unhealthy habits have not hurt me so far despite what my doctors say, so why worry about it?



# LESSEN

1. Identify what thinking needs to be changed
2. Think about what you are doing
3. Hold your tongue until you can figure out what is the right thing to do



## LESSEN: Identify what is unhealthy in your thinking

- It is my right to live my life my way– **BUT** it is unhealthy and weakens my health and if I do adopt healthier behaviors and develop healthy habits as outlined by my medical team I will live a healthier, happier life filled with lots more energy and enthusiasm for life
- I do not have problem based on my lifestyle– **BUT** My lifestyle has led me to have major medical problems which could be building up to a health crisis which could impair and disable me for life



## LESSEN: Identify what is unhealthy in your thinking

- I do not hurt anyone by my unhealthy lifestyle— **BUT** I could be hurting myself by my lifestyle choices
- What they say are unhealthy habits, help me relax— **BUT** These habits affect my body in unhealthy ways
- What they say are unhealthy habits have not hurt me so far, so why worry about it – **BUT** I have no idea what these “unhealthy habits” are currently doing to my body and brain.





# EASE

1. Identify what new thinking you need to get out of this stress you are feeling
2. Decide what you need to be doing to accomplish the goals you want to accomplish



## **EASE: identify new messages to ease out of the unhealthy thinking**

- It is my right to continue with my “unhealthy habits”

**NEW MESSAGE:** It is my right to take care of my body and my health and prevent from getting sick.

- I do not have problem due to these “unhealthy habits”

**NEW MESSAGE:** To prevent from having any problems in the future I will avoid engaging in my identified unhealthy habits which my medical team has pointed out to me



## **EASE: identify new messages to ease out of the unhealthy thinking**

- I do not hurt anyone by my “unhealthy habits”

**NEW MESSAGE:** I will prevent hurting others in my pursuit of my “unhealthy habits” by working on changing to a healthy way as to how I live my life

- My old “unhealthy habits” help me relax

**NEW MESSAGE:** I will find new ways to relax and enjoy life which do not require my old “unhealthy habits.”



## EASE: identify new messages to ease out of the unhealthy thinking

- My “unhealthy habits” have not hurt me so far so why worry about it

**NEW MESSAGE:** I chose not to be in denial about the negative affects of my “unhealthy habits” and commit to no longer cover up for these unhealthy ways of living and commit to a new more healthier way of being.



# RELAX

1. Relax, slow your self down
2. Breath in and breath out - take five deep breaths



## **RELAX: Use self-affirmations, to relax stress & anxiety so as to live healthier**

- It is my right to take care of my body and my health and prevent me from getting sick.
- I will avoid my old “unhealthy habits” to prevent me from having any problems in the future.
- I will prevent hurting others in my pursuit of my “unhealthy habits” by eliminating them and adopting more healthy and medically sound new habits.



## **RELAX: Use self-affirmations, to relax stress & anxiety so as to live healthier**

- I will find new ways to relax and enjoy life which do not require my old “unhealthy habits.”
- I chose not to be in denial about the negative affects of unhealthy habits and commit to no longer justifying my old “unhealthy habits.”



# TAKE STEPS

1. Decide what you need to do to best get you out of this stress
2. Decide what you need to do to get you to the goals you want
3. Do what you have planned in this process





## **TAKE STEPS: Identify steps to insure you will not over use**

- I will avoid people, places, and situations, which lead me to consider returning to my old unhealthy habits
- I will focus on maintaining a healthy body.
- I will find alternative ways of relaxing and entertaining myself.
- I will find alternative outlets when I am feeling bored or restless.
- I will seek the support of others when I am feeling the desire to relapse to my old ways