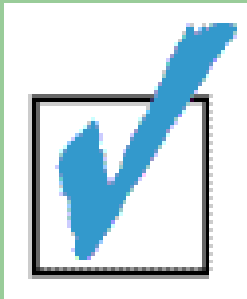


Sustaining a Healthy Outlook

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

Strategies for
Success in Health
Management

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What does it take to have and sustain a Healthy Outlook

- The TEA System
- Thoughts
- Emotions
- Actions



Thoughts which need changing

- I can never sustain this change
- I will eventually relapse to my old ways
- This is just a temporary process which will be discarded once I get to my goal
- I do not need all of this balanced lifestyle stuff as long as I attain my health goal
- All this talk about “increases” misses the point of my major need which is a big “decrease.”



Alternative Thoughts Needed

- **If I develop good habits today, I will be able to sustain this change over my entire lifetime.**
- **If I should fall off the wagon a day or too, I will immediately get back on the wagon of change.**
- **This is a lifetime process to which I am committing.**
- **My health goal will come in time as long as I include better balance with food and increase exercise for my body and energy.**
- **The increases of healthy, happiness and energy are the most important goals for me at this time.**



Emotions which I need to develop

- I enjoy the new habits which I am developing.
- There is no need to feel guilt or shame if I fall off the wagon, what is important is to get back on that wagon of balanced living.
- I have the patience for this life long process to take effect in my life. It took me a long time to get here and it will take a long time to get where I would like to go.
- I feel so much better knowing that my health, happiness and energy are increasing by my new life changes



Desired New Actions to sustain a Healthy Outlook

- Keep doing all those new habits you have been working on.
- Keep on getting back on the wagon when I stray with no guilt or shame.
- Give up the sense of deprivation.
- Celebrating the increases with no food celebrations but non-food rewards



To sustain healthy self-motivation

- Love yourself enough to believe you deserve to accomplish change in your life
- Set realistic goals
- Visualize successful change
- Be committed to personal health and self-satisfaction to attain & sustain change



To sustain healthy self-motivation

- Devote energy, effort, sustained vigilance, & personal sacrifice
- Accept personal responsibility for lifestyle problem behavior
- Believe that only through personal efforts can your lifestyle be changed
- Reinforce self-successes, no matter how small



To sustain healthy self-motivation

- Be able to break a large goal into small increments, which are
 - **Obtainable**
 - **Reasonable**
 - **Measurable**
- Reward yourself for the attainment of these sub-goals without regret over the remaining steps still needing to be accomplished or satisfied



To sustain healthy self-motivation

- Accept that change of old habits is a lifelong process
- Realize that the efforts to change does not end once initial cessation of old behaviors is attained
- Believe that maintaining a changed lifestyle is a lifelong process



To sustain healthy self-motivation

- Maintain the rational perspective that it takes time, energy, effort, hard work, internal strength, & drive to change & sustain the change
- Tap into the inner voice of patience, self-love, & nurturing that allows you to recognize the necessary changes that need to be made



To sustain healthy self-motivation

- Being unwilling to return to an unhealthy lifestyle
- Accepting relapse in the pursuit of lifestyle change
- Picking yourself up to start again
- Accepting yourself as a human being who is not perfect in pursuit of your changed lifestyle