

Coping Strategies for Temptation, Stress, and Periods of Low Motivation

*“Feelings are states of mind subject to willful control and direction”
- DrP*

Cognitive

1. Prepare a description of your story, goals, and reasons for review during periods of stress or low motivation: write it, record it, or make a video recording.
2. Raise awareness of feelings and behaviours, and identify eating cues and triggers
3. Ritualize eating: time, place, speed, attitude, thoughts,..
4. Distract yourself: hobbies, vacation, humor
5. Read inspiring novels and biographies. Review your old diaries.
6. Challenge your thinking: Explore different perspectives
7. Write a letter expressing your feelings

Hope

8. Challenge your negative expectations
9. Weigh yourself regularly and graph your results to build hope and confidence
10. Set SMART goals to gradually build confidence
11. Meditate to practice controlling what you think about
12. Use imagery to go to an energizing place and time
13. Pray for strength and hope
14. Seek support and encouragement from others
15. Form an imaginary “Advisory Board” or people you respect and admire

Activity

16. Keep a food and exercise diary
17. Slowly increase incidental physical activity
18. Know the energy expended during exercise
19. Showing up is the most important thing – later you will be happy you did
20. Recreational physical activity to relieve symptoms of depression
21. Seek new enjoyable activities: dancing, group activities
22. Recruit a workout partner

Nutrition

23. Know your total daily energy requirement
24. Know the energy content of the food you eat
25. Eat before shopping for food: avoid shopping when hungry
26. Prepare in advance for situations of limited food availability: business meeting
27. Develop strategies in advance for challenging social situations: weddings

General Environment

28. Consider a Career change
29. Tell your supporters exactly what kind of support you need
30. Seek out new friends with similar goals and interests
31. Seek healthy relationships
32. Start a personal marketing campaign