

## Making Healthy Changes: Changing Health Behaviors & Adopting a Wellness Lifestyle

### Barriers to Change

- Procrastination
- Preconditioned Beliefs
- Gratification
- Complacent Behaviors
- Complexity
- Indifferent
- Rationalization
- Invincible

### 10-Step Program to Change Behavior

### Process of Change

- Consciousness Raising
- Self Analysis
- Emotional Arousal
- Positive Outlook
- Commitment
- Behavioral Analysis
- Goal Setting
- Self-Reevaluation
- Countering
- Monitoring
- Environmental Control
- Helping Relationships

- Rewards

### Is Your Goal S.M.A.R.T.?

- Specific
- Measurable
- Achievable
- Rewarding
- Time-defined

### Lifelong Wellness

- Exercise regularly.
- Don't smoke.
- Watch your weight and blood pressure.
- Eat more fruits and vegetables.
- Cut down on fat.
- Limit drinking.
- Cultivate stimulating interests.
- Don't worry; be happy.
- Reach out.
- Make the most of your time.

### Techniques of Change