

Session overview

The aim of this session is to explore how to manage tricky situations using the problem-solving cycle and setting routines.

There are two main topics in this session.

1 Navigating tricky situations

Teaching objective: To explore the problem-solving cycle and how it can be used to manage tricky situations.

By the end of this topic, participants will understand:

- That it's normal to experience tricky situations when forming healthy habits.
- How to manage common situations where it might be difficult to stick to healthy habits, like when busy or at parties and celebrations.
- How to apply the problem-solving cycle to tricky situations you may be experiencing.

Summary of key learnings

- Strategies for maintaining healthy habits during common tricky situations including when:
 - Eating out at a restaurant or getting takeaway. Some suggested strategies include scanning the menu for foods that have been cooked in a healthy way, and adding a side salad or extra vegetables to meals.
 - Experiencing social pressure from others around eating and activity choices. Some suggested strategies include talking to family and friends about health goals and finding like-minded friends or family members for support.
 - At parties or celebratory events. Some suggested strategies include bringing a healthy plate of food to share, staying hydrated with water or eating a nourishing meal before attending events.
 - Feeling too busy to maintain healthy habits. Some suggested strategies include preparing meals and snacks in advance, or using a calendar to plan daily activity.
- Participants are introduced to the key stages in the problem-solving cycle including; Ask, Brainstorm, Compare, Decide, and Evaluate. The cycle provides a systematic approach to breaking down complex problems into manageable steps and crafting effective solutions. The steps of the cycle are explained using relatable examples such as spending too much time on screens, no time to be active, meal planning and fussy eating.

2 Setting up routines

Teaching objective: To explore how to set up structured routines to maintain healthy habits.

By the end of this topic, participants will understand:

- What a routine is and the benefits of having them.

- Examples of common routines.
- How to create routine that helps you maintain healthy habits.

Summary of key learnings

- Participants learn the concept and benefits of routines, which are a series of habits that become automatic. In doing so they can appreciate the benefits of having well established routines, including providing structure, reducing stress, improving health, and enhancing efficiency.
- Participants look at examples of common routines for different parts of the day, such as morning, afternoon, and bedtime routines and how to create personalised routines that support healthy habits.

3 Put this into practice

Below is a list of suggested SMART goals that participants may choose to work on after completing this session.

Coaches should introduce these SMART goals to participants in the coaching session, or once all education activities and discussions are complete. Participants are encouraged to choose 2 – 3 goals to work on at a time. Coaches should guide participants to select a balance of activity and nutrition goals. Goals can be adapted to be easier or harder, so they are suitable for each participant.

SMART Goal suggestions

- The next time you eat out or get takeaway, search the menu for a healthier choice.
- Wake up 15 minutes earlier every day this week to add a new healthy habit to your morning routine.
- Add a serve of vegetables to your meal next time you eat out or get takeaway.
- Choose a meal that has been cooked in a healthy way (e.g. grilled not fried) next time you eat out or get takeaway.
- Do something active for 20 minutes in your evening routine every day this week.
- Next time you are at a party or celebration, listen to your hunger signals and stop eating when you feel full.
- Write a shopping list before you go to the supermarket once this week.
- Have a set regular bedtime and wake up time, every day this week.
- Use the problem-solving cycle to make a SMART goal to help you be more active this week.
- Use the problem-solving cycle to make a SMART goal to help you eat in a healthy way this week.