



Make Social Cues Work *for* You

Social cues:

What other people say or do that affects your eating and activity.

| Problem Social Cues: | Examples: |
|--|------------------|
| | |
| | |
| Being with peers who are rarely active | |
| Being nagged | |
| Hearing complaints | |

| Helpful Social Cues: | Examples: |
|--|------------------|
| The sight of other people being active | |
| Being invited to do something active | |
| Being praised | |
| Hearing compliments | |

When you respond to a social cue in the same way, you build a habit.

The other person has *also* learned a habit. This makes social cues even harder to change than other cues.



To Change Problem Social Cues:

1. Stay away from the cue, if you can.

- Example: Move to a different room.

2. Change the cue, if you can.

- Discuss the problem with the other person.
- Brainstorm options.
- Tell the other person about this program and your efforts to lose weight and be more active.

Ask others to:

- Praise you for your efforts and
- Ignore your slips.

This is KEY to your success.

3. Practice responding in a more healthy way.

- Say “No” to food offers.
- Show others you know they mean well.
- Suggest something they can do to help you.
- *Example:* “No, thanks. But I’d love a glass of ice water.”

Remember, it takes time to change habits.



To Add Helpful Social Cues:

- Spend time with people who are active
- Put yourself in places where people are active.
- Set up a regular “date” with others to be active.
- Ask your friends to call you to remind you to be active or to set up dates to be active.
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- Be social by doing something active. Take a walk and talk.
- Others:



Who Could Provide Support for You?

For being more active: _____

What could they do to help you? Here are some ideas.

| | Ways to help me be more active |
|--|--|
| | <input type="checkbox"/> Go for a walk with me. Or do other physical activities with me. |
| | <input type="checkbox"/> Plan social events around being active |
| | <input type="checkbox"/> Compromise when my being active conflicts with your schedule. |
| | <input type="checkbox"/> Praise me when I do my scheduled activity. Don't remind me when I don't. |
| | <input type="checkbox"/> Baby-sit for me so I can take a walk. |
| | <input type="checkbox"/> Set up a regular date with me to be active. |
| | <input type="checkbox"/> Encourage me to go out for a walk when I'm debating whether or not to go. |
| | <input type="checkbox"/> Try to achieve and maintain the program goals with me. |
| | <input type="checkbox"/> Other: |



Social Cues are Powerful at Social Events

Social events:

- Upset our routine.
- Challenge us with unique social cues.
- May involve habits that have developed over many years and so can be very powerful.

To handle social events problem solve. Brainstorm your options.

| Options: | Examples: |
|--|---|
| Plan Ahead. | <ul style="list-style-type: none">■ Eat something before an event.■ Plan your meal in advance.■ Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest.■ Bring a tasty, low-fat dish to share. |
| Stay Away from Problem Cues. | <ul style="list-style-type: none">■ Stand as far away as you can from the table with the food. Keep your hands busy with a glass of water, coffee, tea, or diet soda.■ Watch the alcohol. It lowers your willpower and increases appetite.■ Clear the table as soon as possible. Put the food away. |
| Change Problem Cues. | <ul style="list-style-type: none">■ Discuss your goals with your family, friends, guests, host or hostess.■ Ask others to praise your efforts and ignore your slips. |
| Respond to Problem Cues in a More Healthy Way. | <ul style="list-style-type: none">■ Practice a polite, but firm, "No, thank you."■ Suggest something else they can do to help you. "No thanks, but I'd love a glass of ice water." |
| Add Helpful Cues. | <ul style="list-style-type: none">■ Serve healthy foods or bring some to share.■ Use low-fat products to lower the fat in favorite recipes.■ Try some new, low-fat recipes.■ Ask a friend or family member for support (split-dessert with you, take a walk together, offer you healthy food choices).■ Plan things to do that are active and don't involve food. |



Describe a Social Cue That's a Problem for You

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up

I will handle them by:

I will do this to make my success more likely: _____

How can we help you? _____



Positive Social Cues You'd Like to Add to Your Life

Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:

I will handle them by:

I will do this to make my success more likely:

How can we help you?
