



# 5AsT Sustaining the Change: My Relapse Prevention Tool

Congratulations on Making the Change! The first step to your ultimate health is to commit to starting the journey. This tool is to help you with the expected bumps along the way.

## 1) Checking in with yourself regarding your healthy eating routine:

Make sure to journal! When, what and how much did you eat? Did you have emotional hunger or physical hunger triggers? What strategies did you use to help?

- Did you have three well-balanced meals and 1-2 healthy snacks?
- Did all meals include protein, carbohydrate & fibre?
- Did you eat real food - as opposed to processed, packaged, or fast food?
- Did you have cravings from physical hunger? Enjoy fruit, vegetables and high fibre foods to help control your hunger.
- How were your portions? Overeating (even healthy foods) can increase your appetite and cravings.

**Ideas:** We love Chan & Bell's *Pure Prairie Eating Plan* [www.pureprairie.ca](http://www.pureprairie.ca), & Katzen & Willet's *Eat, Drink and Weigh Less*

## 2) Emotional Relapse (Check out the 5AsT Tip Sheet on Hunger Drives)

**Early Prevention:** Relapse prevention means that you are working on changing your behaviour. Recognize impulsive eating and chart your state of mind at that time. The key is to focus on self-care. Identify emotional triggers and situations, and strategize how to handle them without food.

List three things you can do to relax yourself in your overall daily routine, and at specific trigger points:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Mental strategies:** Breaking conditioned habits is tough. Some things you can do include: tell someone and discuss it through, distraction, wait for 30 minutes, tackle change one day at a time - don't give up just because you lapse. Strategize your high-risk situations and times. Be honest with yourself - but fully accept yourself - mindfulness meditation is helpful. Reject any negative "self-talk" and focus on your relaxation strategies.

My strategies are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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