

HEALTHIER TEXAS

THE JOURNEY TO WELLNESS:
BLOOM, GROW, THRIVE

EMBRACE EACH STAGE ON YOUR PATH TO BETTER HEALTH



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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

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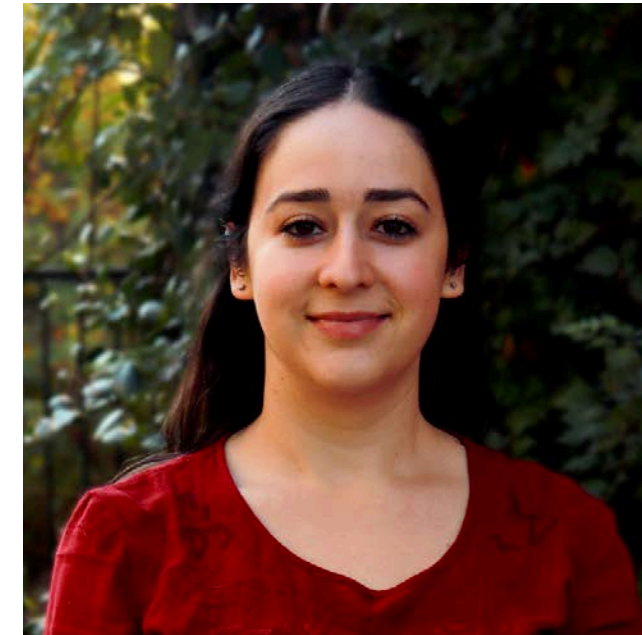
Meet Our Team



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Program Coordinator

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Who We Are...



About Us

Healthier Texas is a statewide nonprofit dedicated to reducing preventable diseases and ensuring essential health resources are available to all Texans. With a focus on advancing health access, the organization addresses social and economic barriers that impact wellness, fostering healthier communities through innovative programs, strategic partnerships, and impactful advocacy.



Mission

To save lives, while reducing the incidence of preventable disease and increasing access to health for all Texans.



Vision

Every Texan has equitable access to a long, happy, and healthy life.

COMMUNITY CHALLENGE

POWERED BY HEALTHIER TEXAS

January 13 - March 9, 2025



Engage Your Community



Education and Support



Healthy Habit Forming



Friendly Competition



LEARN MORE AT TXCOMMUNITYCHALLENGE.ORG

Objectives



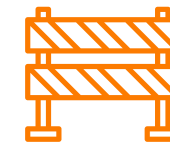
01

Understand Stages of Change:
Identify each stage of health change and describe how to navigate them effectively.



02

Recognize Your Stage:
Recognize which stage of health change you are currently in and how it impacts your approach to building healthy habits.



03

Overcome Challenges:
Incorporate evidence-based strategies to overcome common barriers that prevent progress.

The information provided in this presentation is for educational purposes only. For specific questions or concerns related to your nutrition or physical activity, please consult your medical provider.



Why Change Can Be Tough

It's okay to find health habits challenging

Common Obstacles:

- Time
- Motivation
- Knowing where to start

Citation

'Why is changing health-related behaviour so difficult?'
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4931896>



Why Change Can Be Tough

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- Time
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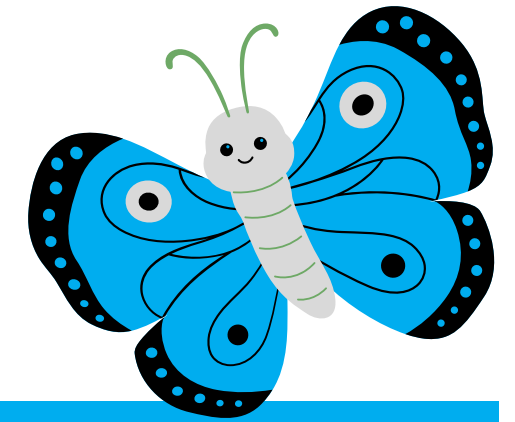
Poll: *What's one challenge you face with healthy habits?*

Citation

'Why is changing health-related behaviour so difficult?'
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4931896>

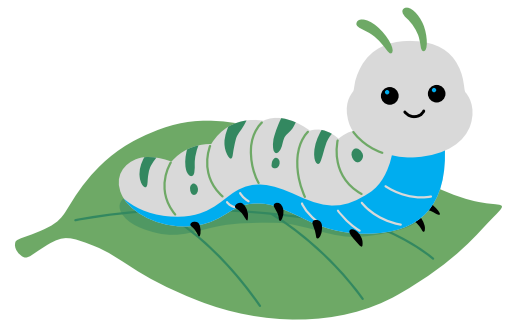


The Stages of Wellness Change



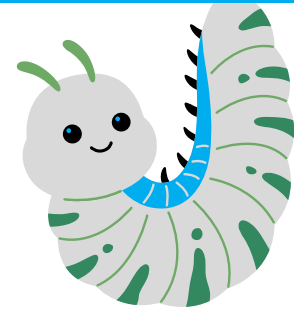
We all move through stages on our journey to healthy habits.

Stage 1:



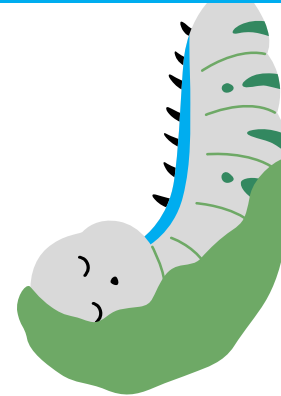
Not Ready
(Pre-contemplation)

Stage 2:



Thinking About It
(Contemplation)

Stage 3:



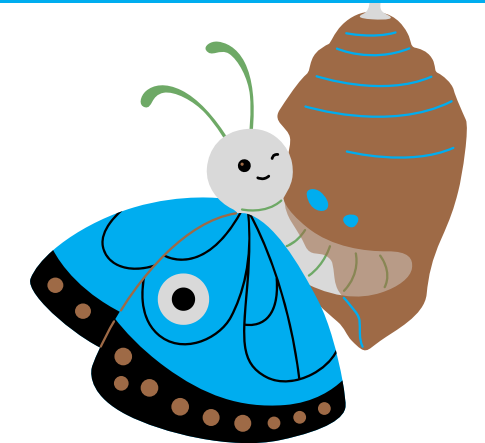
Preparing for Change
(Preparation)

Stage 4:



Taking Action
(Action)

Stage 5:



Keeping It Up
(Maintenance)

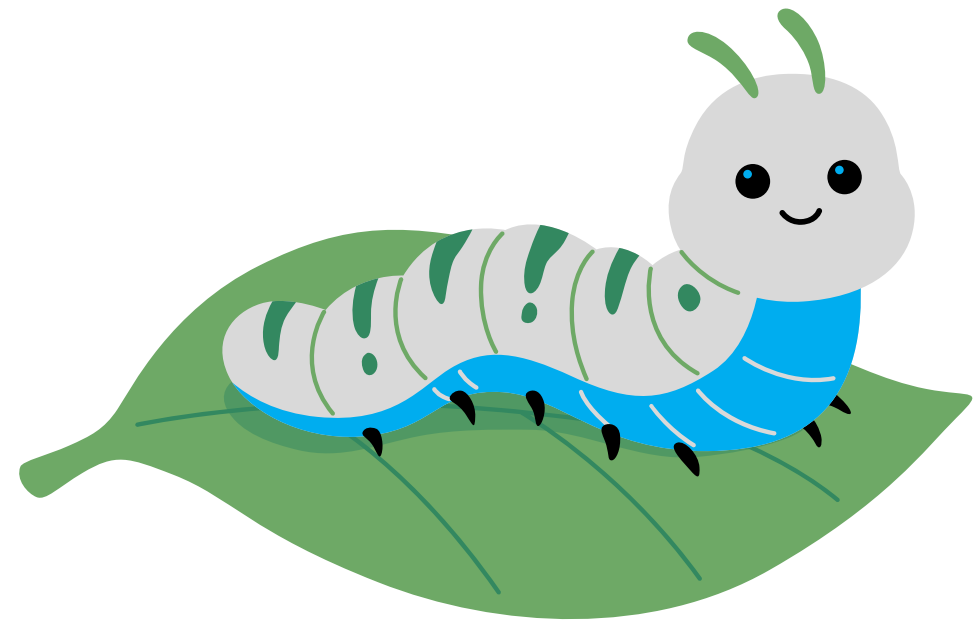
Setbacks (Relapse) can happen at any point during behavior change

Citation

'Stages of Change Theory'

<https://www.ncbi.nlm.nih.gov/books/NBK556005/>

Stage 1:



Not Ready
(Pre-contemplation)

Thoughts you might have:

"I don't think this is a problem."

"Why should I change? Things are fine as they are."

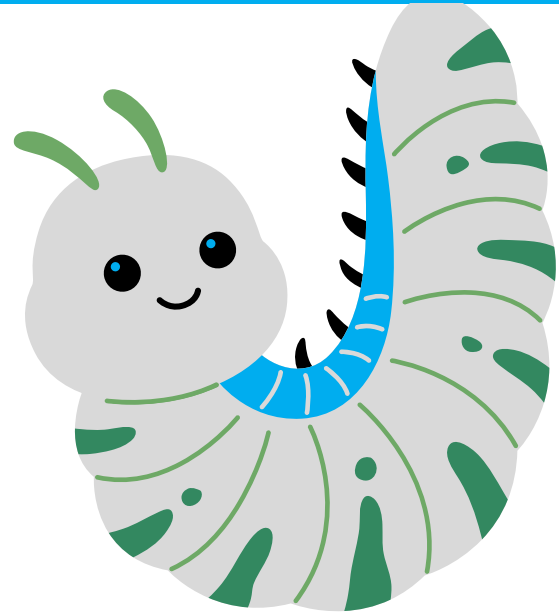
Clues you might notice:

- *External pressure from others to change.*
- *Areas of discomfort or unease you've been ignoring.*

Tips for this stage:

- *Listen with an open mind if someone voices concern.*
- *Pay attention to how you feel. Note areas of discomfort or unease and what they relate to.*

Stage 2:



Thinking About It (Contemplation)

Thoughts you might have:

“I know I should probably change, but I’m not sure it’s worth the trouble.”

“Maybe I’ll start next month.”

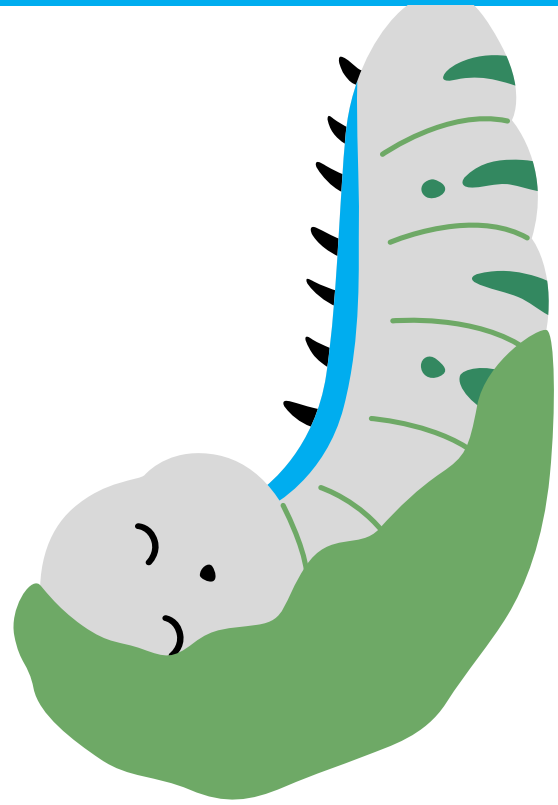
Clues you might notice:

- *Thinking through pros and cons of making a change.*
- *Feeling unsure about taking action.*

Tips for this stage:

- *Read about the impact the behavior can have.*
- *Speak with someone who has successfully made the change.*

Stage 3:



Preparing for Change (Preparation)

Thoughts you might have:

"I'm making a plan for how to do this."

"I'm setting a date to get started."

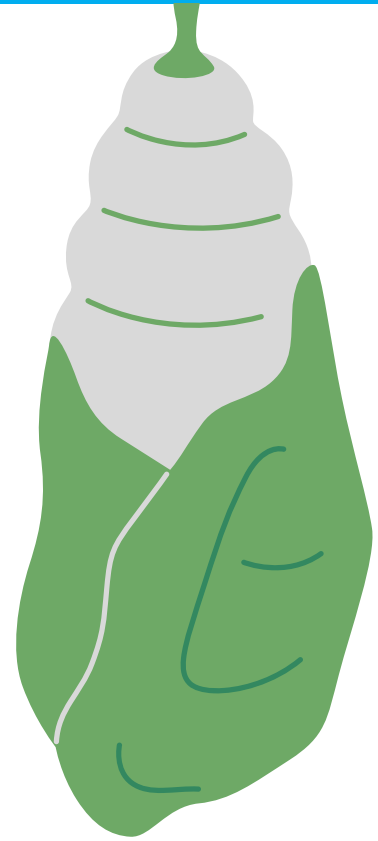
Clues you might notice:

- *Gathering information or resources to support change.*
- *Telling your friends and family about your plans.*

Tips for this stage:

- *Create an action plan.*
- *Set realistic, achievable goals.*

Stage 4:



Taking Action (Action)

Thoughts you might have:

"I'm really doing it!"

"This is harder than I thought, but I'm committed."

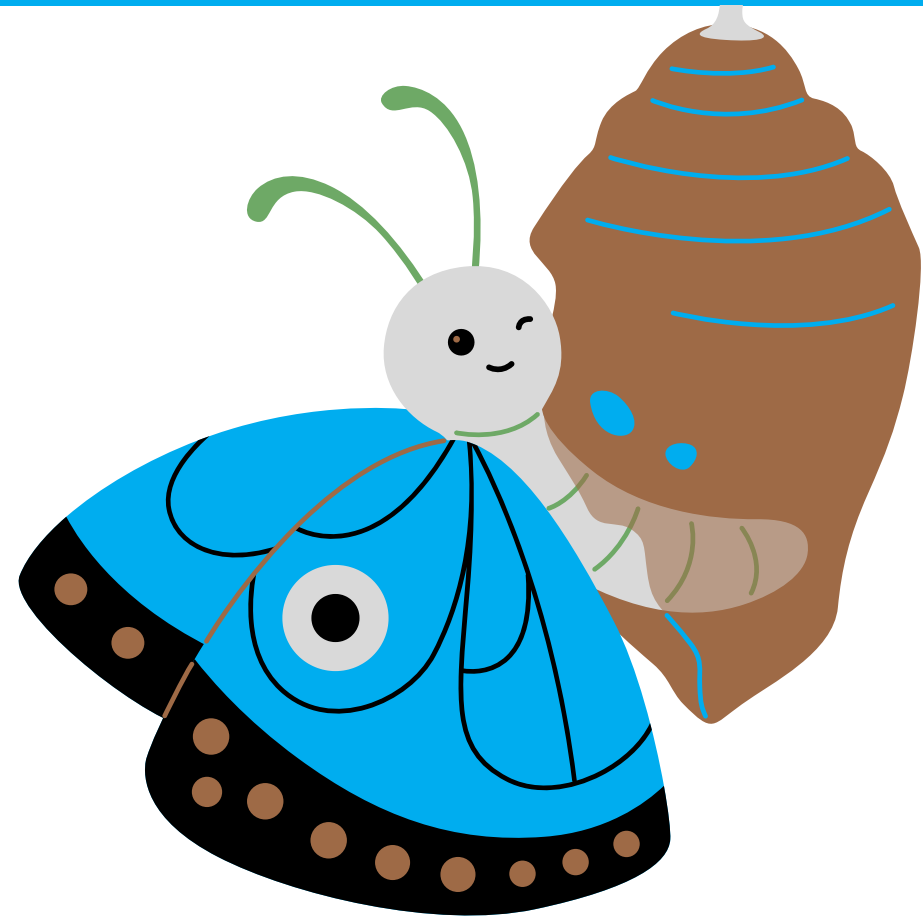
Clues you might notice:

- *Actively implementing changes in your daily routine.*
- *Using strategies to overcome obstacles.*

Tips for this stage:

- *Include your plans in your day-to-day schedule.*
- *Track your successes and milestones.*
- *Most people experience setbacks (relapse) at this stage.*

Stage 5:



Keeping It Up (Maintenance)

Thoughts you might have:

"I've come so far, and I want to keep it up."

"I still have to watch out for old habits creeping back in."

Clues you might notice:

- *Feeling confident but aware of possible challenges.*
- *Knowing how to handle most obstacles that come your way, and having strategies ready to go.*

Tips for this stage:

- *Celebrate your progress regularly.*
- *Check in with your support network for continued encouragement.*

Detour:



Setbacks (Relapse)

Thoughts you might have:

"I can't believe I slipped back into old habits."

"I feel disappointed, but I want to get back on track."

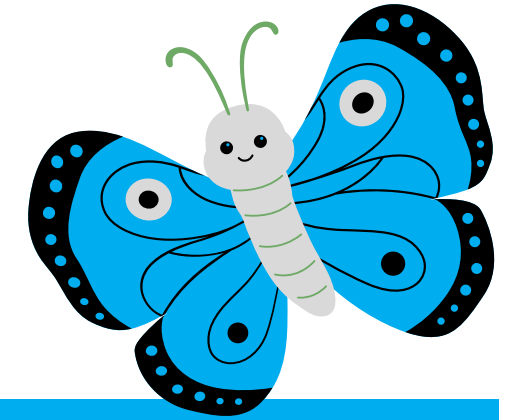
Clues you might notice:

- *Feeling discouraged or questioning your ability to change.*
- *Experiencing moments of regret but also recognizing the desire to continue progress.*

Tips for this stage:

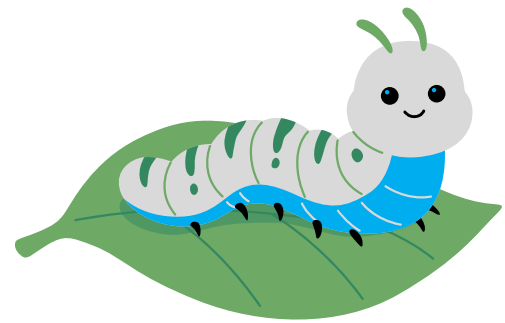
- *Remind yourself that setbacks are normal and part of the growth process.*
- *Seek support from friends, family, or a coach to help you regain focus and motivation.*

Finding Where You Are



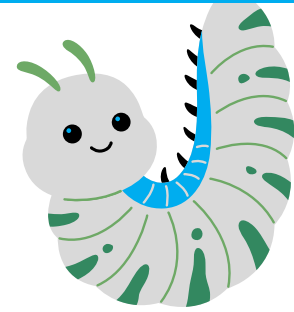
What stage are you in? Be honest; every stage is progress.

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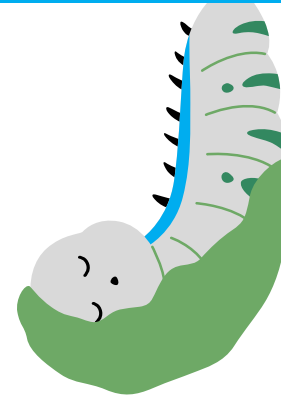
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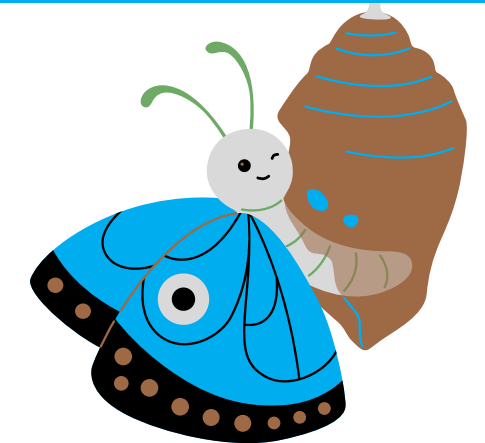
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(Maintenance)

Setbacks (Relapse) can happen at any point during behavior change

Poll: *Which of these best describes where you are?*

Staying on Track

Navigating Through Setbacks

Setbacks (relapse) are a normal part of any journey.

Acknowledge Setbacks

It's natural to experience bumps in the road when working on new habits.

Reflect & Learn

Take time to understand what caused the setback.

Recommit to Your Goals

Use what you have learned to do better moving forward.

*Be Kind to Yourself

Progress is rarely a straight line. Self-compassion keeps you moving forward.



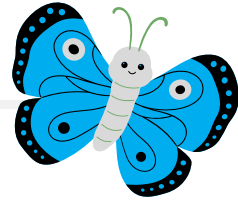
***Self-compassion is linked to greater emotional resilience, motivation, and overall well-being.**

Being kind to yourself helps maintain the drive to achieve your goals and recover more effectively from setbacks.

Citation

'Don't cry over spilled milk—The research on why it's important to give yourself a break'

<https://www.apa.org/monitor/2016/09/ce-corner>



IMPORTANT: A setback does not mean failure.*

It means you have a chance to adjust and do better next time.

Celebrate your progress, no matter how small, because each step forward brings you closer to your goals. Keep learning and growing!

**Be kind to yourself.*

Simple Steps for Success

Strategies to Stay Motivated

Practical Tips:

- Set small, achievable goals
- Spot your triggers
- Change your plan if needed
- Track your progress regularly
- Find a buddy for support
- Celebrate each step forward

Citation

'Stages of Change Theory'

<https://www.ncbi.nlm.nih.gov/books/NBK556005/>



Overcoming Common Barriers

Barriers and Solutions

Practical Tips:

- **Time:** Fit small actions into your day
- **Motivation:** Celebrate small wins
- **Overwhelm:** Focus on one habit at a time
- **Knowing Where to Start:** Break your goals into manageable steps and choose one to begin with

Citation

'Making lifestyle changes that last'

<https://www.apa.org/topics/behavioral-health/healthy-lifestyle-changes>



Small Tweaks Big Wins

Small Tweaks Matter

Examples:

- Add one extra vegetable to your lunch or dinner each day.
- Take a five-minute walk around your home or workplace.
- Replace one sugary drink with water or herbal tea.
- Set a timer for regular short breaks to stretch or breathe deeply.



Milestones and Wins

Measuring Progress in Meaningful Ways

Examples:

- Craving healthier snacks, like fruit or nuts, instead of processed options.
- Being able to keep up with your child at the playground without feeling out of breath.
- Feeling more energized during the day without needing extra coffee.
- Noticing you can climb stairs without discomfort or fatigue.
- Experiencing less muscle soreness and more flexibility after consistent stretching.



Staying Motivated on Your Journey

Long-term Motivation Tips

- **Reward Yourself:** Treat yourself with non-food rewards, like new workout gear or a relaxing activity, for reaching milestones.
- **Track Your Progress:** Use a journal, app, or calendar to see how far you've come and stay inspired.
- **Celebrate Small Wins:** Acknowledge each success, no matter how small, to keep your spirits high.
- **Engage in Community Support:** Create competitions with friends, form an accountability system, or join wellness competitions to stay accountable and motivated through friendly competition and shared goals.
- **Find a Support Network:** Surround yourself with people who encourage and uplift you, either in-person or online.

QUESTIONS

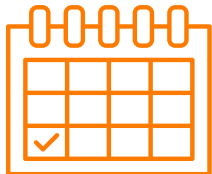


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THANK YOU



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