

Suggested Approach

1. **Identify** - Observe the person, respecting their whole person perspective and when you encounter issues you **Identify** them.
2. **Educate** - Engage the patient in a discussion about the impact that these issues have on self management.
3. **Recommend** - Make a sensitive recommendation that they engage in some self management that would address that issue.
4. **Support** - Within the scope of what you do in your role support the work that the patient is going to do.

Are there psychosocial issues that are affecting the persons self management or ability to have success with behaviour change?

*Listen for "if only ..."
Shift to "given that..."*

Distress & Well-being Assessment

Distress

- Low
- Moderate
- High

Well-being

Disease Related

Problems of Living

Psychopathology

Resiliency

Positivism

You might try these:

Can I ask you a series of questions about your emotional health in the past few months?

How much distress or how unhappy have you been?
How happy or positive have you been? • Low • Moderate • High

How do you explain your distress?
(try to figure out the main driver)

What is it about you that helps you to get through hard times?
(draw out strengths that you can tap into)

4S's Can help to predict success

Self-image - Extent to which a behaviour becomes part of a persons identity.

Self-efficacy - Confidence with the behaviour in the face of barriers.

Social support - Connecting with others who are reinforcing the new behaviour.

Stress management - as stress increases self care decreases.

- Dealing with primary emotions is something that all providers can help support patients with.

If I were in this situation would I be feeling something similar?

*If the answer is **YES** this is likely a primary emotion*



- As stress levels increase, self-management decreases.
- Many stress reducing behaviours that are frequently adopted are considered "unhealthy". Adopting "healthier" stress reducing behaviours can improve health.

Introduce Stress Management Strategies

Acceptance: The ability to tolerate and find meaning in the current situation.

Physical Calming: Any activity that provides calm moments.

Emotional Expression: Activities that allow the expression of feelings in some way.

Physical Discharge: Any form of activity that burns energy.

Social Connection: Social activities that help a person to feel connected to others.

Replace the Function

- Many unhealthy behaviours serve a useful purpose. Use your motivational communication skills to uncover the function of the unhealthy behaviour.

Identify

- Once the function is identified you can begin to focus on healthier alternatives.

Educate

- Then the person will have a choice, without an alternative change is unlikely.

Recommend & Support

Motivational Communication Skills

Ask

Listen

Summarize

Invite

Approach

1. Identify
2. Educate
3. Recommend
4. Support

Try this as a possible way to summarize, invite and begin!

Based on what you told me, it sounds like current behaviour (ie. night time snacking) is a way that you function of the behaviour (ie. cope with stress).