

# Webinars

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## Webinar Toolkit: October 2022

### *“Optimising Health Through Behaviour Change”*

*This toolkit will cover some of the contents from the webinar, including:*

- *Stages of Change*
- *Cycle of Health Behaviour Change*
- *Relapse Prevention*
- *The good news*

*If you missed this webinar linked to this toolkit, you can watch the recording available on the Kaelo website - <https://www.kaelo.co.za/introducing-free-monthly-webinars/>*

### *Your Facilitator*



*Tracy Helps*

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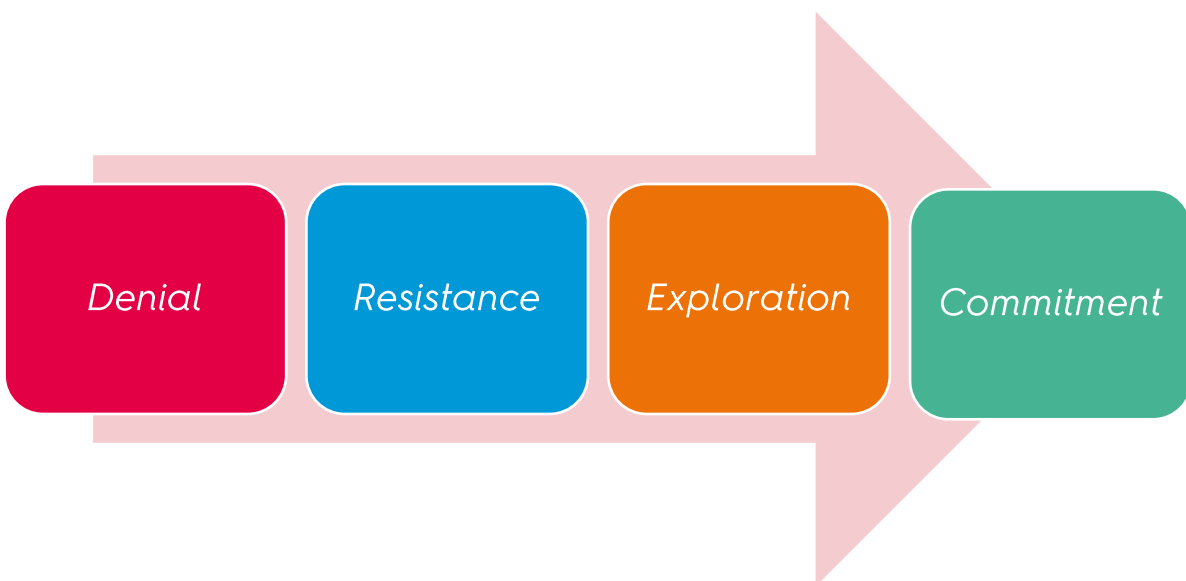
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## Survey Question:

What Health Behaviour Change would you like to change?



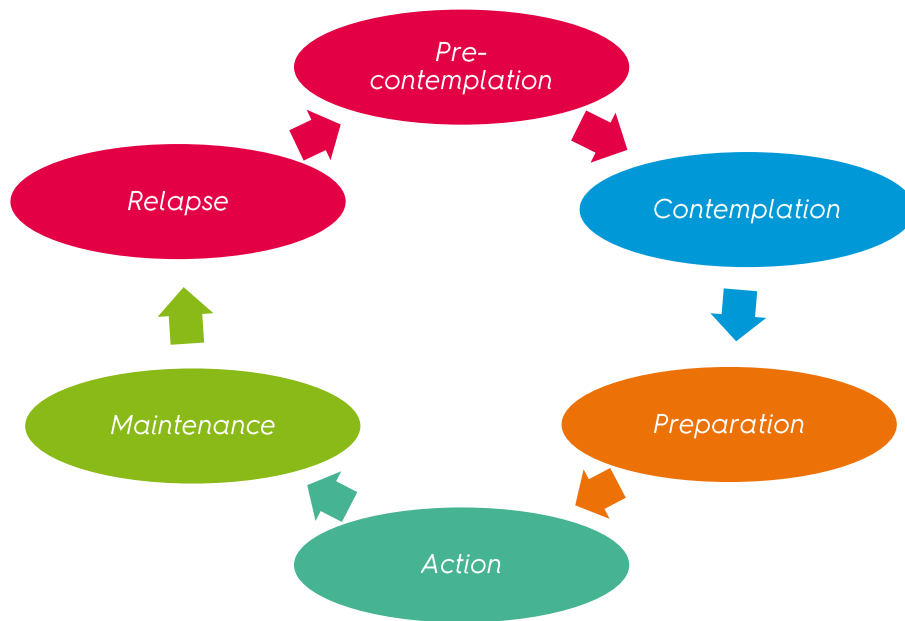
## Stages of Change



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## Cycle of Health Behaviour Change



<b>Pre-Contemplation</b>	<ul style="list-style-type: none"> <li>o No awareness of problem behaviour</li> <li>o No consequences</li> <li>o No intention to change the behaviour</li> </ul>
<b>Contemplation</b>	<ul style="list-style-type: none"> <li>o Starting to become aware of the problem behaviour</li> <li>o Experiencing, or acknowledging consequences</li> <li>o Starting to experience a desire to change the behaviour</li> <li>o Dealing with residual denial</li> </ul>
<b>Preparation</b>	<ul style="list-style-type: none"> <li>o Learning about the current and desired behaviour</li> <li>o Identifying and securing help</li> <li>o Setting goals</li> <li>o Getting practically ready</li> <li>o Lifestyle audit</li> <li>o Distraction list</li> </ul>
<b>Action</b>	<ul style="list-style-type: none"> <li>o Applying the preparation</li> </ul>
<b>Maintenance</b>	<ul style="list-style-type: none"> <li>o Daily accountability</li> <li>o Wellness buddies and mentors</li> <li>o Appropriate goal setting</li> <li>o Constant vigilance</li> <li>o Stress management</li> </ul>
<b>Relapse</b>	<ul style="list-style-type: none"> <li>o If maintenance fails you will relapse</li> </ul>

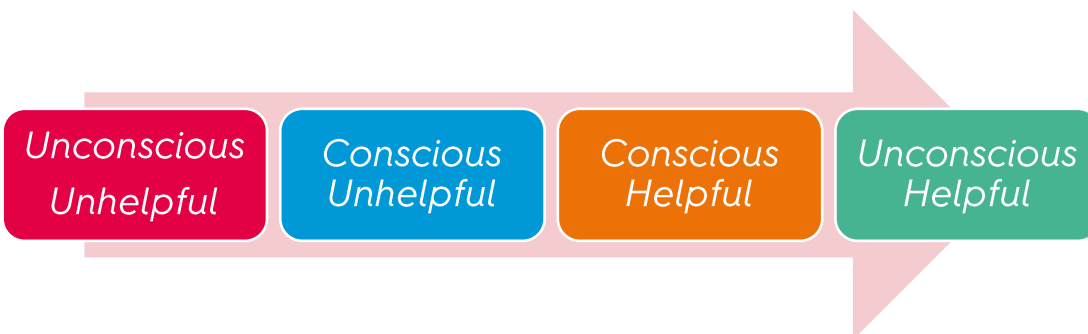
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## Relapse Prevention

<i>Adjusted Lifestyle</i>	<p><i>Lifestyle Audit</i></p> <ul style="list-style-type: none"> <li>○ <i>People</i></li> <li>○ <i>Places</i></li> <li>○ <i>Activities</i></li> <li>○ <i>Days of the week</i></li> <li>○ <i>Times of day</i></li> </ul> <p><b><i>Either something supports the new behaviour or it does not</i></b></p>
<i>Relapse Triggers</i>	<p><i>Those you can control</i>  <i>Those you cannot control</i>  <i>Those you can predict</i>  <i>Those you cannot predict</i>  <i>Internal and external triggers</i></p> <p><b><i>Know and avoid your triggers</i></b>  <b><i>Know what you going to do instead</i></b></p>
<i>Relapse Warning Signs</i>	<p><i>Behaviour</i>  <i>Thinking</i>  <i>Feeling</i>  <i>Attitudinal</i></p>
<i>Crisis Intervention</i>	<p><i>Play the movie forward</i>  <i>Leave or change your environment</i>  <i>Get help</i>  <i>Distract yourself</i>  <i>Monitor your thinking</i></p>

## The Good News



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**Thank you for joining the session!**

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

**Up next month:**



## **Men' Mental Health**

**Tuesday 8 November, 14:00 CAT**

**Register on: <https://www.kaelo.co.za/introducing-free-monthly-webinars/>**

### **Your Facilitator**



**Tracy Nickloes**  
*Business Strategist, Facilitator  
Mentor and Coach*

**We look forward to seeing you there!**