



Oops, I Did It Again! Coping With Slips

Session plan for group leader

About this session:

This session discusses slips – why they occur and how best to deal with them. By the end of the session, participants will have had the opportunity to:

- Identify some things that cause them to have slips in their weight loss effort
- Practice problem solving and making a plan for dealing with slips
- Review their Food and Activity Diary
- Set goals for the week

To do before this session:

- Review the [Introduction to Group Sessions](#). This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Organize materials for the session:
 - Paper, pens, flip chart/white board
 - *MOVE!* handouts:
 - [\(B29\) Take Control of Your Thoughts, Feelings and Behavior](#)
 - Worksheets
 - [My Problem Solving Worksheet](#)

Introduction:

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.
- Welcome everyone to the class.
- Revisit ground rules for the session (set new rules if appropriate).
- Invite participants to discuss their progress/goals since the last class.
- Review food and activity diaries and facilitate problem-solving for barriers.
- Discuss any homework from the last class.
- Discuss the purpose of today's session.
- Encourage questions and comments.

Exercise 1: Identifying the cause of slips

- Ask the group to define a slip.
- Write the following information on a board and discuss with the group:

- Slips are normal and to be expected.
- The problem is not the slip but rather how you choose to deal with the slip.

- Ask participants to list things that cause them to have slips. Any strong emotion positive or negative may trigger a slip. For example:
 - Some people overeat when they are happy (family celebrations, holidays, promotions etc.).
 - Some people overeat when they are sad or upset (bad day at work, argument with spouse etc.).
- Take feedback from the group writing triggers for common slips on the board. Ask how past slips affected their weight loss efforts?

- One episode of overeating or not being active will not ruin everything.
- One slip can trigger a chain of slips. It is this chain of slips that can lead to a major sense of failure.
- Remember to “draw a box” around the slip (keep it in perspective).

- Explain that the next exercise (problem solving) describes how to manage slips by describing the problem that triggered the slip and making a plan to get back on track.

Exercise 2: Problem solving

- Distribute the [My Problem Solving Worksheet](#). Ask participants to consider a slip they have had while trying to lose weight. Ask them to describe the problem in detail by writing down the chain of events leading up to the problem. For example:

- Got up late and skipped breakfast
- Missed an appointment
- Felt stressed
- Came home
- Went straight to the kitchen
- Saw leftover fried chicken from the grandchildren’s visit
- Ate the chicken

- Ask the group to brainstorm their options by considering what they could have done at each stage of the action chain. For example:

Find the chain of events	Brainstorm your options
<ul style="list-style-type: none"> • Got up late and skipped breakfast 	Pack a snack to have on the go
<ul style="list-style-type: none"> • Missed an appointment • Felt stressed 	Take some deep breaths and re-schedule the appointment
<ul style="list-style-type: none"> • Came home • Went straight to the kitchen 	Go for a walk until I am no longer stressed and likely to overeat Go to another room, not the kitchen
<ul style="list-style-type: none"> • Saw leftover fried chicken from the grandchildren's visit • Ate the chicken 	Throw out all leftover food from others. Always keep some healthy snacks on the counter-top where I can easily access them

- Explain that a chain of events can be broken by choosing any one or more of the brainstorming options. This prevents the slip from ever occurring.
- Ask participants to complete the worksheet by deciding where they would have broken the chain and why.
- Discuss the exercise and how it might be used to solve all sorts of problems.

Physical activity break

Incorporating physical activity into the session reinforces a healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

- Ask participants to join you in doing the following balance exercises:



STANDING KICK: Extend the knee and kick forward. Repeat on other leg. Use a sturdy chair for support as needed.



STANDING SIDE KICK: Extend the knee and kick out to the side. Repeat on other leg. Use a sturdy chair for support as needed.

Exercise 3: Take control with positive thinking

- Distribute *MOVE!* handout ([B29 Take Control of Your Thoughts, Feelings and Behavior](#)). Talk the group through the exercise and suggest they practice the technique during the week.

Exercise 4: Goal setting

- Ask participants to decide on a goal for the next week and ask that they write it into their Food and Activity Diary.

Close the session:

- Remind participants to:
 - Maintain their food and activity diaries,
 - Wear their pedometers, and
 - Bring both the diaries and the pedometers to all of the sessions.