

Eating for Your Health – Giving yourself positive encouragement

Often people focus on what is not going well, but it is important to learn how to focus more on things that **are** going well. When you identify the changes you are making, and the good things you are doing, it will help build awareness and confidence.

Giving yourself positive encouragement can help remind you that you are in control, and help you deal with situations when things do not go to plan. You can give yourself positive encouragement for any activities or actions (no matter how big or small) such as:

- not feeling guilty after eating a meal or snack
- mindfully eating one bite of your meal
- taking the stairs instead of the lift.

Positive encouragement can be as simple as saying encouraging words to yourself, such as “nice work” or “well done me”. The key is to **acknowledge** what you have done well.

What will I give myself positive encouragement for doing?

Write below three things from the past week:

- _____
- _____
- _____

Helpful tips for giving yourself positive encouragement

- Write the words “positive encouragement” on a sticky note – put it somewhere you will see often.
- Once or twice a day review your activities – make a positive encouragement list for the last few hours.
- Every time you check off an item on a to-do list, say something positive to yourself.
- Remember to always treat yourself kindly, as you would a good friend who is struggling.

This nutrition information has been developed for use by Te Whatu Ora Health New Zealand Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Te Whatu Ora Waitematā Dietitians if you have questions about using this information, phone: (09) 489 0556.