

Participant Guide

Planning for a Healthy Future After Treatment

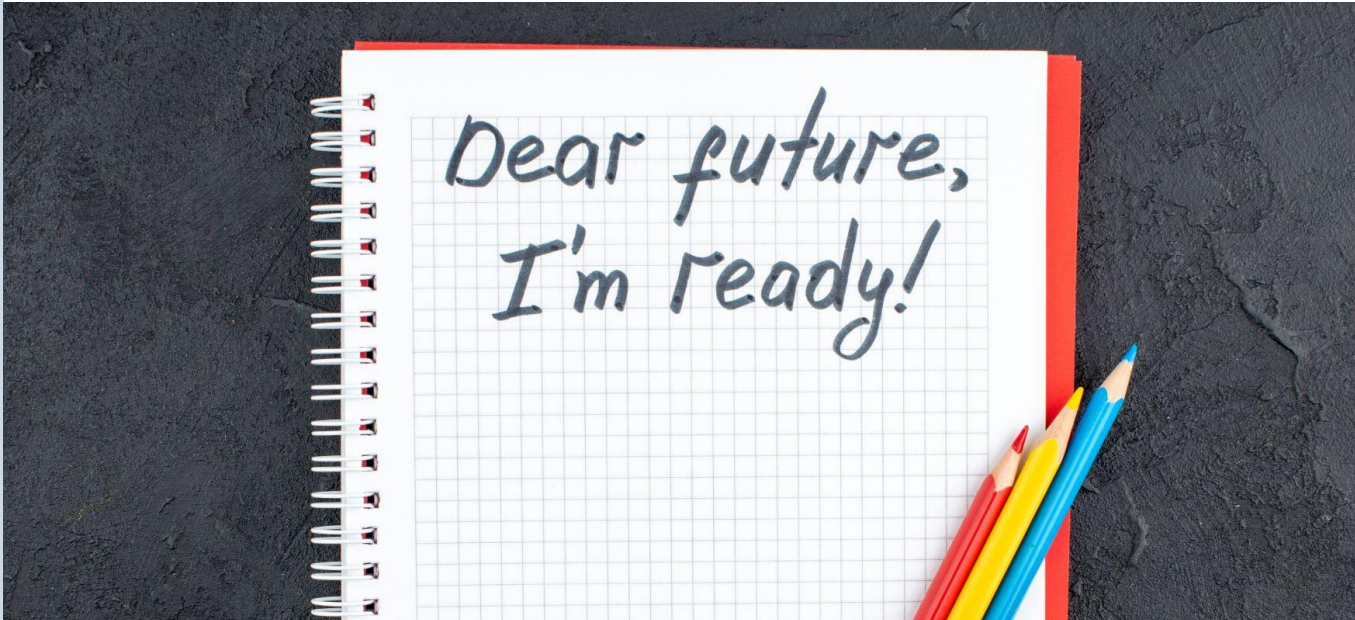


Planning for a Healthy Future After Treatment



Overview

Transitioning off GLP-1 medications can be a big change, but it's also an exciting opportunity to focus on your long-term health. As you move away from these medications, it's important to understand what to expect during this transition. You may experience shifts in your appetite, weight, and overall well-being. This module is designed to help you navigate these changes and prepare for a healthy future. By developing a personalized plan, you can maintain the progress you've made and set yourself up for continued success in managing your health. With the right strategies and support, you can confidently embrace this new chapter in your wellness journey.



Dear future,
I'm ready!

Understanding the Transition Period

What to Expect

Transitioning off GLP-1 medications can bring about some changes in your body and emotions. Here are a few things you might notice:

- ❖ **Gradual Reduction:** Many healthcare providers recommend tapering off GLP-1 medications slowly. This means you might reduce your dose gradually over a few weeks or months. This approach can help your body adjust and lessen the chances of experiencing withdrawal symptoms or sudden changes in appetite.
- ❖ **Physical Changes:** As you reduce the medication, it's essential to pay attention to how you feel. You might notice changes in your hunger levels, energy, or mood. Some people report feeling hungrier or craving foods they didn't before, as their body adjusts to the absence of the medication.
- ❖ **Emotional Responses:** It's normal to feel anxious or uncertain during this time. You might worry about maintaining your weight loss or how your body will react without the medication. These feelings are common, and it's important to acknowledge them.
- ❖ **Changes in Cravings:** As your body adjusts, you may find that you crave certain foods more than you did while on the medication. It's essential to pay attention to these cravings and understand that they are part of the transition.

Understanding the Transition Period

The Importance of Patience

Patience is key during this transition. Here are a few reasons why:

- ❖ **Adjustments Take Time:** Your body needs time to get used to not having the medication. It's important to be patient with yourself and understand that it's normal for your appetite and feelings to fluctuate.
- ❖ **Expect Ups and Downs:** There will be good days and challenging days. You may feel like you're making progress one day and then face cravings or emotional challenges the next. Recognizing that this is part of the process can help you stay grounded.
- ❖ **Focus on Progress:** Instead of expecting everything to be perfect, try to focus on the small steps you're taking. Celebrate the progress you make, no matter how small it may seem.

Remember, transitioning off GLP-1 medications is a journey. By understanding what to expect and practicing patience, you can navigate this period more easily and set yourself up for long-term success in maintaining your health.

Strategies for a Successful Transition

Building a Support System

Transitioning off GLP-1 medications can be challenging, and having support makes a big difference. Friends, family, and healthcare providers play a valuable role in your journey. Family and friends can help by encouraging healthy choices and joining you in activities like cooking or exercising together. Your healthcare provider can guide you, answer questions, and help you adjust your plan when needed.

Strategies for a Successful Transition

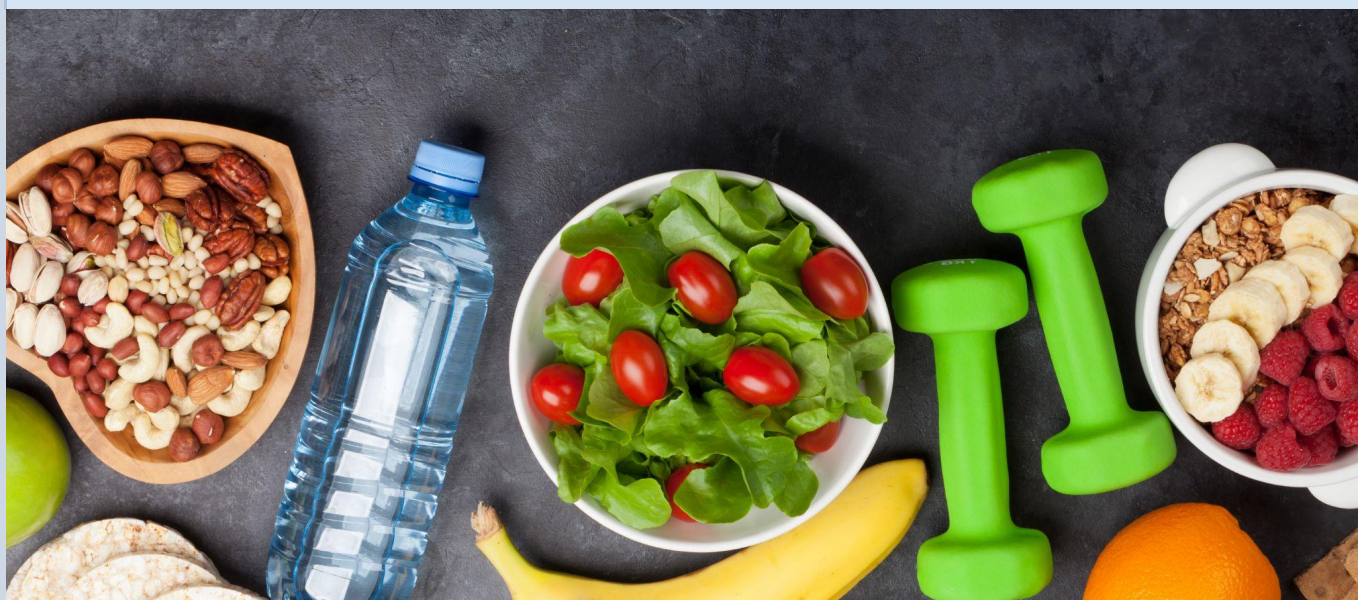
It can also be helpful to connect with people who are going through a similar experience. Joining a support group or online community lets you share your progress, learn new tips, and feel motivated by others' success stories. Sometimes, knowing you're not alone can give you the encouragement you need to keep moving forward.



Set Realistic Goals

Setting both short-term and long-term goals helps you stay on track. Short-term goals could be as simple as adding a 10-minute walk to your day or trying a new healthy recipe. Long-term goals might include reaching a specific fitness level or maintaining a steady weight. Make sure your goals are realistic and fit your lifestyle; this makes them easier to achieve and gives you a sense of progress.

As you go along, it's okay to adjust your goals. Some days may be harder than others, and your goals might need to change based on how things are going. Being flexible and patient with yourself is key to staying motivated and reaching your health goals.



Create a Personalized Health Plan

Creating a personalized health plan is a great way to stay on track after transitioning off GLP-1 medications. Without a clear plan, it's easy to lose focus or slip back into old habits. A plan helps you take charge of your health by setting specific goals and creating steps to reach them.

Self-Assessment

The first step is to look at your current habits and see where you might want to improve. Take some time to think about your daily routines, like what you eat, how active you are, and how you manage stress.

It can also help to reflect on what worked well for you during GLP-1 treatment. Maybe you noticed you felt better with regular meals, or you found a type of exercise you enjoy. Think about these successes and how you can keep them going as part of your new plan.



Action Steps

Once you have a good idea of where you're starting, you can create a plan with clear action steps. For example, if you want to stay active, you might set a goal to walk three times a week. Or if you want to keep a balanced diet, you could plan meals that include fruits, vegetables, and lean proteins.

Create a Personalized Health Plan

To make sure your plan is working, it's important to monitor your progress regularly. You can track specific goals, like how often you exercise or how balanced your meals are each week. Tracking progress allows you to celebrate small successes and helps you see where you may need to make changes.

Regular check-ins are a helpful part of any health plan. Once a week or month, look at your progress and decide if any changes are needed. If a goal feels too hard, adjust it to make it more realistic. If you're doing well, you might even set a new goal to keep challenging yourself. These check-ins will keep you focused and motivated on your health journey.

Maintaining a Growth Mindset

Embracing Change

Transitioning off GLP-1 medications and building new habits can feel challenging, but keeping a growth mindset can make a big difference. A growth mindset means seeing challenges as chances to learn and grow. Rather than feeling discouraged if things are tough or if progress seems slow, try to view each experience as an opportunity. This mindset helps you stay motivated, even when things aren't easy, and reminds you that you're always capable of improving.

Staying adaptable is another key to embracing change. As your health journey continues, you might find that some habits work better than others, or that new activities bring you joy and motivation. Being open to trying new things, like different forms of exercise or ways of cooking, keeps your journey interesting and helps you grow along the way.

Maintaining a Growth Mindset

Long-Term Vision for Health

Creating a vision for your future health can help you stay inspired and focused. One way to do this is by making a vision board or keeping a journal. You can fill it with pictures, words, or goals that represent what a healthy life looks like to you. This might include activities you want to enjoy, physical goals you hope to reach, or simply feeling strong and energetic.

Setting new challenges along the way is also helpful for keeping your goals alive. You could aim to walk a little further each week, try new healthy recipes, or learn more about health and wellness topics. Continuing to learn and challenge yourself keeps you moving forward, and it makes your journey feel rewarding and exciting. Remember, this is all about becoming the best version of yourself and enjoying the process of getting there.

Dolores's Story

Dolores had always been dedicated to her family, raising three grown children with her supportive husband, Tom. After struggling with her weight for years, she decided to try GLP-1 medications. After losing 35 pounds, she felt more energetic and healthier than ever.

As her doctor advised her to transition off the medications, Dolores felt a mix of determination and uncertainty. She had grown accustomed to their support, but her family quickly reassured her. "We're here to help you," her daughter Maya said. "Let's cook healthy meals together."

Tom added, "I'll join you for morning walks. We can explore new trails." Their encouragement sparked a fire in Dolores. She realized she was capable of maintaining her progress and embracing a healthier lifestyle without relying solely on medication.

Dolores's Story (continued...)

Dolores crafted a plan that included regular family dinners focused on nutritious foods and weekend hikes with Tom. They even established a tradition of trying new healthy recipes every Sunday. With each step, she felt more empowered.

With her family by her side, Dolores embraced her new lifestyle wholeheartedly. She learned to listen to her body, enjoy cooking, and find joy in physical activity. Each small victory—like choosing a healthy snack or completing a challenging hike—built her confidence.



Now, let's discuss...

In what ways did Dolores's family contribute to her success? How important is social support for you in achieving personal health goals?

Dolores envisioned a future filled with family adventures and health. What does your ideal healthy future look like, and what steps can you take to move toward it?

Summary

In conclusion, planning for a healthy future after GLP-1 treatment is a journey filled with opportunities for growth and positive change. As you transition away from medication, it's essential to adopt a growth mindset—a belief that you can develop and improve your health through dedication and hard work. Embrace this new phase as a chance to learn more about your body and make choices that support your well-being.

Remember, building a healthy future involves more than just physical health. It includes nurturing your mental and emotional well-being, creating a supportive network, and setting realistic goals. Surround yourself with people who uplift and encourage you, and don't hesitate to seek guidance from healthcare professionals as you navigate this transition.

Keep Moving



Did you know there are many free fitness apps and videos available? You can use these to find short workouts to do at home. Many are just 10-15 minutes long, making it easy to fit them into your day!

***"Your body can stand almost anything.
It's your mind that you have to convince."
— Unknown***

Summary

Activities

- Think of one challenge you've faced in your health journey and write down what you learned from it. Then, set one new goal that shows how you can grow and improve from that experience.
- Make a list of people you can include in your support system, such as family, friends, colleagues, or community members who encourage and inspire you. Consider how each person can contribute to your journey and reach out to at least one of them for support.
- **Goal Setting:** Set one goal related to this session. For example: I will reach out to two friends or family members each week for support and encouragement over the next six weeks as I adjust my health habits post-treatment.

Discussion/Questions

- What is one healthy habit or strategy that worked well for you while on GLP-1 medications? How can you continue to implement this strategy or habit moving forward after treatment?
- What challenges do you anticipate after you transition off GLP-1 medications, and what are a few strategies that can help you overcome them?
- How can viewing challenges as growth opportunities benefit your journey? How can you remind yourself to stay adaptable and open to change?

Tips for Developing a Growth Mindset (page 1)

A growth mindset is all about believing that your abilities and knowledge can improve with effort, time, and learning. With a growth mindset, challenges become chances to grow, and setbacks are simply part of the learning journey. Adopting this mindset can make it easier to stay motivated, even when things get tough.

Tips for Developing a Growth Mindset:



❖ **Accept Challenges as Learning Experiences**

When you face a challenge, try viewing it as an opportunity to gain new skills or insights. Even if it's difficult, every challenge has something valuable to teach.

❖ **Focus on Your Effort, Not Just Outcomes**

While it's great to have goals, the steps you take to reach them are equally important. Concentrate on putting in your best effort and improving gradually, instead of expecting instant results.

❖ **Learn from Mistakes**

Mistakes are a normal part of any journey, especially when you're trying something new. Instead of feeling discouraged, take time to reflect on what you learned and how it will help you improve next time.

❖ **Surround Yourself with Positive Influences**

Spend time with people who support your goals and encourage you to keep growing. Talking with others who share a growth mindset can inspire you to keep working toward your goals and make the journey feel easier.

Tips for Developing a Growth Mindset (page 2)

❖ **Keep Setting Small Goals**

Break down larger goals into smaller, more achievable steps. Each small goal you reach boosts your confidence and keeps you moving forward. These small wins add up over time and build a strong foundation for success.

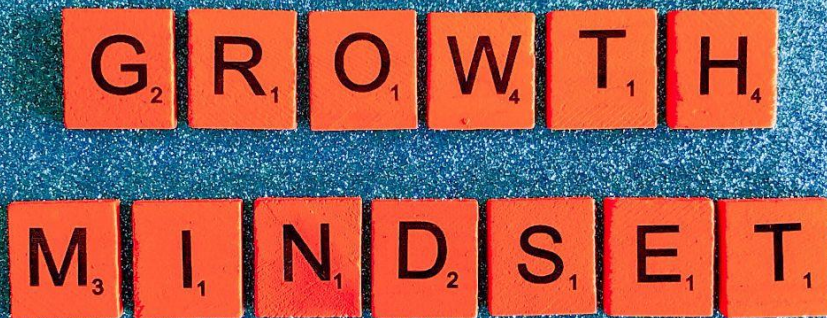
❖ **Stay Curious and Keep Learning**

Keep an open mind and look for opportunities to learn more, whether through reading, asking questions, or trying new activities. Growth happens when you're open to discovering new things and pushing beyond your comfort zone.

❖ **Celebrate Progress**

Recognize every bit of progress you make. Progress might look different from day to day, but even small steps forward are worth celebrating. Acknowledging your progress builds motivation and helps reinforce a positive, growth-focused outlook.

Remember: A growth mindset is about consistent effort, resilience, and learning over time. By focusing on growth and staying curious, you're building a mindset that can support you in reaching your goals and adapting to whatever life brings your way.



Affirmations for a Growth Mindset (page 1)

What are Affirmations?

Affirmations are positive statements you can say to yourself to build confidence, focus, and motivation. They help reinforce a positive outlook and keep you on track toward your goals by strengthening your belief in your ability to grow and improve.



Growth Mindset Affirmations

Here are some affirmations to support a growth mindset. You can say them each morning, write them down, or read them whenever you need a boost.

1. **"I am capable of learning and growing."**
2. **"I see challenges as chances to improve."**
3. **"My effort today brings me closer to my goals."**
4. **"Mistakes help me grow stronger and wiser."**
5. **"I'm strong enough to try new strategies and ask for help."**
6. **"I am open to learning new things."**
7. **"My goal is progress, not perfection."**
8. **"I believe in my ability to improve."**
9. **"Setbacks are temporary; I keep moving forward."**
10. **"I embrace growth and new experiences."**
11. **"Every day is a chance to make progress."**
12. **"I'm always evolving and improving."**

Affirmations for a Growth Mindset (page 2)

Tips for Using Affirmations

1. **Choose Affirmations That Resonate**

Pick affirmations that feel meaningful to you. If they connect with your goals or challenges, you're more likely to feel motivated by them.

2. **Create a Routine**

Say your affirmations daily, perhaps in the morning to start your day on a positive note, or in the evening to reflect on your progress.

3. **Write Them Down**

Writing down affirmations helps reinforce them. Try journaling a few each day or putting them on sticky notes where you'll see them frequently.

4. **Use Visual Reminders**

Place affirmations on your mirror, phone screen, or workspace. Seeing them regularly helps keep a growth mindset top of mind.

5. **Take a Moment to Breathe and Focus**

When saying your affirmations, pause to take a deep breath, and focus on the meaning of the words. This helps strengthen the positive impact and makes the affirmations feel more genuine.

6. **Personalize Your Affirmations**

Adjust affirmations to fit your specific goals or challenges. For example, "I am improving every day in my fitness journey" if you're focusing on physical health.

Remember: Affirmations are a small but powerful tool for building confidence and motivation. By using them consistently, you'll keep your mind focused on growth, resilience, and progress toward your goals.

Tips to Build Your Support System

A strong support system is important for your health and wellness journey. Friends and family provide encouragement, motivation, and accountability while celebrating your successes along the way.

Steps to Build Your Support System

Identify Your Needs

Consider the type of support you need, whether it's someone to talk to, help with accountability, or shared experiences. This will guide you in choosing the right people.

Reach Out to Family and Friends

Talk to close friends or family who understand your goals. Share your journey and let them know how they can help.

Join Support Groups

Look for local or online support groups where you can connect with others who share similar goals. These groups provide valuable advice and encouragement.

Engage with Healthcare Providers

Include healthcare professionals like doctors or dietitians who can offer tailored guidance and resources.

Find a Buddy

Partner with someone who has similar health goals to stay motivated and make the journey more enjoyable.

Be Open and Honest

Share your goals and challenges with your support system. Honesty fosters better support and strengthens connections.

Show Appreciation

Acknowledge the support you receive. A simple thank you can strengthen relationships and encourage continued support.

Tips for Maintaining Your Support System

- **Stay Connected:** Regularly check in with your support network. Keeping the lines of communication open strengthens your bonds.
- **Participate Actively:** Engage in discussions, share your experiences, and offer support to others in your network.
- **Adjust as Needed:** Over time, your needs may change. Be open to adjusting your support system by bringing in new people or stepping back from those who no longer fit your goals.