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The goal of Wellness Management is to help you learn how to better manage wellness: at home, at work, and in your community.

Mindless Eating: How to Reengineer Your Environment for Mindful Eating

by Karen Wolfe, M.D.

Many people are unaware of the factors influencing how much we eat. There are hidden persuaders leading to overindulging. For example, we overeat because of family and friends, packaging and labels, colors and containers, shapes, and smells. The list is almost endless and it is invisible.

Research shows us the average person makes more than 200 decisions about food every day. What is often missing in the obesity debate is the link between food, psychology and marketing, and specific strategies to get back on track.

Here are my favorite specific strategies to re-engineer your food life so it is enjoyable and mindful. Applying these strategies will help remove cues that cause overeating by reengineering your kitchen and your habits.

Strategy #1: See all you eat.

When people pre-plate their food, they eat about 14 percent less than when they take smaller amounts and go back for seconds and thirds. So pre-plate your food and leave the serving dishes off the table.

Strategy #2: "De-convenience" tempting foods.

Put unhealthy foods in the back of the refrigerator or in the back of the freezer. Better yet, don't buy them at all!

Strategy #3: Snack only at the table and on a clean plate.

Taking these simple steps will make you more mindful of what you are actually eating.

Strategy #4: Rewire your comfort foods.

If your comfort foods consist mainly of the four c's--cookies,

candies, chips and cake--all is not lost. Start pairing healthier foods with positive events. Instead of celebrating a personal victory with an ice cream sundae, try a smaller bowl of ice cream with fresh strawberries.

Strategy # 5: Replace super sizing with volumizing.

Load up your plate with vegetables and salad, which looks like a lot of food and makes you feel full. Eat the healthy food first and eat the rest if you have room.

Strategy #6: Use the "half plate" rule.

Fill up half the plate with vegetables or salad and the other half with protein and starch.

Strategy #7: Plan for cravings.

Crunchy things like fruits and pre-cut vegetables work. Each week buy a colorful variety of vegetables, pre-cut them, and store them on the first or second shelf of your refrigerator.

Strategy #8: Slow down.

Start eating last and finish last. This will allow you to visit more!

Strategy #9: Develop restaurant rules.

I use these habits with great success:

1. Hold the bread. You'll skip the oil and butter that go with it.
2. Rarely order directly from the menu. Request a meal made with healthy foods, like vegetables and chicken or fish, and provide cooking instructions.
3. Always ask for salad dressing on the side.
4. If you want dessert, ask if someone will share it. The best part of dessert is the first two bites.

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Strategy #10: Choose three 100-calorie changes in your daily food routine.

Most diets fail because they ask us to do too much. Three small changes are reasonable. If we make three small, 100-calorie changes, by the end of the year we will be as much as 30 pounds lighter. Experts on behavior modification say it takes about 28 days to break an old habit and replace it with a good one. Keep it simple and you will have much better luck over time!

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4. Thin People Don't Clean their Plates by Jill Fleming
5. Why We Eat What We Eat: The Psychology of Eating by Elizabeth Capaldi

Dr. Karen Wolfe graduated from Sydney University Medical School and worked as a Primary Care Physician for three years before becoming the Medical Director of the Australian Government Health Service. She then went to National University in Irvine, California to complete her Masters Degree in Psychology. Wolfe has a special interest in Mind-Body medicine. She is a trainer of Mindful Coaching and The Conscious Body Coach Method and author of Create the Body Your Soul Desires. Visit her at www.drkarenwolfe.com for information on her books, tapes and other resources.

Wellness Coaching as Lifestyle Medicine: Covering The Whole Continuum

Michael Arloski, Ph.D., PCC

Globally, according to the World Health Organization, non-communicable or "lifestyle" diseases account for nearly 60 percent of deaths. By 2020, this is projected to rise to 73 percent. The lifestyle behavior factor in such diseases is critical. It has become increasingly evident that sedentary lifestyles, poor diet (as a result of industrialized food manufacture, distribution and sales as is the case for convenience and "fast foods"), greater social isolation, and increasing stress, contribute to both the onset and the course of chronic diseases such as diabetes, heart disease, asthma, cancer, hypertension, and many others.

The Center for Disease Control and Prevention estimates that chronic illness consumes 82 percent of U.S. healthcare resources (CDC, 2004). A New England Journal of Medicine article estimates that people with chronic conditions receive only 56.1 percent of the recommended care for their health challenges. The cost of medical non-compliance (which is entirely behavioral) is in the billions. (McGlynn, Asch, et. al., 2003). In summary, the cost of chronic disease combined with the cost of medical non-

compliance for these diseases is staggering. What is to be done? Health educators, nurses, corporate wellness programmers and others involved in the wellness field over the past thirty years have long pointed to the consummate sensibility of prevention. Entire programs were built around the reduction of health risks and the prevention of illness. Now we see undeniable evidence that helping people change behaviors and reduce health risks, is an essential part of any wise treatment program for most, if not all chronic medical conditions (American College of Lifestyle Medicine).

As professionals in the wellness field, we now face the two-fold challenge of promoting prevention while also being part of the treatment solution. The people we serve span the entire continuum from those with severe health challenges to all who aspire for peak performance, and living joyful, meaningful and satisfying lives. In short, as we zero in on the behavioral nature of health, it is increasingly apparent that wellness professionals, are uniquely qualified to help. So what is the best way to help people change?

We know what does not work. The old models of "prescribe and treat" and "educate and implore" have caused a real lack of faith in "behavioral medicine" because they simply don't result in behavioral change often enough or in ways that last. Just telling people what to do, even very authoritatively, or giving them great information and begging them to change, won't get the job done.

As James Prochaska said: "Change is a process, not an event." (Prochaska, et. al., 1994). Essentially, those seeking to effect lifestyle change, do not need a "lecture and a curfew" to get them home safely, they need guidance and support through the entire process of change. This suggests a need for a paradigm shift in the way we do things. Fortunately, such a shift has already been quietly taking place for the past several years.

We have recently seen the development of health and wellness coaching strategies for addressing the lifestyle behaviors that impact healthcare costs and public health. Making widespread use of health and wellness coaches, disease management companies are a growing segment of the healthcare industry seeking to implement these new strategies. Employee Assistance Programs (EAP's) are beginning to include health and wellness coaching in their services. Self-insured companies are exploring these same strategies to improve the health of their populations and thus contain rising healthcare costs. Increasingly, wellness professionals in hospitals and

corporate wellness programs are being asked to work with clients one-on-one, using a coach approach to increase the probability of real success.

Health coaches can vary substantially in their methods and in their training backgrounds. They range from highly qualified masters degree-level counselors, ICF certified coaches, and registered nurses, to phone bank employees. Their contacts with

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clients range from 30-50 minute unlimited coaching sessions to quarterly ten-minute "check-in" appointments that mostly focus on encouraging good medical compliance. Some coaches work with health risk assessment feedback and some merely provide information about wellness program and insurance program benefits.

Clients with a health challenge have historically received a "lifestyle prescription" from a healthcare provider. They are often told to be less sedentary, manage stress better, get more sleep, improve nutrition, etc. But these prescriptions often go unfilled. The truth? If the client is directed to a well-trained wellness coach, the prescription for lifestyle change has a much better chance of being successfully "filled."

Wellness coaches guide clients through processes to 1) assess their current level of wellness; 2) envision and determine areas of focus to work on; 3) factor in key elements such as readiness for change; 4) identify measurable outcomes; 5) determine a course of commitment and connection to motivation; 6) determine challenges in the way of success; 7) develop strategies to overcome those challenges; 8) identify and recruit sources of support for the journey; and 9) secure accountability methods to ensure success.

An important rule of thumb to follow when seeking wellness coach training is to focus specifically on lifestyle behavioral change instead of "generalist" training. Programs that integrate the art and science of health promotion with the skills and methodologies of life coaching provide a strong foundation for the developing wellness coach. A number of great coach training programs are featured each year at the National Wellness Conference. Visit www.nationalwellness.org for details.

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Bridging Wellness and Positive Psychology

By Donna Allen Cover, PhD., CHES, FAWHP, CEO, Positive Purpose Inc.

It's the right time and right place for a new era of health promotion. While chronic disease still drives many workplace initiatives, an era driven by meaningful living is just on the horizon. We can no longer ignore the influence of the strengths movement rooted in positive psychology. Health promotion professionals who understand the positive psychology paradigm will be well-positioned to advocate the application of positive psychology principles to address problems such as Presenteeism in the workplace.

Positive Psychology is "the scientific study of what goes right in life." It is the study of optimal human functioning. Martin

Seligman, one of the fathers of positive psychology, decided to explore beyond the DSM manual of psychological illness (depression, anxiety, etc) to uncover the language and values associated with psychological wellness. Thus, the goal of his Values in Action (VIA) study was to research the terminology and states associated with psychological well-being.

Seligman argued that knowing only the illness portion of psychological health (i.e. mental illness) was like eating a "half baked potato." He successfully identified age-old virtues and character strengths related to human flourishing. According to Seligman, wellbeing (i.e., people's positive evaluation of their lives) includes positive emotions, engagement, satisfaction and meaning. Strengths refer to those things that support a flourishing life. Based on the research conducted by Seligman and

Peterson, six core virtues were identified that appeared to be stable across cultures and time. Over 300 researchers were challenged to discover and categorize the virtues and relating strengths valued around our universe and in many different cultures.

Virtues

- 1) Wisdom and knowledge
- 2) Courage
- 3) Love and humanity
- 4) Justice
- 5) Temperance
- 6) Spirituality and transcendence

(Seligman & Peterson VIA project www.authentic happiness.com)

From these virtues, the research identified 24 character strengths

Curiosity/ Interest in World
Love of Learning
Judgment/Critical thinking/Open Mindedness
Ingenuity/ Originality
Perspective
Valor and bravery
Perseverance
Integrity/ Genuineness/ Honesty
Kindness/ Generosity
Citizenship/Duty/ Teamwork
Loyalty
Fairness and Equity
Leadership
Self Control
Discretion/ Prudence/ Caution
Humility and Modesty
Appreciation of Beauty and Excellence
Gratitude
Hope/Optimism/ Future Mindedness
Spirituality/ Sense of Purpose/Faith/ Religiousness
Forgiveness and Mercy
Playfulness and Humor
Zest/Passion/ Enthusiasm
Loving to others

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Presenteeism

The impact of Presenteeism on health-related outcomes and on our bottom line is starting to reach mainstream awareness. Unfortunately, measurement always precedes intervention, so while several wonderful assessment tools are available to measure Presenteeism, (e.g. the Health Productivity Loss Instrument) nobody is really talking about how to reduce it.

Because most of the Presenteeism drivers have psychosocial roots (e.g. Depression, Pain, etc) the application of positive psychology principles to reduce the burden of Presenteeism makes good business sense.

Positive psychology makes sense in our wellness efforts. Visionary business leaders recognize the culture of an organization is like a heartbeat feeding the purpose and performance of its people. If this is true, then building and sustaining such a culture is the ultimate challenge - and success - of business leadership today. A large part of the recipe for creating this culture can be found in the positive psychology and strengths movement. Understanding these principles therefore should be a priority not only for business leaders, but also for health promotion and wellness professionals. It is time to bridge the gap between positive psychology and wellness.

Two events to help bridge the gap. Two forums have been developed to provide: 1) a personal positive psychology experience and 2) core concepts from positive psychology and the strengths movement. These principles can be applied immediately to individual and systems change. The 2009 Winter Wellness Forum is a non-profit event that will provide a personal experience with positive psychology. The 2009 Positive Psychology Forum will provide an opportunity to experience the potential of the strengths based paradigm as it applies to wellness. Attendees will walk away prepared and ready to apply these principles in both personal and professional ways. For more, go to winterwellnessforum.com or positivepsychologyforum.com

Donna Allen Cover, PhD., CHES, FAWHP is an expert speaker, consultant, advocate and trainer on positive psychology and happiness applications for health promotion. She is inspired to speak to the heart and through her heart with her own life experiences and gratitude she gains from each day of life. Visit www.positivepurposeinc.com to send a comment her way. Her joy comes from serving others, and doing so with a purpose. In 2008 she is riding her bike across America in 26 days to raise donations for the Hope Center for Kids. She hosts the positive psychology forum in collaboration with the National Wellness Institute February 2009 www.positivepsychologyforum.com

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Helpful websites to learn more about positive psychology and authentic happiness.

<http://www.positivepsychology.org>

<http://www.authentic happiness.org>

<http://www.psych.uiuc.edu/~ediener/personal/personal.html>

www.positivepurposeinc.com

