If you have ever made a New Years resolution, you know how difficult it can be to make a behavior change and stick with it. Therefore, it’s only fitting that the topic of December is dedicated to helping readers adhere to a healthy lifestyle!

Did you know?

- Temptation to “relapse” is highest during the beginning of a behavior change.
- Perceived pros of behavior change are highest one to two months after the start of behavior change.
- It can take up to six weeks for a new behavior to become a habit, so don’t wait – start now!

What can be done to avoid relapse?

- Remind yourself that you are in control of your behavior and that you have the power to change.
- Prepare in advance – decide what workout clothes to wear the night before, meal-prep during the weekend, or create a planner to help with time management.
- Set SMART outcome goals; outcome goals that are difficult or impossible to achieve can be discouraging if they aren’t reached.
- Set more process goals and less outcome goals; focusing on the steps needed to reach the outcome will make you more likely to succeed.
- Announce your behavior change to family or friends or get them involved so they can help you stay accountable.
- Surround yourself with people who support your desire to live a healthy lifestyle instead of people who discourage you.
- Create a list of pros and cons for your specific behavior change if you start to lose motivation.
- Do not be discouraged if you have a setback; relapse is normal and teaches you something about yourself and the process of lifestyle change.

Challenge of the Month
Make a Permanent Change!

- Recall a lifestyle change that you have struggled to maintain or a change that you want to make.
- Create a detailed plan on how you can make that behavior a regular part of your daily life.

Healthy Living Resources
Community Health Classes and Events
- wakemed.org/classes-events
- Ymcatriangle.org/programs/community

Support and Therapy Groups
- psychologytoday.com/us/groups/nc/durham
- Naminc.org

Nutrition Education
- foodshuttle.org/events

Duke University Health and Wellness
- hr.duke.edu/wellness/get-moving/weekly-archive

Words of Wisdom
“It’s not a diet. It’s not a phase. It’s a permanent lifestyle change.”

- Author Anonymous