

# TALKING ABOUT HEALTHY LIFESTYLES

**Some tips** to make it easier.

**ONEYOU KENT**

# UNDERSTANDING BEHAVIOUR CHANGE CAN HELP YOU SUPPORT IT.

## 1. Focus on people who are **READY** to change



Facing challenges like illness, debt, addiction or lack of time.



Realistic about the damage their habits cause, with good reasons for wanting to change.



Enjoying their lifestyle and feeling no ill effects.

## 2. Spot the **DRIVERS** and **TRIGGERS** behind their change

Driver	Examples of Triggers
I want to get out of a rut	<p>'I'm fed up of going to work with a hangover again.'</p> <p>'I'm bored of spending every evening on the sofa with a takeaway.'</p> <p>'I'm moving house and want to make a fresh start.'</p>
I'm ashamed of behaviour	<p>'I'm the only smoker at work.'</p> <p>'They didn't have the jeans in my size.'</p> <p>'My friend's lost three stone and now I feel embarrassed when I compare what we both eat.'</p>
I want to get healthier for loved ones	<p>'My new partner doesn't smoke.'</p> <p>'I'm about to become a grandparent.'</p> <p>'I want to be able to run around with my kids.'</p>
I'm noticing the effects of my habits	<p>'I didn't recognise myself in a photo.'</p> <p>'My teeth are stained.'</p> <p>'I had a health scare and it shook me up.'</p>

### 3. Start a **CONVERSATION**

#### a. **ASK**

Questions like

*‘What would you like to change?’*

Help people identify specific things they’d like to change about their lifestyle.

“Are there times or places where you tend to smoke less?”

“What might be one small thing you could focus on first?”

#### b. **ADVISE**

Encourage small steps.

“How would you feel about avoiding the pub on week nights?”

“10 minutes walking a day can make a big difference.”

#### c. **ACT**

Signpost and refer to **ONEYOU KENT**

“One You Kent has a great free recipe app on their website and in the App Store.”

“You can find free weight loss services on the One You Kent website.”

## DO

- Listen and show you understand.
- Chat about shared experiences or relevant stories from the media.

## DON'T

- Judge, push, lecture, nag or frighten.
- Worry about lapses - they're normal!

Watch the film about behaviour change and find more resources at [kent.gov.uk/oneyouresources](http://kent.gov.uk/oneyouresources)