

WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

Communicate

HealthySteps to Wellness is your partner

Expert on wellness platform and HealthySteps to Wellness website

Enthusiastic about joining forces as a community of Wellness Champions

Role Model to others

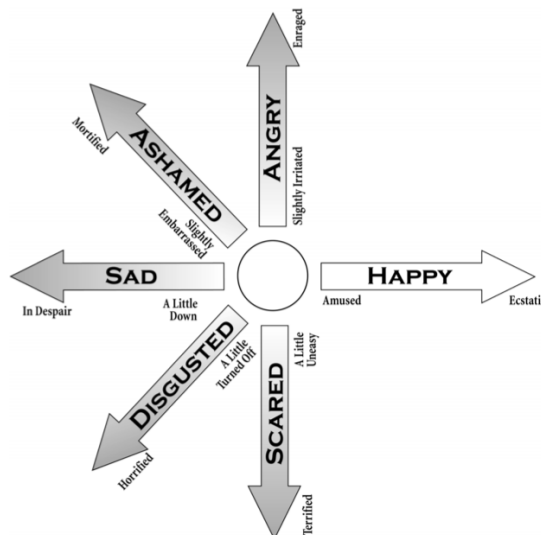
6 Tips for How to Think About Food

1. Recognize the negative bias of your thoughts.
2. The perception you have about what you eat, matters.
3. Lead with taste, not just healthiness.
4. Focus on commitment instead of motivation.
5. What you eat, how you eat, and why you eat are all processes that evolve.
6. Change can happen any time.

Which cognitive distortions apply to the way you think about food?

- **Catastrophizing:** if something goes wrong, it'll be a disaster.
- **Emotional Reasoning:** mistaking your feelings for actual facts.
- **Fortune Telling:** predicting future events as if they were certain.
- **Pressurized/Extreme Words:** always, never, can't, should, etc.
- **Labeling & Judging:** labeling yourself/others without information.
- **Negative Filtering:** seeing only the negative and discounting the positive.
- **Over-generalization:** it happened once, so it will always happen.

Identify your basic emotions as they relate to your thinking about food. Circle the emotions you feel. Note the range of each emotion.



QUESTIONS? Contact us at healthysteps@stanfordhealthcare.org

Ultimately, what perceptions would you like to have about food?

- 1.
- 2.
- 3.

What have you noticed about repeat attempts at incorporating healthier foods into your eating repertoire? Do you keep trying foods you're not excited about? Do you enjoy healthier options and then find it difficult to maintain preparing them?

-
-
-



Focus on commitment instead of motivation.



This is a process. You, your thinking, and your behavior will evolve over time - sometimes for the best and other times not so much.



Hold an optimistic view: change can happen any time.