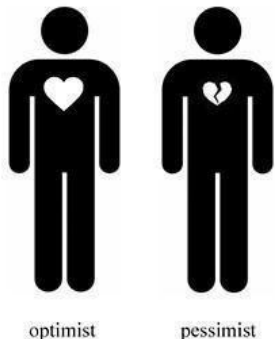


## A healthy lifestyle begins with positive self-talk

Self-talk is an important component of living a healthy lifestyle. Positive thoughts lead to positive feelings and positive actions. Negative thoughts leads to negative feelings and negative actions. Increasing positive self-talk will help you form a better relationship with food and exercise. It will also help you form a better relationship with yourself. Use the examples in this brochure to identify negative thinking patters in your ] life and to understand ways that you can change negative self-talk to positive self-talk. Positive self-talk is an important component in living a healthy lifestyle.

### Three types of negative self-talk include

1. Absolutist thinking
2. Pessimistic thinking
3. Catastrophic thinking



### Sources

Mount Nittany Medical Center. Community Health Needs Assessment. <https://www.mountnittany.org/HealthNeeds.Ac> accessed May 13, 2015.

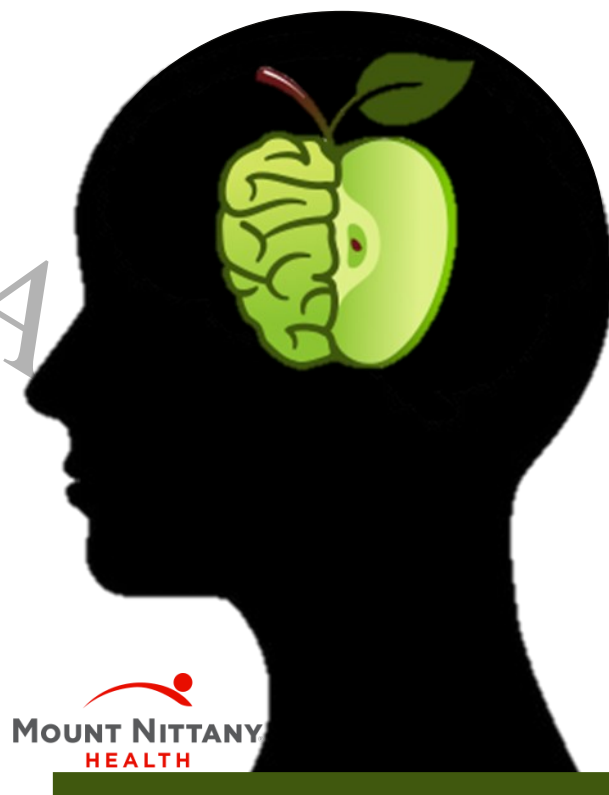
Wingo B, Desmond R, Brantley P, Appel L, Svetkey L, Stevens V, Ard J. Self-efficacy as a Predictor of Weight Change and Behavior Change in the PREMIER Trial. *J Nutr Educ Behav.* 2013;45:314-321.

\*This brochure contains content from “Healthy Weight for Life Week #5” PowerPoint slides developed by Danielle Michael, R.D. Please contact the Mount Nittany Medical Center and ask for Nutrition and Culinary department at (814) 231-7000 for more information

Carolyn Arbuckle

# Control Weight by Controlling thoughts

Healthy bodies begin with healthy minds



  
**MOUNT NITTANY**  
**HEALTH**

Mount Nittany Medical Center  
1800 E Park Ave, State College, PA 16803



## Maintaining a healthful lifestyle has physical and psychological benefits!

### Physical benefits:

- Increased heart health
- Decreased risk for chronic diseases
- Increased bone strength

### Psychological benefits:

- Improved quality of life
- Decreased anxiety and depression
- Improved stress-management

Practicing positive thinking is as important as diet and exercise in weight management.

## Pessimistic Thinking

Pessimistic thinking is when you underestimate the value of your work because your achieved outcome is not your desired outcome. Remember that any step you take to improve your health is valuable! Practice optimistic thinking by viewing healthy behaviors as accomplishments.

Pessimistic thinking	Healthful thinking
“I only exercised one time this week. That doesn’t count because I didn’t reach my goal of exercising three times this week.”	“I exercised one time this week. That is better than not exercising at all.”

## Catastrophic Thinking

Catastrophic thinking is when you imagine the worst possible outcome for a situation. This can cause you to place unreasonable restrictions on your health goals. Practice positive self-talk by challenging catastrophic thoughts.

### Sarah is a great example of how positive self-talk can help you form healthy habits

Sarah ate a slice of pie mindfully. In the past, Sarah thought that eating pie would cause her to gain weight. After challenging catastrophic thinking, she told herself:

“I know that enjoying pie mindfully can be part of maintaining a healthy body weight. Because I eat healthfully and exercise, this slice of pie will not cause me to gain weight.”

## Absolutist thinking

Absolutist thinking is when you believe healthy living is “all-or-none.” Absolutist thinking can cause you to develop unattainable goals. You know you are engaging in absolutist thinking when you use words such as:

- Always
- Should
- Must
- Need

Practice positive self-talk by replacing negative words with positive words such as

It’s ok

Can

May

### Sarah’s apple pie dilemma

Sarah is trying to eat healthfully. During her lunch break, she ate a slice of apple pie left out on the counter. After she ate the slice, Sarah thought she failed at her diet. She ate two more slices because she already broke her diet by eating the first slice.

### Sarah practiced absolutist negative self-talk

Sarah lost sight of her goal to eat healthfully. She believed that there was no point in continuing to eat healthfully because she ate an unhealthy snack. Sarah’s negative self-talk led to negative feelings and actions. Instead of negative self-talk Sarah can practice positive self-talk by recognizing that she may have a slice of apple pie and still live a healthy lifestyle. When you are in a similar situation, identify negative self-talk and remember that you can change that to positive self-talk to help you develop a healthy lifestyle.