



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Six Activity Workbook



Lesson Six Weekly Topics and Activities

This Week's Topics

- » Identifying and Reducing Stress
- » Preventing Stress in Your Daily Life
- » Getting Enough Sleep

This Week's Tasks

- » Keep track of your daily intake and assess R-K-O status daily
- » Practice using Eat Less Strategies: 450 in 20 minutes, measure portion sizes, use nutrition label
- » Plan ahead for potential stressful situations. For those situations you can't predict try to use some of the stress reliever actions listed above like deep breathing.
- » Track your sleep hours and determine if you need to add more.
- » Give yourself a day off to cultivate your happiness.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week's Activities

- » Streamline Your Day
- » Identify Your Stressors
- » Chat with Kristina Spellman Wednesday, August 19 at 1 p.m.

Activity 1: Streamline Your Day

Time Management

- » Take a look at the sample weekday time management accounting table below. In what ways do you think this person may be able to streamline their day and make more time for relaxation and “steps” on their pedometer?

Time to Complete Task	Total	Suggested Changes
6 hours	(on average, for sleep)	
30 minutes	Morning Routine: (quick in and out of shower, no time for breakfast, packing lunch)	Example: Pack lunch the night before. Add another 10 minutes in the morning to write in gratitude journal.
1 hour	Commute: (train ride, then to shuttle bus, door-to-door service)	
8.5 hours	Work: (work, lunch at desk, sitting majority of day)	
1 hour	Commute home (same as above)	
3 hours	Dinner on the go on the way to drop kids off at music/dance/sports. Sitting watching son’s practice.	
2 hours	Homework time with kids, getting kids to bed	
40 minutes	Rest, relaxation with spouse, bedtime routine, fall into bed	

Activity 2: Identify Your Stressors

External Stressors vs. Internal Stressors

- » Take a look at the external and internal sources of stress below. Beside each category write down the number in the box that matches the feeling you most identify with. Do you see clearly now what types of stressors are affecting you the most? Use the following rating system:

0 = never, 1 = fairly often, 2 = sometimes, 3 = fairly often, 4 = very often

» **External**

- Money* Are you concerned about paying bills or saving for retirement?
(Financial worries are also intimately linked to the two following stressors)
- Home and family* Do you have frequent spats with your spouse? A child with behavior problems, or an elderly, ill parent?
- Work* Are you coping with a heavy workload, an impatient boss, or difficult co-workers?
- Environment* Do you have a long, difficult commute to work? Is the neighbor's leaf blower or yapping dog driving you nuts? On a larger scale, you might be stressed about the state of the world, the country, or any local community to which you belong.

» **Internal**

Some of these stressors stem from bad habits, which are sometimes a reaction to other forms of stress. Others may just be part of who you are, based on your genes and the environment in which you grew up.

- Irresponsible behavior* Are you concerned about paying bills or saving for retirement?
- Poor health habits* Do you smoke, drink excessively, or use illegal drugs?
- Negative attitudes* Do you often feel pessimistic, uncertain, or fearful?
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