

Staying Motivated!

After the goal setting, then what?

- Knowing what to do and actually doing it, are two different things. Making changes that are simple so you can stick with them forever is key. This is what we crave.

Your team of experts in the Cardiac Rehab Home Program can coach and support you!

- Change can be difficult. You miss the way things 'used to be'. We need to process change as a loss. This is one of the key reasons why it's so hard to change. Working through this process is key for success.

We can help you feel confident in your ability to make lasting positive changes with a focus on heart health!

How do I maintain momentum for change?

- Sticking with habits you've started to change takes work. Managing your expectations about this change can be hard. It is easy to slip into negative self-talk patterns when you miss a day or two. This defeats your efforts.
- To prevent this from happening, you need to expect a lapse to occur. That's right! Remember, this is not about being perfect! You need to change how you think.

Forget about the all or nothing approach!

- Switch to a 'can do' attitude. Strive for action, **not** perfection.
- Start with one small thing to do each day. This helps you stay positive and motivated.

Take one step at a time!

- Surround yourself with positive people. Form a buddy system with someone. Choose someone who is like-minded about staying healthy and active.

Give yourself praise and reward yourself regularly!

- Learn what triggers negative self-talk. Stop blaming and shaming.
- Eating a sweet treat doesn't mean you should blame yourself for not choosing fruit. Don't shame yourself for your choice.
- It is OK to be normal and enjoy sweet treats **and** fruit! Yay!
- Check out our online recipes. Change the way you think about treats forever. Period.

Silence your inner critic and celebrate who you are becoming!

- Putting effort into your health takes energy and time. You need to plan your day-to-day activities and routine.
- Practice re-tracing your steps. Start small with just one thing.
- Always go back to your why question. **Why** are you doing this?
- Digging deep to come up with your personal reason is **huge**. This helps you believe in yourself. It helps you move forward instead of staying stuck.

Reset your steps to boost your mood and mind!

- Try some mental imagery. This may sound hokey but give it a chance.
- Close your eyes. Think about the image of your heart muscle pumping rich healthy blood to all your organs. Imagine how that is going to make you feel and function.
- Take several deep breaths in and slowly exhale. Imagine your heart and circulation performing at its best for you. Go on, give it a try right now!

This could be your one 'new thing' with big impact!

- Seek out extra support if needed. Just ask. Your team at Cardiac Rehab can help get you back on track and stay on track.
- Use our online resources for practical ways to help keep you on track. We have tons of useful information and can help tailor it to meet your needs.

For more information go to: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/

When it comes to change, seek out a sustainable growth approach. Celebrate your vitality and success!