

# Renew Your Support



You have learned how to ask friends and family for support. It may be time now to ask for help again. The more your friends and family support you, the easier it is to live a healthy lifestyle.

## Reach Out to Other Family Members

- ▶ Talk to your support person about family members you have not yet asked for help. Your support person may have some good ideas about who else would help.
- ▶ Be flexible about the help you ask for. One family member might love to give you lots of encouragement, and another may be willing to drive you places to get physical activity.
- ▶ Who would be the best person to talk to your family member about the support you need?
- ▶ Identify the person to ask and the specific type of help you need.

## Reach Out to Friends

- ▶ Write down the behaviors you want to change. What barriers do you face? What help do you need?
- ▶ Draw a map of your support network. Put yourself in the center, with your friends and family around you. Add your PAL and healthcare providers as well.
- ▶ Write down the ways each person could help. For example, you could ask someone to:
  - ▶ Go on a walk with you.
  - ▶ Do an activity instead of watching TV or playing video games.
  - ▶ Make a healthy snack together instead of going to a fast food restaurant.
  - ▶ Praise you for making healthy choices.
- ▶ Which friends are already helping you? What more could they do?
- ▶ Ask for the help you need.
- ▶ Remind yourself that support networks are built one person at a time.

### Additional resources

- ▶ Family Teamwork: LC 17
- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8

### Suggested activity

Recruit at least one family member or friend to help you with your healthy eating or activity this month. Go over your plan with your parents and your PAL.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



# Renew Your Support



*Especially for the Family Support Person*

## How can I help her get more support?

- ▶ Make supporting her a priority -- #1 on your list!
- ▶ Talk to her about how important support is.
- ▶ Ask her how she feels. She may not want people to know she has diabetes. She may be afraid she will not fit in.
- ▶ Let her know lots of people find it hard to ask for help.
- ▶ Help her pin down the specific help she needs. Does she need more praise and encouragement? People to do more physical activity with? People who value healthy eating?
- ▶ Help her decide who to ask for help. Who values being healthy? Who really cares about her?
- ▶ Practice with her so she knows what to say.
- ▶ Follow up. Ask how it went. Encourage. Problem-solve if necessary.

## What's more important? Support from friends or from family?

Family and friends sometimes help in different ways. Both are important. Help her get support from both. Your role in helping her do so is a little different in each.

- ▶ Coach her when it comes to picking other family members. You're the expert here. You've known your family longer. You probably know them best. So it's OK for you to share your advice.
- ▶ Follow up with family members. Remind them of the importance of supporting her physical activity and healthy eating.
- ▶ Help her think about which friends would be good to ask. She's the expert on them. But you can help by asking good questions. Who can she be physically active with? Who will join with her in healthy eating?
- ▶ Praise her for reaching out for help.

### Additional resources

- ▶ Family Teamwork: LC 17
- ▶ Support for Physical Activity: LM 7
- ▶ Support for Healthy Eating: LM 8

### Suggested activity

Talk with her about her plans to recruit another friend or another family member. Offer to talk to some of them as well, if this would be helpful to her. Make sure she feels comfortable before you do so.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight

