By the end of the session you would have...

• An understanding of coaching

• An understanding of the MoVo process model and intervention program

• An understanding of what SMART goals entail

• Started on your journey of self-coaching towards optimal well-being using motivational and volitional strategies as set out by MoVo
Coaching is:

• a process that fosters self-awareness and brings about the motivation to change
  Dotlich & Cairo (1999)

• a process of revealing the greatness in people
  Buck (2004)
Coaching

Involves:

• **Goal-setting**: Setting your own goals

• **Action planning**: Taking action to achieve goals

• **Barrier management**: What is standing in your way of achieving your goals?

• **Self-monitoring**: Becoming aware of where you are and where you want to be
MoVo Process Model : Coaching

Successful setup and maintenance of health behaviours depends on 5 psychological factors:

1. Goal Intention
2. Self-Concordance of Goal Intention
3. Implementation Intentions
4. Volitional Strategies of Intention Shielding
5. Outcome Experiences
MoVo Intervention: Making the Change

Change involves:

• Motivational Strategies:
  Forming a strong and self-concordant goal intention (indicated as “M”)

• Volitional Strategies:
  Focus on implementation competencies and action control abilities (indicated as “V”)

• Making the change and monitoring it
Session 1

Feedback and discussion:

• What are your thoughts about the feedback?

• How do you feel about the feedback?

• What is it that you want to change after receiving feedback?
Session 1

What do you need to do (THINK ACTIONS!) to make this change a reality? (M)

- Look at the pros and cons of each action identified
- How confident do you feel in achieving these actions?
Session 1

• Decide on a specific goal for yourself (M)

• Which action do you want to pursue to achieve this goal?

• Why is this goal important to you? (M)
Session 1

• Discuss the “when, where and how” of your goal? (V)

• What can prevent you from achieving your goal? (V)

• How can you deal with barriers that can prevent you from achieving your goal? (V)
Session 1

- How will you monitor your progress? (V)

- Worksheets:
  - Goal setting
  - Progress table
  - Time management sheet
  - Goal setting reflection
Goals

Setting SMART Goals:

• Specific
• Measurable
• Achievable
• Realistic
• Time-bound
Physical Activity
What is **physical activity**?

- Physical activity is any bodily movement that results in energy expenditure.

- The term "physical activity" includes in addition to sport activities such as swimming, running and soccer also, leisure and routine everyday activities, such as gardening, house work or washing the car.
Why should you be physically active?
Regular physical activity is one of the most important things you can do for your health.

Benefits of physical activity

- Improves blood circulation, which reduces the risk of heart disease.
- Keeps weight under control.
- Improves blood cholesterol levels.
- Prevents and manages high blood pressure.
- Boosts energy level.
- Helps manage stress.
- Helps in the battle to quit smoking.
Movement Matters

exercise is medicine

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.
Adding PHYSICAL ACTIVITY to your life
How much physical activity do you need?

**FITT Principle**

- **FITT** is an acronym which outlines key components
  - Frequency (3 – 5 days per week)
  - Intensity (easy, moderate or vigorous)
  - Type (sport or leisure activities)
  - Time
Physical Activity can be differentiated by intensities so you can use the “talk test” to estimate intensity.

**Easy**: You can breathe and talk comfortably.

**Moderate**: You are slightly out of breath and conversation is only possible in short sentences.

**Vigorous**: Sweat significantly, and breathing becomes more difficult as you can hardly hold a conversation.
physical activity **moderate intensity**

30 minutes a day

150 minutes per week minimum

Examples of everyday sport & recreational activities
Exercise Variety

- **Cardiorespiratory fitness**: a minimum of 3 days a week is necessary to reach most exercise goals and maximize health benefits. WALKING...

- **Strength training**: a minimum of 2 days per week that works all major muscle groups. NOT ALWAYS IN THE GYM ... EVERYDAY TASKS...

- **Flexibility training**: a minimum of 3-5 days per week. SIMPLE STRETCHES
The good news is that you can spread your activity out during the day, so you don't have to do it all at once. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.
Where can I be Physically Active?

@ school
@ home
@ the mall

EVERYWHERE
There are many ways to get the physical activity that you need if you're thinking, "How can I meet the guidelines each week?" Don't worry. You'll be surprised by the variety of activities you have to choose from.
All good things in life, including exercise habits, take time to develop.

By choosing physical activities you enjoy and that match your abilities, it will help ensure that you stick with them. If you're not sure where to start, here are some examples...
Use the stairs wherever possible.

Play with your kids at the playground.

Try to use active transport like walking or riding a bicycle.
Be physically active with others and set a common goal, like participating in the weekly Park Run.

Take your time to find leisure activities that you enjoy. Consider activities like gardening or taking your dogs for a walk.

10 000 steps per day. Park a distance away from the shopping centre so you can get your steps in.
Creating opportunities to walk at school may address many barriers such as not having time to walk after work, concerns about safety, or lack of support.
Exercise is medicine

Physical activity prolongs your optimal health and improves your quality of life.
Stress

Recognising, Understanding and Mastering Stress

A Pro-Active Approach Towards Managing Stress
Understanding Stress

• Difficult to define
• Stress is subjective
• Physiological reaction activated when stress is perceived
• Automatic response
• Stress reaction leads to stress hormones being released
Understanding Stress

Eustress
Stress that is motivational or positive
Results in actions that are constructive
Writing a test or running a marathon

Distress
Stress that is negative or debilitating
Threat to ability to cope
“I am stressed”
Understanding Stress

**Stressors** trigger the stress response
(very subjective)

**External stressors**
- Work situation
- Relationships
- Illness

**Internal stressors**
- Fears and Anxieties
- Emotional problems
- Trauma

Diagram:
- External Stress
  - Job
  - Bills
  - Life Changes
  - Pollution
- Internal Stress
  - Lack of Sleep
  - Illness
  - Fear
  - Poor Nutrition
  - Physical Strain

**Allostatic Load**
- Anxiety
- Hypertension
- Depression
- Autoimmune
- Disease
Recognising Stress

Ask yourself the following questions:

- How do I know I am stressed?
- What are my physical reactions to stress?
- What do I think or feel when I am stressed?
- What do I do when I am stressed?

Becoming aware of your reaction to stressors assists in managing stress better.
Recognising Stress

**PHYSICAL**
- Age and gender
- Medicines
- Thyroid or other endocrine/metabolic disorder
- Cardiac conditions
- Respiratory conditions (e.g. COPD)
- Malignancy
- Infection (e.g. EBV)
- Anaemia

**PSYCHOLOGICAL**
- Anxiety
- Depression
- Post-traumatic stress disorder
- Sleep disorders

**SOCIAL**
- Family and relationship problems
- Bereavement
- Occupational stress including bullying
- Unemployment

**LIFESTYLE**
- Drug and alcohol abuse
- Sleep deprivation
- Overwork
- Sedentary lifestyle
- Inappropriate diet

*Note: this list is not exhaustive, many other factors may contribute to stress and fatigue.*

*Abbreviation: EBV = Epstein-Barr virus*
Recognising Stress

**Stress Reaction**

1. **Alarm Stage**
   Body recognises stressor, hormones released, physical reaction to stress

2. **Resistance Stage**
   Body repairs damage done during alarm stage, physical reaction to stress ceases

3. **Exhaustion Stage**
   Stressor still present, move to alarm stage, individual becomes exhausted and impaired
Recognising Stress

STRESSORS
- Family Relationships
- Disagreements
- Money Worries
- Need to Succeed
- Exams
- Friends
- Decisions
- New Situations

ALARM

FIGHT

FLIGHT

Coping Strategies

Relaxation

Return to Normal

NOT COPING

DISEASE
MENTAL BREAKDOWN

EXHAUSTION
Signs of Stress

Stress can manifest in the following ways:

1. Physically
2. Psychologically
3. Behaviourally
Signs of Stress

1. Physical Signs of Stress

- Fatigue
- Muscle tension
- Headache
- Increased heart rate
- Sleep disorders
- High blood pressure
Signs of Stress

2. Psychological Signs of Stress

Relates to thinking and feeling processes

- Anxiety
- Pessimism
- Forgetfulness
- Lack of concentration
- Loneliness
- Depression
- Burnout
3. **Behavioural Signs of Stress**

- Decrease in work performance
- Unhealthy eating habits (binge eating)
- Smoking and drinking
- Relationship issues due to irritability and impatience
Mastering Stress

1. **Self Monitoring**

Keep a stress diary
- Identify stressors in your life
- Identify how you react to these stressors
- Identify how you can manage these stressors better

Observe thought processes
- Interrupt stress inducing thoughts
- Replace stress inducing thoughts with constructive thoughts
- Stay positive!

Make use of the Stress Manual and *KaziHealth* application
2. Physical Activity and Sport

Incorporate 30 minutes of moderate intensity physical activity into your daily routine.

Incorporate relaxing exercise such as stretching or yoga into your daily routine.

3. Correct Breathing

Monitor your breathing, especially when stressed.

Decrease your breathing rate by taking long inhalations through your nose and long exhalations through your mouth.

Decreasing your breathing rate will decrease your heart rate.
4. Healthy Balanced Diet
Diet should include complex carbohydrates, vegetables, fruits and nuts
Avoid sugar, white flour, alcohol and nicotine
Stay hydrated by drinking 1.5-2L water daily

5. Develop a Sense of Humour
Don’t take things too seriously and learn to laugh more

6. Improve Sleep Patterns
Value of Good Sleep

**Physically**
Energises the body

**Mentally**
Information organized and stored
Unnecessary information erased
Creativity boosted

Replenishes body and mind to manage stress better
How much sleep do I need?

- Individual - become aware of your body’s needs
- Not an indulgence but necessary to function effectively
- **7-9 hours sleep** a night recommended
- No amount of willpower can replenish lost sleep
Indications of Sleep Disorders

- Trouble falling asleep
- Waking up too early
- Restless sleep
- Fatigue
- Difficulty concentrating
Strategies to Sleep Better

• Exercise regularly
• Keep regular sleeping hours
• Introduce night time calming rituals (reading)
• Make sure bedroom is ventilated and dark
• Keep bedroom technology free - no TV, emails, cell phones
• Don’t eat heavy, high protein meals before bedtime
Strategies to Sleep Better

- Don’t take worries to bed
- Avoid alcohol and sugary snacks close to bedtime
- Avoid caffeine six hours before sleep
- Cut out long naps and naps after 18:00
- Don’t toss and turn in bed - after twenty minutes, get out of bed and do a relaxing activity
Manage and control what and how much food you consume on a meal to meal basis.

By doing this, you will know exactly what you are putting in your body for essential growth, repair and energy.

Food is essentially our source of energy for performing daily activities and life sustaining functions.

Therefore based on what you will be doing within a day, would change what sort of diet is most beneficial for you.
The materials and food necessary in order to sustain normal functioning of the body. This involves Vitamins and Minerals.

Supplementation is often necessary if a diet is lacking in nutrition.
Daily Meals

**BREAKFAST** (first source of energy for the day)
Mid-morning snack (light meal)

**LUNCH**
Afternoon snack (light meal)

**DINNER**

Rather eat more regular meals in smaller portions, than fewer meals in bigger portions.
Eating a balance between groups is essential for nutritional and energy reasons. Therefore ensure that your grocery list involves all three.
Examples of groceries for various groups

**Protein** – chicken breast, eggs, fish, nuts, grains and red meats

**Carbohydrates** – whole wheat breads, fruit and vegetables, rice and cous-cous.

**Fats** – olive oil, dairy products, cheat meals (sweets and chocolate)

All food is good for you as long as it is consumed in moderation
• Further breakdown of Food groups
• Basic nutrition needed for life sustaining functions
• Fats, Dairy, Meat, Fruit and Veg and Grains.

THE 5 FOOD GROUPS
Why is eating a balanced diet important?

- Increases energy levels
- Improves concentration
- Decreases body fat percentage
- Food is easily processed
- Decreases feelings of fullness and bloating
- Nutritional balance
- Prevents and treats diseases
How can you balance your diet?

Grains
Carbohydrate energy supplementation

Add rice to dinner
Use cracker bread to replace bread at lunch
Eat healthy breads in the morning for energy
How can you balance your diet?

**Fruit and vegetables**
Good source of minerals and low in energy

5 servings per day, therefore add fruits in as snacks
Start your day with a fruit before eating breakfast
Stick to the vegetables you enjoy
How can you balance your diet?

Meat

Primary source of protein and provides nutrients for growth and repair

Eat less red meat and eat more white meat

Add nuts as a snack
How can you balance your diet?

**Dairy**

Good source of calcium necessary for strong and healthy bones

Add plain yoghurt to cereal

Drink a glass of milk once a day

Use cottage cheese on your cracker bread instead of cheese
• Decrease fast food intake
• Decrease added salt
• Decrease use of sauces
• Decrease saturated fats as they are high in cholesterol
DRINK MORE WATER
References


Thank You

www.kazibantu.org