

For Better Health: Your Self-Management Workbook

How to Use Your Self-Management Workbook

This workbook is designed to help you take steps toward better health. It is set up so that you can try out changes in your eating, physical activity, responses to stress, or other aspects of your diabetes self-management. A self-management change that fits one person's life will not necessarily fit another person's life. The final choice about what self-management plan works in your life has to be made by you.

Because it is impossible to know ahead of time which self-management changes will work for each person, this workbook has been set up as a series of experiments. The purpose of an experiment is to learn. Each time you experiment with a self-management change you learn something. You learn whether it works and whether you want to make it a permanent part of your self-management. Or you may find that it is not a change that you are willing or able to fit into your self-management plan. You can then use what you learn to plan (and try) future self-management experiments.

There is no failure in this type of program. Whether you make a change permanent or not, you know a little bit more about yourself and can make a

wiser decision about your next self-management experiment.

How to Fill Out The Workbook

Following these directions you will find a sample page from the workbook followed by a page for you to fill out. In the first box, you may write down a self-management change with which you want to experiment. For example, if you want to try trading a high-fat food for a low-fat food, write that in the first box. To the right of the "Self-Management Experiment" box, write the date when you began your experiment. After trying out the new food for a number of days, you can think about how it worked and decide whether you want to make this change a regular part of your self-management plan or not. Once you decide, "Yes, I can continue with this new behavior" or "No, I cannot," you have finished the experiment. Record the date you stopped the experiment, and in the "results" box, write your conclusion from your experiment—Yes, No, Sometimes, etc. To the right of that box, write any comments you have about the experiment, such as what you learned about yourself that will help you choose your next experiment. An example of how the self-management workbook might look follows.

Office\Provider Name:

Phone:

Your Self-Management Workbook Sample Page

Self-Management Experiment	Start Date	Stop Date	Result	Comments
1. Change from whole milk to 2% milk.	2/2/2006	2/13/2006	It works.	Took a few days but tastes fine now.
2. Change from regular French dressing to reduced-calorie French dressing on salads.	2/16/2006	2/28/2006	OK.	This works fine.
3. Change from a 10-oz. steak in restaurant to a 6-oz. steak in restaurant.	3/4/2006	3/9/2006	No way!	I hate feeling hungry after a meal, especially in an expensive restaurant.
4. Trim all the fat from my steak in a restaurant.	3/9/2006	3/15/2006	Fine.	No problem.
5. Change from vegetables with margarine to vegetables plain.	3/17/2006	3/21/2006	No way!	Vegetables with all the taste sucked out.
6. Put low-fat spread on vegetables instead of margarine.	3/21/2006	3/29/2006	OK.	This ain't heaven, but I can get used to it.
7. Park in the outer lot and walk 1/4 mile to office.	4/3/2006	4/14/2006	OK.	After being late twice, I almost gave up on this one, but now that I am used to the walk, I enjoy it.
8. Walk upstairs 6 flights to cafeteria at lunch.	4/18/2006	4/26/2006	Sometimes.	I almost died the first time. Now I climb as many flights as I can and take the elevator the rest of the way.

Your Self-Management Workbook

Self-Management Experiment	Start Date	Stop Date	Result	Comments

Developed by R. M. Anderson and M. M. Funnell, Michigan Diabetes Research and Training Center. The University of Michigan. Copyright © 2005. Adapted with permission.