

# Workbook lifestyle

# Exercise 1: food diary

A food diary is a daily log of what you eat and drink each day. The diary helps you (and your doctor) understand your eating habits. Do this for at least one week. After this, review what you eat and how much you eat. Become aware of your quantities consumed so you can make possible adjustments to your diet to live healthier. You will also find a template in which you can reflect on your food diary.

## Example

Amount	Food / drink	When	Where	Alone or with whom	Activity	Feeling
2 + 1 glass	Sandwich with jam + water	8 a.m.	Home	Only	Breakfast	Happy
1 + 1 cup	Brownie + coffee	11 a.m.	Work	With Marie	Coffee Chat	Happy
1 + 2 glasses	Caesar salad + water	12:30 a.m.	Work	All colleagues	Lunch	Happy
1 large + 1 glass	French fries with curry sausage + beer	18 p.m.	Home	With partner	Dinner	Tired
1 bowl	Chocolate ice cream	21 p.m.	In the Chair	Only	Watch tv	Sad



## Reflection food diary

When do I eat the most?

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How do I feel at times when I eat a lot?

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At what times do I want to eat healthier?

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What adjustments do I still want to make?

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# Exercise 2: cognitive restructuring

*Cognitive restructuring is a technique of cognitive behavioral therapy. It forces you to notice bad mental habits and replace them with better ones. We explain this technique in more detail in the lifestyle workshop. Here in the workbook we focus on the six steps of cognitive restructuring. First we explain how these steps work, then we offer you a template to do the exercise yourself when you are faced with a negative thought.*

## Step 1: Press the pause button when a thought appears

When you feel a negative thought coming on, put it on pause and ask yourself, What is going on? Why is this thought coming up??

## Step 2: Identify the trigger: who, what, when, where

**Who** is or was with you at the time you became upset? People often play a direct or indirect role in our emotional reactions. **What** happened? Remember, no detail is too small to have an impact, it doesn't always have to be something big and obvious. It's often something very small and subtle.. **When** did the first thought start to occur? When did I start to feel worse? What happened before that? **Where** did it happen? Often the first triggers are part of a physical environment.

## Step 3: Pay attention to your automatic thoughts

Automatic thoughts are your default first interpretations when something happens to you. They almost always come spontaneously and usually you don't even notice them. In cognitive restructuring, it is important to become more aware of these.

## Step 4: Identify your emotional reaction and notice how intense it is

Emotions come from your mental interpretations about things that happen. The type of emotion and its intensity depends almost entirely on your type of thinking. Rate your emotion by intensity. How intense is or was your emotion? Do this on a scale of 1-10.

## Step 5: Generate alternative thoughts

Once you have noticed a trigger and emotional reaction, try to change it to alternative, ideally more realistic thoughts to interpret the situation/ trigger. Try to find at least 2 or 3 alternative thoughts for each negative, automatic thought that comes to mind. .

## Step 6: Re-evaluate the intensity of your emotional reaction

After you have formed alternative thoughts, return to your emotion(s) that you noticed in step 4. Reassess their intensity. This last step is crucial because it allows you to feel your negative emotions diminish, which is important in cognitive restructuring.

## STEP 1: Press the pause button on an emerging thought

*(What happened?)*

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## STEP 2: Identify the trigger

*(Who, what, where, when and why?)*

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## STEP 3: Observe your automatic thoughts

*(What thoughts came up immediately after the trigger?)*

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## STEP 4: Identify your emotional reaction and notice how intense it is

*(What emotions am I feeling? How intense are they on a scale of 1 to 10?)*

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## STEP 5: Generate alternative thoughts

*(What are some alternative – ideally more realistic thoughts?)*

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## STEP 6: Reassess the intensity of your emotional responses

*(How intense are my emotions now? Do I feel a difference?)*

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# Exercise 3: limit technology

Limit your technologies. Try writing down for yourself three actions that you want to keep up for a week. Use the tips from the workshop or be creative and make them up yourself. For inspiration we give you *two more examples*: leave your phone behind when you go to lunch and set a time limit when you are busy on your phone.

Action 1	
Action 2	
Action 3	

After this week, evaluate how you experienced this. Did you notice a difference? What did you notice? What will tips do you want to continue to follow?

How did I experience my week?	
Did I notice a difference? What did I see it in?	
Which tips do I want to continue to follow?	
What tips do I still want to try out?	

# Exercise 4: healthy living through the seasons

*In the lifestyle workshop, we give a lot of tips that you can apply to your lifestyle by season. They ensure that you remain healthy throughout the year and thus throughout the 4 seasons. Which tips do you want to work with? Write down which ones you want to apply per season.*

<b>SPRING</b>	<b>SUMMER</b>
<b>AUTUMN</b>	<b>WINTER</b>