

Learning How to Change Habits

Naučite kako da promijenite navike

Toolkit No. 14

Brošura br. 14

A lot of your diabetes care is up to you. You may have already changed some habits to take better care of yourself. Perhaps you exercise more now than you did before you were diagnosed with diabetes. Maybe you'd like to change other habits but you're stuck—you feel like you just can't get started. **Changing habits can be hard to do. But you can learn a step-by-step approach that will help you reach your goals.**

Većina njege vezane za dijabetes je na vama. Možda ste neke navike već promijenili kako biste se bolje brinuli o sebi. Možda sada vježbate više nego prije no što ste dijagnosticirani s dijabetesom. Možda biste željeli promijeniti i neke druge navike ali ste stali – imate osjećaj da se nikako ne možete pokrenuti. **Mijenjanje navika može biti teško. Ali možete naučiti kako da korak-po-korak dostignete svoj cilj.**

What happens when you change a habit?

Šta se dešava kada promijenite naviku?

Every change involves several stages: Svaka promjena ima nekoliko faza:

- **Precontemplation.** Maybe you think that a change would help but you're not ready or interested. You feel the change would be too hard to make.
- **Contemplation.** You're thinking about making a change, but not right away. At this stage, the costs of making the change still outweigh the benefits.
- **Preparation.** You're ready to make the change within the month. You've made a realistic plan and you've gathered what you need to carry out your plan.
- **Action.** You've taken action and started your new routine. But sometimes you're tempted to go back to your previous habits.
- **Maintenance.** After more than 6 months of your new routine, you're used to doing it. It's now a habit.
- **Razmišljanje.** Mislite da bi promjena pomogla, ali još niste spremni ili niste zainteresirani. Smatrate da je promjenu teško napraviti.
- **Razmatranje.** Mislite da napravite promjene ali ne odmah. U ovoj fazi, cijena promjene još uvijek ima prevagu nad koristima.
- **Priprema.** Spremni ste napraviti promjenu u roku od mjesec dana. Napravili ste realan plan i prikupili sve neophodno za izvršenje plana.
- **Akcija.** Poduzeli ste korake i započeli sa svojim novim aktivnostima. Ali ponekad padate u iskušenje da se vratite na stare navike.
- **Održavanje.** Nakon više od 6 mjeseci vaše nove aktivnosti, navikli ste se na

nju. Sada je postala navika.

Think about what stage you're in for changes you'd like to make. Are you in the early stages— not yet ready for a change? Or maybe you'd like to make a change but you don't know how. Knowing what stage you're in can help you choose the best approach to changing habits and attaining your goals.

Razmislite u kojoj ste vi fazi za promjene koje želite napraviti. Jeste li u prvoj, ranoj fazi – još nespremni na promjene? Ili biste htjeli napraviti promjene ali ne znate kako. Ako znate u kojoj ste fazi to vam može pomoći da pronađete najbolji pristup za svoje mijenjanje navika i dostizanje cilja.



You can make it easier to eat low-fat foods by stocking up on fruits and vegetables. Bit će vam lakše jesti malomasnu hranu ako se snabdijete s puno voća i povrća.

Changing Habits: Getting Started Mijenjanje navika: Započinjanje

Think about your diabetes care. Then fill in your answers.

Mislite na svoj dijabetes. Zatim upišite odgovore.

What's my goal?

What change would help me reach my goal? _____

Šta mi je cilj?

Koja mi promjena može pomoći da dostignem cilj? _____

What stage am I in for this change?

U kojoj sam fazi sada vezano za ovu promjenu?

- I'm not ready to change right now.
- I'm thinking about doing it sometime.
- I might do it in the next month.
- I'm doing it now.
- I've been doing it for more than 6 months.

- Nisam odmah spreman na promjene.
- Mislim to uraditi u jednom trenutku.
- Možda uradim sljedeći mjesec.
- Upravo sam uradio.
- Radim to već više od 6 mjeseci.

Not quite ready to take action? Još niste potpuno spremni na promjenu?

Here's what to do next.
Evo šta slijedeće da uradite.

To move from the "not-ready" stage to the action stage:

Da pređete sa „nisam spreman” faze na fazu za akciju:

- Consider the benefits of the change. For

example, if you took a half-hour walk every morning, how would that help your health? What effect would it have on your weight?

- Answer these questions:

What part of this change would be hard for me? _____

Why haven't I made this change before? _____

How can I work around these problems? _____

- Uzmite u obzir koliko će vam promjena koristiti. Na primjer, ako biste svako jutro prošetali pola sata, koliko bi to pomoglo vašem zdravlju. Kako bi to uticalo na vašu težinu?
- Odgovorite na ova pitanja:

Koji dio ove promjene bi za mene bio težak? _____

Zašto ovu promjenu nisam napravio ranije? _____

Kako mogu svladati ove probleme? _____

Ready to make a change? Spremni za promjenu?

Here's what to do next.
Evo šta slijedeće da uradite.

To change a habit, you'll need a realistic, achievable plan. Your plan should be as specific as possible. Your health care team can provide information to help you. Write your plan here:

Da promijenite naviku, trebat će vam realan i

dostižan plan. Plan treba biti što specifičniji. Vaš liječnik vam može dati više informacija koje će vam pomoći. Svoj plan upišite ovdje:

- **Here's what I'll do:** _____

Example: I'll take a brisk walk 5 days a week for half an hour.

- **Here's when I'll do it:** _____

Example: I'll walk after breakfast.

- **Here's what I need to get ready:** _____

Example: I'll need comfortable walking shoes.

- **This might get in the way of my plan:** _____

Example: If it's raining, I won't be able to walk outside.

- **If that happens, I'll do this instead:** _____

Example: I'll go to the recreation center and walk around inside.

- **Here's when I'll start:** _____

Example: I'll start my walks on Monday.

- **Evo šta ću uraditi?** _____

Primjer: Šetat ću brzim hodom 5 dana sedmično po pola sata.

- **Evo kada ću to raditi?** _____

Primjer: Šetat ću nakon doručka.

- **Evo šta trebam da budem spreman:** _____

Primjer: Trebat će mi udobne cipele za hodanje.

- **Ovo može ometati moj plan:** _____

Primjer: Ako pada kiša, neću moći šetati napolju.

- **Ako se to desi, evo kada ću to raditi? umjesto šetanja:** _____

Primjer: Otići ću u rekreativni centar i hodat ću unutar centra.

- **Evo kada ću to početi?** _____

Primjer: Počet ću sa šetnjama u ponedjeljak.

Ready to take action or already taking action?

Spremni na akciju ili ste već poduzeli neke korake?

Here's what to do next.

Evo šta slijedeće da uradite.

Once you've started your new habit, you'll want to take steps to keep doing what you're doing. These steps can help:

Jednom kada započnete s novom navikom, trebat ćete poduzeti korake koji će vam pomoći da nastavite raditi to što radite. Ovi koraci mogu pomoći:

- Set up things around you so it'll be easier to stick with your new habit. For example, stock up on vegetables and fruit instead of high-fat snacks.
- Make it easy to find time for your new habit by changing your schedule or your routine. If you prefer to walk in the morning before work, get up a little earlier so you'll have time.
- Think about roadblocks that might come up and plan ways to get around them.

- Ask for support from family, friends, and your health care team. For example, ask a family member to watch the kids while you go for a walk.
- If you sometimes slip up and go back to your old habit, don't despair. You can start fresh tomorrow.
- Keep track of your efforts by writing down what you're doing.
- Vary your routine to keep it interesting. For example, if you're tired of walking around your neighborhood, walk inside the shopping mall instead.
- Reward yourself for sticking with your plan.
- Podesite sve oko sebe da vam bude lakše da ustrajete. Na primjer, snabdijte se povrćem i voćem umjesto punomasnim snakovima.
- Promijenite raspored ili svakodnevne rutinske aktivnosti kako biste lakše pronašli vrijeme za svoju novu aktivnost. Ako više volite prošetati ujutro prije posla, ustanite malo ranije kako biste imali dovoljno vremena.
- Mislite na eventualno zakrčene puteve i planirajte načine da ih izbjegnute.
- Zamolite porodicu, prijatelje i liječnika za podršku. Na primjer, zamolite nekog iz porodice da vam čuva djecu dok vi idete prošetati.
- Ako vam se ponekad desi da propustite aktivnost i vratite se na stare navike, ne očajavajte. Možete sutra ponovo nastaviti.
- Bilježite svoje nove aktivnosti i sve što radite vezano za njih.
- Mijenjajte rutinu da vam bude interesantnije. Na primjer, ako ste se umorili od šetnje po naselju, šetajte po šoping centru.
- Nagradite se tako što ćete ustrajati u svom planu.

Remember: it takes time to make new

habits, but your patience and persistence will pay off in the long run.

Zapamtite: treba vremena da se stvori nova navika, ali strpljenje i upornost će se dugoročno isplatiti.



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