

## *Kia ora, Talofa, Greetings*

*Welcome to the Next Steps Newsletter. This is the first in a series of four for people such as you, who have recently attended a self-management course. Each week one of the key concepts is briefly reviewed along with a range of ideas, tips and links to further information or resources we hope you will find useful. We would love to hear from anyone willing to share their story!*

## Setting a Goal each week

Life is full of ups and downs, but one of the differences for those who do well and bounce back after set-backs is having a goal and setting yourself a small action step each week. This will help you keep on track, and over time, you can achieve much more than you imagined possible!

**Have a go** and think of something you would like to work on. It might be getting back to walking, quitting smoking or cooking healthier meals for the family. Okay, now see if you can make it into a specific action or behaviour (something you have some control over) that you can do on a regular basis.

If your idea is to get back to walking, **be specific** about when you will go walking, for how long, how far you can walk initially, (5-10 minutes) if you want to go on your own or with someone and what time of day. For example: "I will go walking on Monday, Wednesday and Saturday with my wife for 10 minutes before breakfast."

Finally, **write it down** and place it somewhere to remind yourself! On the fridge is a great place so you'll be reminded each time you walk past or open the door!

**Keep a small notebook** and give yourself a tick each day you achieve your goal. Tell your friends and family, nurse and doctor so they can all help you keep motivated and on track. **Go for it! You can do it and it will be worth it!**



## Tip of the Week

### SMART Goals

Do you remember the tips for setting a SMART Goal?

S - specific

M - measurable

A - action-based

R - realistic

T - time-based

Two more you can add for SMARTER goals are:

E - enjoyable

R - recorded

Write your goal down and stick it on the fridge door, your mirror or phone. Each time you see it, you are reminded to keep on track and follow through.



### My Story – Kaye

Kaye attended a self-management course 3 years ago and is still finding all the information and tips she learnt really useful. "I can't believe how much attending the self-management course has helped me turn my life around! Before, I was always at the doctors and unwell. Now, I'm walking regularly, taking my tablets properly and so much healthier. I would strongly encourage everyone to recommend this course to your family, friends and neighbours. It's well worth it!"

### Tip of the Month

Instead of reaching for the chips, slice up a few vegetables, go for lots of different colours, add a low-fat dip or salsa, and now you have a great tasting and healthy snack or platter for special occasions!



### Refer your friends and whānau

*If you enjoyed the self-management course, why not tell your friends and family and encourage them to attend.*

*Courses are being held regularly across Auckland.*

*Avondale, Parnell,*

*Franklin, Clendon,*

*and more*

*To find one near you,*

Phone: (09) 374 6815

Email: [life@procare.co.nz](mailto:life@procare.co.nz)

For more tips and useful resources visit:  
[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)