



DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 14 & 15, Session 11:

Monday, February 22, 2021 to Sunday, March 7, 2021

SESSION FOCUS	Cope with Triggers
KEY POINTS	<ol style="list-style-type: none"> 1. Learn what “trigger” is 2. Identify some of your triggers 3. Ways to cope with triggers
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Watch the “Common Triggers” video to learn what “trigger” is, common triggers that causes unhealthy shopping, unhealthy eating, and sitting still habits, and learn tips to help you cope. <input type="checkbox"/> ▶ Common Triggers – video in Hmong with English subtitles. <input type="checkbox"/> Use the “My Triggers” handout to identify and write down some of your triggers as it relates to shopping, eating, and sitting still and identify your own ways to cope with them. My Triggers – handout in English. <input type="checkbox"/> Use the “How to Cope with Triggers” handouts covering some common triggers and ways to cope with them as a guide to help you work through various triggers. Take it a step further and come up with other ways to cope that may work for you. How to Cope with Triggers – handout in English. <input type="checkbox"/> “Hmoob Exercise” by Ncais Vaj – Ncais shows you three typical moves (tuav cos, tsoov txhuv, and zom zeb) Hmoob people do when they cook and how to correct the moves into an effective workout, allowing you to go at your own pace. <input type="checkbox"/> ▶ Hmoob Exercise – Hmong video by Ncais Vaj.

If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at linds eyl@hmong.org or by phone (612) 244-5721.