



# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB



### Week 17, Session 13: Monday, March 15, 2021 to Sunday, March 21, 2021

<b>SESSION FOCUS</b>	Take Charge of Your Thoughts
<b>KEY POINTS</b>	<ol style="list-style-type: none"> <li>1. Learn the difference between harmful and helpful thoughts</li> <li>2. Learn how to replace harmful thoughts with helpful thoughts</li> </ol>
<b>ACTION PLAN</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Take Charge of Your Thoughts</b> - Watch to learn the difference between harmful and helpful thoughts as it pertains to your eating and fitness goals. HAP’s Mental Health Coordinator, Rachel Vang, provides information about our Mental Health and Wellness program and what resources it offers.  <a href="#"> <b>Take Charge of Your Thoughts</b></a> – PowerPoint video in Hmong &amp; English</li>   <li><input type="checkbox"/> <b>Replace Harmful Thoughts with Helpful Thoughts</b> – View handout to learn ways to replace harmful thoughts with helpful thoughts, as harmful thoughts get in the way of your eating and fitness goals, while helpful thoughts help you reach your eating and fitness goals.  <a href="#"><b>Replace Harmful Thoughts with Helpful Thoughts</b></a> – handout in English.</li>   <li><b>OPTIONAL – 3 Steps to Replace Harmful Thoughts with Helpful Thoughts</b> – complete the exercise to identify your harmful thoughts, put on the brakes, and think helpful thoughts instead.  <a href="#"><b>3 Steps to Replacing Harmful Thoughts with Helpful Thoughts</b></a> – handout in English.</li> </ul>

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 [lindseyl@hmong.org](mailto:lindseyl@hmong.org) or by phone (612) 244-5721.