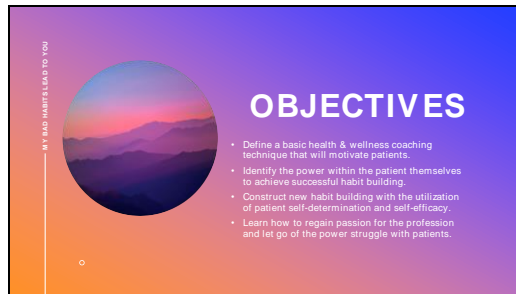


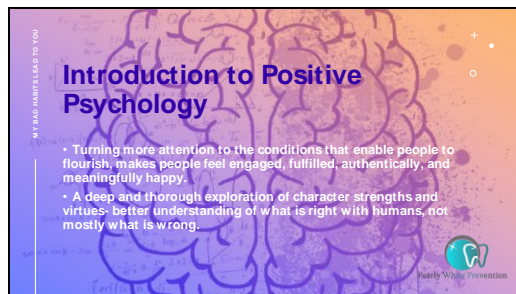
Slide 1



Slide 2



Slide 3



Slide 4

MY BAD HABITS LEAD TO YOU

Values in Action Inventory-Character Strengths

- Identifying your character Strengths can lead to greater happiness.
- Amplify and grow the positive
- Learn from and reframe the negative.

<https://viacharacter.org/>

Slide 5

MY BAD HABITS LEAD TO YOU

Optimism

- Linked to better health outcomes.
 - Increased protection against cancer, cardiovascular disease, and fewer colds.
- Higher longevity
 - Favorably affecting morbidity and mortality.
- Happy people engage in healthy behaviors.
- Good health=positivity
- Positivity generates good health

-Seligman, 2011; Denver, Seward, & Priesen, 2007

Slide 6

MY BAD HABITS LEAD TO YOU

POSITIVE AFFIRMATIONS=POSITIVE THOUGHTS


My positive thinking creates positive outcomes.

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MY BAD HABITS LEAD TO YOU

Appreciative Inquiry

The Power of asking the right questions.
Inquiry is not only about the positive

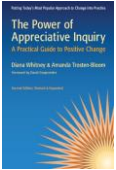


- A focus on the positive is useful for appreciative inquiry but it's not the purpose. The purpose is to generate a new and better future."
- ~ Gervase R. Bushé, Ph.D

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Appreciative Inquiry
Tapping into autonomous motivation




- Autonomous motivation- behaving with a full sense of volition, interest, and **choice**.
- Autonomy is a core human drive. " we dislike being told what to do."
- Denying autonomy deprives a person of the opportunity to take charge and find heartfelt motivation.

MY BAD HABITS LEAD TO YOU

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MY BAD HABITS LEAD TO YOU

CORE PRINCIPLES



- Constructionist- words create worlds.
- Simultaneity- Creates change, the first question is fateful.
- Poetic- WE can CHOOSE what we want to study.
- Anticipatory- Inspires action, positive images of the future lead to positive actions.
- Positivity- Positive questions lead to positive change.

Harley Wilson Companies

Slide 13

AI vs. Problem Solving

MY BAD HABITS LEAD TO YOU

Wins

- Assumes infinite capacity for imagination.
- What to grow.
- True, good, better, or what can be possible.
- Defines the ideal first.
- Expands vision for the future.

Losses

- Assumes problems to overcome.
- What to fix.
- Problems, symptoms, causes.
- Breaks things into pieces.
- Responds to the past.

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Powerful Questions

MY BAD HABITS LEAD TO YOU

Appreciative Inquiry


- Holistic Approach
- Creates sense of unity.
- Expands possibilities.
- High Energy- invokes change.
- Inspires Creativity.
- May reduce other problems.

Problem Solving

- Piecemeal Solutions.
- May seek to place **BLAME**
- Narrows scope of vision.
- Can lower energy- resistance to change.
- Can inspire a crisis mentality
- May not address the root issue.

Slide 15

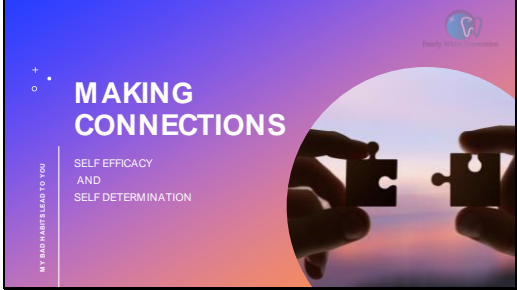
5 D Cycle of Appreciative Inquiry



Define- What is the focus?
Discover- What gives life?
Dream- What might be?
Design/ Destiny- How can it be? What will be?
Delivery- How to?

MY BAD HABITS LEAD TO YOU

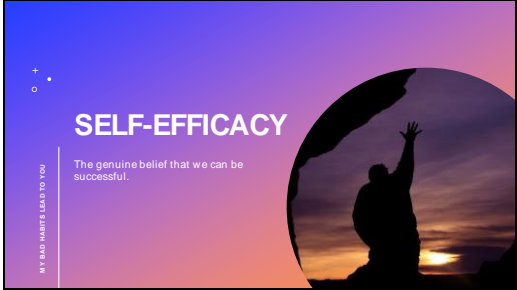
Slide 16



Slide 17



Slide 18



Slide 19



Slide 20


LEARNED HELPLESSNESS MY BAD HABITS LEAD TO YOU

- Occurs when continually faced with negative uncontrollable outcomes.
- Causes one to stop trying to change their circumstances even when they have the ability to do so.
- The perception that one cannot control a situation elicits a passive response to the harm that can be occurring.
- Trauma can lead to avoidance of healthcare.

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Learned Helplessness: Contraindications MY BAD HABITS LEAD TO YOU

- learned helplessness can emerge from and contribute to depression, anxiety, and PTSD disorder.
- Causing continued avoidance of dental care or any health care.
- Causing continued cycle of unchanged behaviors.



Slide 22

MY BAD HABITS LEAD TO...

BREAKING THE CYCLE OF SHAME & BLAME

Stop the cycle to empower your patients to change.
Help patients determine the path by meeting them where they are.
Let go of your frustration by accepting their plan and the path they choose.

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SELF- DETERMINATION THEORY

Slide 24

Self-Determination Theory

- Relatedness
 - A sense of belonging
 - Being cared for and that you matter to others
- Competence
 - Essential to wellness
 - Sense of mastery of thing
- Autonomy
 - Self-endorsed belief
 - Full choice

Slide 25

Visualize the pieces

Find Current Success

Encouragement

Manage Negative Emotions

Others are successful and, you can be too!

Slide 26

Social Determinants

Stages of behaviour change

- Precontemplation (Unaware of the problem)
- Contemplation (Aware of the problem and the need for change)
- Preparation (Intention to take action)
- Action (Initiation of behaviour change)
- Maintenance (Efforts to sustain behaviour change)
- Relapse (Return to previous state)
- Facilitate action
- Education
- Persuade and motivate
- Change environment (Change in habits and beliefs)
- Reinforce changes, receive encouragement

- Stages of change
- Meeting patients where they are
- Where they come from
- What might be influencing their choices
- How health diagnoses can affect them
- Readiness to change

MY BAS HABITS LEAD TO YOU

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Strategy- Formulate a plan for the conversation.

Current Success

From the beginning determine the success level they are currently experiencing.

Barriers to Success

Tell me a little bit more about why you think you need to improve... What would this do for you and your health by?

Building self-efficacy

Tell me a little bit more about what success in this area would mean for you. What would success look like for you? How do you think that would impact your health if you implemented more of this?

Self-determination

How would you go about reaching for that goal in order to reach success in this area?

Plan for negativity

What do you think may get in the way of being successful here? Now that those events have been defined how would you plan to mitigate those issues going forward?
