

USE THE 4 A'S TO ENHANCE YOUR HEALTH

(George Mumford)

Credits: <https://georgemumford>
<https://www.tenpercent.com/>



Awareness

- 'Mirror mind'-clear seeing/know
- Freedom to choose response



Acceptance

- Allow it
- Embrace it; cultivate hope
- Which channel is best to tune into?
- Relate to it in a skillful way



compassionate Action

- What's the essential thing to do?
- Process of making the wise choice
- Leads to strong self-efficacy belief
- Take responsibility



Assessment

- Did it work? If so, maintain & perfect
- Focus on what works; it's a process
- Use the feedback loop and begin again
- Learn from set backs - info to adjust



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Awareness

- 'Mirror mind'-allow yourself to see clearly
- Insight & wisdom (a path forward) comes from clear seeing
- Exercise my freedom & power to choose my response
- I can choose rightly

Acceptance

- Allow it; this is what's happening; it's something to be understood; don't judge, reflect on the conditions
- Knowing you're wired for success helps you relate to the situation in a way that can bring more peace, more ease.
- Train yourself not to withdraw; observe despite being uncomfortable; relate in a skillful way with expanded mind

compassionate Action

- What's the essential thing to do; the compassionate action?
- Stay in love (expanded view, open heart open mind) vs fear (fight, flight, freeze) mode, so you can make wise choices
- Hope includes a compassionate action; "Faith without works is dead"; process of making the wise choices

Assessment

- Did it work? Focus on what works and how to sustain it.
- We are going to choose wrongly sometimes; A mistake is just feedback telling us to adjust
- What did you learn?
- If it didn't work, use the feedback loop and begin again with awareness, acceptance, & compassionate action
- Continue to learn from set backs and see things as stepping stones vs roadblocks

Building Resilience with Type 2 Diabetes

Cultivating Resilience Using the 4 As

Mr. Jackson Uses the 4 As

Mr. Jackson has lived with diabetes for over 5 years. For the most part, he's been able to do what he needs to do to stay healthy. During the week, he has a set routine that works well to manage his diabetes. He eats a balanced breakfast, packs his lunch for work, eats dinner with his family, and rides his bike with his wife in the evenings. He used to keep a similar routine on the weekend, but lately it's been hard because his family eats out a lot and he often ends up ordering meals high in carbs - his blood sugar is high on the weekend and lately he's feeling stuck in a rut. He wants to enjoy eating out with his family on the weekend and keep his blood sugar in a healthy range. Let's see how he uses the 4 A's to work through it.



Awareness

He slows down, takes some deep breaths, and tries to tune into what is happening and how he's feeling. He realizes he's gotten into an unhealthy pattern & is feeling guilty. He also knows he has the power to make changes.



Assessment

Letting go of the guilt felt good. It put him in a better frame of mind to take action - it really worked. Picking a restaurant ahead of time helped him plan out what to order. He feels proud of himself - and he feels supported by his daughter. He wants to continue to use the 4 A's to support his health.



Acceptance

Instead of just being frustrated, he reflects on his situation without judgement. He realizes there's a better way to respond to what he's feeling. He tells himself "This is hard but I can be successful - I can use my knowledge and my faith to support me!"



compassionate Action

He wonders, "What's a compassionate action for me to take to achieve what's important to me?" He decides to ask his family if they can pick a restaurant in advance - this will allow him to look at the menu ahead of time and make a wise decision about what he'll order. He'll also ask his daughter to show him how to find menus online and together pick a restaurant with healthy food options that everyone likes.

Credit: George Mumford talks on the 4 As (<https://georgemumford.com/>)

Building Resilience with Type 2 Diabetes



Cultivating Resilience Using the 4 As

You just saw Mr. Jackson use the 4 As - *Awareness, Acceptance, compassionate Action*, and *Assessment* - to deal with a challenging situation.

Now it's your turn: think of a recent moment/situation when your behavior was not aligned with what is important to you. Try using the 4 As below as a guide to challenge the roadblock getting in the way of you achieving your goal. Use the space provided to jot down your thoughts.



be Aware

Take a deep breath and really tune into what was happening & what you were feeling.



Assess

Did it work? If so, do more of it!
If not, take the feedback and adjust - start the loop again!



Accept

Reflect on your thoughts and feelings without judgement. How can you relate to the situation in a skillful way... with an expanded mindset?



take a compassionate Action

Keep an open heart and mind & ask yourself, "what is the essential and compassionate thing to do?"

Daily Habits for DIABETES MANAGEMENT

Take medications & check blood glucose as prescribed

Build a balance plate; maintain/aim for a healthy weight

Exercise 30 minutes

Sleep 7-9 hours

Practice resilient responses to adversity (internal, external, existential resources)

Reduce sodium & sugar intake

Brush your teeth twice daily & floss daily

Check your feet for swelling, bruises or cuts

Don't start smoking, or if currently smoking take steps to quit

Accomplish today's most important task

Let's Practice Setting a S.M.A.R.T. Goal

This exercise helps identify SMART goals that are important to you. SMART goals help you determine what you want and are motivated to achieve, set realistic deadlines, and succeed! We suggest that goals be made with consultation of your health care provider to ensure they are healthy and realistic.

INITIAL GOAL	Write the goal you have in mind.
S SPECIFIC	What do you want to achieve?
M MEASURABLE	How will you measure progress? Know if you're successful?
A ACHIEVABLE	Do you have the skills, or can acquire them? What steps will you take to achieve the goal? How motivated are you?
R RELEVANT	Why this goal now?
T TIME-BOUND	What's my deadline and is it realistic?
SMART GOAL	Review what you have written, and write a SMART goal.

MRS. CHLOE'S CRISPY BRUSSELS SPROUTS

INGREDIENTS:

- 2 lbs Brussels Sprouts
- 1/4 cup Olive Oil
- 1/2 tsp Kosher Salt
- 1/4 cup Balsamic Vinaigrette
- 2 tsp Honey

DIRECTIONS:

1. Preheat the oven to 375 ° and arrange a rack in the middle of the oven.
2. Peel away any loose or dry leaves and cut each brussels sprout in half through the stem.
3. Place the Brussels sprouts in a bowl. Add the oil and toss to coat. Season with the salt and pepper and toss again.
4. Arrange the brussels sprouts cut-side down on a baking sheet.
5. Roast for 25 to 30 minutes, stirring halfway through.
6. Drizzle with the balsamic vinaigrette and honey, and toss to coat. Serve immediately.

CHEF'S TIPS:

- Trim the bottom of any sprouts that are dried or yellow!
- Sprouts are done when leaves are dark brown and crisp and the undersides of the sprouts are browned.
- Season to your taste and Bon Appetit!



What's the shout about sprouts?



- Excellent low-carb veggie
- High in a variety of vitamins
- High in fiber and good for digestion
- Low in cholesterol
- Delicious!!!!

MRS. CHLOE'S ROASTED VEGGIES

Choose multiple carb-free veggies/starchy veggies below. Wash and chop them into bite-sized pieces. Toss veggies with 1 cup of balsamic dressing and desired seasonings. Marinate anywhere between 30 minutes to overnight. When ready to eat, roast vegetables until tender in the oven at 350°
ENJOY!

Ingredients



Red Onion



Red Potatoes



Mushrooms



Sweet Potato



Brussel Spouts



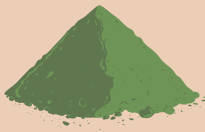
Carrots



Acorn Squash



Butternut Squash



Parsley Flakes



Paprika



Thyme



Rosemary



Garlic Powder



Balsamic Dressing



Keep a couple "go-to" seasonings on hand, and aim to try a variety of veggies from week to week!

"God is glorified when we take care of our bodies, eating clean and healthy! Enjoy!" Mrs. Chloe