



How to Cope with Challenges | Coping with Triggers

Your triggers are things in your life that you tend to react to in a certain way, without even thinking about it. They can be sights, smells, sounds, feelings, people, places, activities or situations.

What triggers your unhealthy shopping habits?

How will you cope with these triggers?

What triggers your unhealthy eating habits?

How will you cope with these triggers?

What triggers you to be inactive or avoid exercise?

How will you cope with these triggers?

Common Trigger Examples

Unhealthy shopping triggers:

"My family gets a pizza every Friday night."

"I keep cookies on hand for when my grandkids visit."

"When I feel down, I pick up a container of ice cream."

Unhealthy eating triggers:

"I always have something sweet after dinner."

"My friends and I always have chicken wings, beer and chips while we watch the big game."

"After church, my women's group has coffee and donuts."

Inactivity triggers:

"My friends and I sit together in the cafeteria every day during lunch."

"I always play video games after work."

"My family plays board games all day on Saturdays."

"When dinner is over, it's time for TV."