

March 11-17, 2018



# Freestyle™



# BOUNCE BACK!

Setbacks happen to all of us.  
Here's how to get back on track.

# Bounce BACK!

Houston member Huda was doing great on her Weight Watchers® plan, steadily shedding the weight she'd gained after her pregnancy. Then Hurricane Harvey hit late last summer. Her home flooded, and she and her husband fled with their little boy to a relative's house, wading through knee-high water. "I didn't even pack my scale. It was so difficult to stay focused," she says. "Because my life felt so chaotic, my eating got a little chaotic, too. I found myself eating out of comfort." Huda also stopped tracking. "I'd been tracking every day for months, and now it felt like I

was rebelling against my better self: 'I don't wanna do it and you can't make me!'"

**Setbacks happen** to all of us, though maybe not at hurricane force! But whether it's a missed meeting, unplanned eating, skipping your morning walk, or not tracking, lapses like these are temporary when you identify, accept, and move past them.

**Think of a setback** as a time when an old, unhelpful behavior pops back up, suggests behavior-change expert Kyra Bobinet, MD, MPH. The good news, says Dr. Bobinet? A setback is also

a sign of success! Your new behaviors have embedded themselves enough that your old behaviors seem—well, *old* and unhelpful. As Huda recalls, "I'd programmed my mind to subconsciously track SmartPoints.

And I had programmed my body to eat better. I wasn't going down again."

**To bounce back** from a setback, first ask yourself what you can learn and what you can change to ward off the setback again. Then, turn to

your support systems, especially at your meeting or on Connect.\* That's helped Huda all along: "I posted about my dips in motivation and other members were there to say exactly what I

needed to hear." And now, as she comes out of the post-Harvey detour and back home, Huda's realized, "Nothing is stopping me from starting over. The idea that I don't

have to let today's setback affect tomorrow's possibility was an incredible revelation."

**"KNOWING THAT THIS ISN'T A RACE HAS HELPED ME DEVELOP A MORE REALISTIC APPROACH TO WEIGHT LOSS AND HEALTHY LIVING."**


—WW member Huda

You'll find more insights into regrouping after, and learning from, setbacks in Kyra Bobinet's book *Well Designed Life: 10 Lessons in Brain Science & Design Thinking for a Mindful, Healthy & Purposeful Life*.



**TIP FROM A LEADER**  
"AFTER I HAVE A SETBACK, I ASK MYSELF: 'WHAT DID I LEARN FROM IT?' SO I'M AWARE IF I'M IN THAT SITUATION AGAIN. THEN I MOVE ON!"  
—LOUIS, LEADER IN OHIO





**HUDA, TEXAS**  
MEMBER SINCE: 2016  
FAVORITE SAYINGS FROM CONNECT:  
"Your SmartPoints" refresh in the morning."  
"Every day is a new day."  
"Start again tomorrow." (Actually, why not start again at your next meal?)  
CONNECT WITH HER: @htfahmy  
FUN FACT: Huda is the creator and illustrator of the webcomic "Yes, I'm Hot in This" on Instagram!

Cover: iStock

\*For subscribers.

## WHAT TO DO: WRITE A LETTER TO YOUR FUTURE SELF

**When you have a setback, pull out your letter and read it to help you get right back on track. If paper and pen isn't your style, write an email or save it in the notes app on your phone. Now, what should you say?**

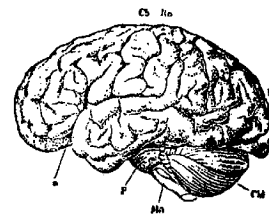
- **REMIND YOURSELF** that your setback is a normal part of the journey, and has nothing to do with who you are.
- **CHEER THE PROGRESS** you've already made, including any scale or non-scale victories you've achieved or are closing in on.
- **LIST WHO CAN HELP AND HOW**—family members or friends, your WW team or fellow members.
- **SET A PLAN FOR GETTING BACK ON TRACK.** For example, if you find tracking has helped before, aim to track your next meal or two. If sharing with others motivates you, scroll through or post on Connect.
- **ON THE ENVELOPE OR SUBJECT LINE,** write "Open me when you \_\_\_\_\_." (e.g., "have a slip-up," "are struggling," "feel stuck.")
- **READ IT WHEN YOU NEED IT!** You could also ask a friend to send it to you when they notice you've had a setback, or if you think you might need a little extra reminder.

**THIS WEEK** Pick a time to sit in a quiet place and spend 10 minutes writing a letter to your future self. Read the letter the next time you have a setback.

For more insights on moving past setbacks, check out **"Weekly Topic"** in this week's e-newsletter (for subscribers) or go to [weightwatchers.com/weeklytopic](http://weightwatchers.com/weeklytopic).



How do you **#bounceback**? Share your ideas on Connect on the mobile app (for subscribers).



## THINK AGAIN

Don't let a lapse throw you off balance. Remind yourself that you are changing and working toward a goal, learning what works for you—not failing.

### UNHELPFUL THOUGHT

"I can't believe how much I ate during that St. Patrick's Day party! I know better than that and now I'm so off track."



### HELPFUL THOUGHT

"I may have gone over my SmartPoints Budget today, but I normally hit the Healthy Eating Zone. This was one situation, it's important to enjoy holidays, and I'm getting right back on track."

### UNHELPFUL THOUGHT

"Eating in a healthy way is just too challenging sometimes. I'm not sure if I can keep it up."



### HELPFUL THOUGHT

"Eating in a healthy way isn't always easy, but I don't have to be perfect. When I slip, it's not a failure, it's a chance to learn what to change so I can avoid that setback again."

**YOUR TURN!** Think about a time you had a setback on your plan. Write an **unhelpful** thought you had in reaction. Give it a reality check, then write your **helpful** thought here.

### UNHELPFUL THOUGHT

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### HELPFUL THOUGHT

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