



# ChallengeME MONTHLY MINUTE

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## Monthly topic: **Behavior Change**

There are lots of changes coming as we start to transition back to the office while staying mindful of the Delta variant. Not to mention the weather is going to start cooling down, the days will start to get shorter, and the holidays are right around the corner. Follow these tips to help you cope with changes and job transitions within the workplace:

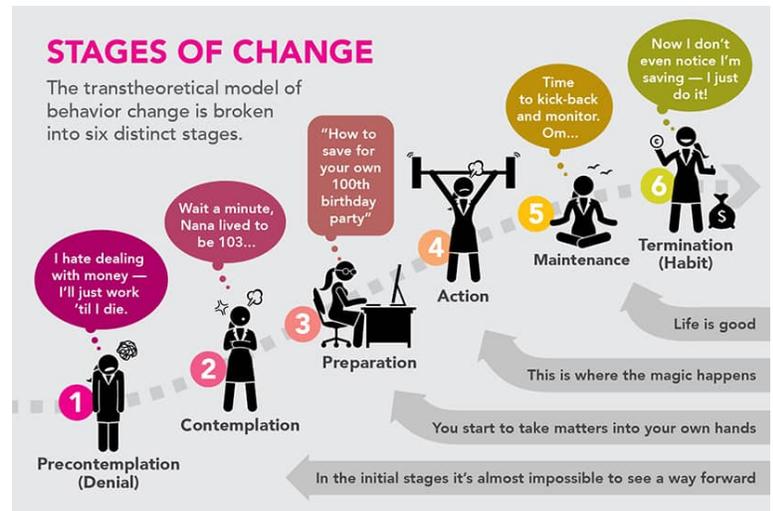
### Adjust your attitude:

- Decide what you have control over related to your attitude
- Be aware of persistence of unhelpful attitudes, such as pessimism, defensiveness, blaming, and cynicism
- Imagine how you would view the situation if you were feeling strong, resilient, and optimistic
- Practice realistic optimism
- Be objective and professional at work

### Symptom Relief:

- Decide what you have control over related to your feelings
- Be aware of your own emotional reactions and physical stress reactions
- Eat right
- Get enough sleep
- Continue with or start an exercise program or regime
- Write in a journal
- Reduce or eliminate your alcohol intake
- Do activities that help you feel centered and secure
- Utilize your emotional support network of friends and family

## Stages of Behavior Change



Most behavior changes fail for 5 reasons.

1. We're motivated by negative emotions or fears.
2. We get trapped in "all or nothing" thinking.
3. We start too big and too vague.
4. We forget that failure is part of the process.
5. We don't make a commitment.

Do you want to make a behavior change, and stick to it? Are you ready to better yourself or your way of thinking? Are you hoping to improve your health?

Visit the ChallengeME website today to learn more about the stages of behavior change and how to make positive changes in your life today!

## Visit a Fair this Fall

Fairs are back! And they are a great way to get outside and be active. There is something for everyone; get out of the house and check out one of these fairs this month!

- 9-12 Clinton Lions Agricultural Fair
- 10-12 Litchfield Fair
- 15-18 Oxford County Fair
- 18-20 New Portland Lion's Fair
- 19-25 Farmington Fair
- 24-26 Common Ground Fair
- 26-October 2 Cumberland Fair
- October 3-10 Fryeburg Fair



Be sure to visit the ChallengeME website  
[mainedot.gov/challengeme](http://mainedot.gov/challengeme)

- > Learn about the states of change
- > Sign up for Health Coaching
- > Sign up for VirginPulse
- > Listen to the ChallengeME Podcasts
- > Watch past webinars
- > Learn about your benefits

**Coming Up** October: Cancer Awareness

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)