

In improve unhealthy  
eating could include  
meal prepping,



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In PHP 1 the behaviors I identified that are not consistent with my view of health are unhealthy eating and not enough self-care/ affirmation. While researching the National Medical database for unhealthy eating I came across an article on Self-affirmation and its improvements over snacking which I thought would be beneficial since unhealthy eating and not enough self-care are two behavioral problems that I have addressed.

Ways to improve my health outcomes for self-care can include affirming, meditating, growth reading, writing, exercising on a weekly/daily basis, personal growth strategies, and overall embracing positivity and life. Other health outcomes to improve unhealthy eating could include meal prepping, dieting, working out, watching calorie intake, researching health benefits, and adding more self-care into my life so that I will appreciate my body more. Abstract: Individuals low in eating self-efficacy are at risk of engaging in unhealthy eating behaviors, including the consumption of high calorie snacks.

The elevated levels of snacking displayed by these individuals can largely be attributed to their experiencing low self-control over the avoidance of such foods (Hankonen, Kinnunen, Absetz, & Jallinoja, 2014). Interventions are thus required to boost self-control over snacking among those low in eating self-efficacy. Self-affirmation has been shown to boost self-control among individuals with depleted resources in other domains (Schmeichel & Vohs, 2009). The purpose of the current study was to test the hypothesis that a self-affirmation manipulation would similarly increase self-control over snacking for individuals low in eating self-efficacy.

Journal Article Citation: Churchill, Susan, et al. " Self-Affirmation improves self-Control over snacking among participants low in eating self-Efficacy."

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com/science/article/pii/S0195666317307353? via%3Dihub. Abstract

Hyperlink: <https://www. ncbi. nlm. nih. gov/pubmed/29307498>