**What is Action?**

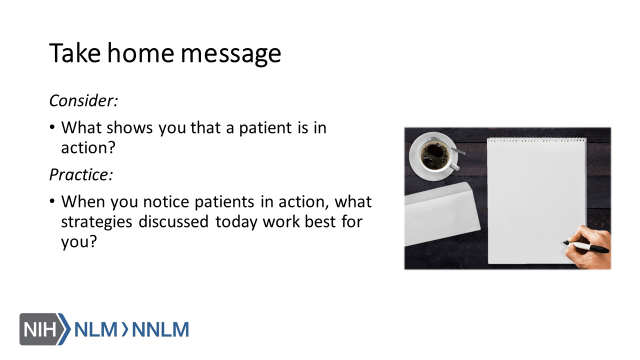
A person had made changes to their behaviors or lifestyle within the past six months2

**Core principles + OARS for someone in Action**



* Help them stay on track3
* Support **self-efficacy**1
  + Affirmations4
* Consider their support system3

**Figure 1.** Adapted from Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006



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