

HEALTHIER HABITS CHEAT SHEET

A NOTE FROM THE AUTHOR

I firstly want to thank you for listening and interacting with during the wellbeing webinar. I hope you found the information useful and most importantly can apply the guidance I discussed to benefit your own wellbeing in the future.

To help you with this I've designed this "Healthier Habits Cheat Sheet" so that you can use the information to build new wellbeing habits within the four pillars of health - Nutrition, Sleep, Stress, and Movement.

What's inside the guide?

- The habit system formulae for building healthier habits
- The habit sytem template for designing new habits
- Examples of habits in each of the four pillars of health
- A habit tracker to monitor your new habits

Thank you again for choosing Health@Work to support you and your organisations' wellbeing.

To your good health,

Declan
Wellbeing Consultant
Health@Work

**"WE ARE THE SUM
OF OUR ACTIONS
THEREFORE OUR
HABITS MAKE ALL
THE DIFFERENCE."**

ARISTOTLE





INTRODUCTION

BUILDING HABITS THAT LAST

To build new habits it's best to start small, if you start changing the whole world overnight your brain will resist and you'll lose momentum. You need a system whereby you use an existing behaviour as the 'cue' to do your new habit on top of an existing behaviour - an anchor habit.

This habit is a built-in habit system that you naturally do without thinking about it anymore. Like putting on your shoes after your socks or brushing your teeth after you wake up. You've done these all so often now that your brain has wired them to be automatic.

Giving yourself a little reward each time that you complete a new habit reminds your brain that it was a positive experience. This reinforces the habit, increasing the likelihood of it becoming an automatic behaviour over time.



HABIT SYSTEM FORMULAE

STEP #1 : PICK AN ANCHOR HABIT

After I... (Anchor Habit)

For example: After I boil the kettle in the morning

STEP #2 : PICK A NEW HABIT YOU WANT TO DO MORE OF

i will... (New Habit)

For example: I will drink a full glass of water

STEP #3 : REWARD YOURSELF EACH TIME

My reward will be... (Celebrate)

For example: Take 10 minutes for myself to enjoy my coffee in peace



HABIT SYSTEM TEMPLATE

INSTRUCTIONS:

Design your new habit using the habit system formulae below.

ANCHOR HABIT

An existing routine in your life reminding you to complete new habit.

NEW HABIT

The new change that builds on top of anchor habit.

REWARD

The reward that reinforces the habit loop, resulting in a positive experience.

AFTER I....

I WILL....

MY REWARD IS....

AFTER I....

I WILL....

MY REWARD IS....

AFTER I....

I WILL....

MY REWARD IS....





STRESS

HABITS FOR BETTER STRESS MANAGEMENT

Below are a list of Stress Management habit systems. Pick ones that you feel you can realistically do and ones that you can see yourself doing easily. Revise and make it easier if you find you're not making any progress after a few weeks.

- After 3pm I will drink water instead of coffee
- After I wake up I will open a window and take 3 deep breaths
- After I turn on the shower I will say one thing I am grateful for
- After I sit down at my desk I will write down 3 things I am grateful for
- After I eat lunch I will meditate for 3 minutes
- After I get on the train I will open my meditation app on my phone
- After I put the kids to bed I will do 10 minutes of yoga
- After I close my laptop I will tidy my desk for the next day
- After I turn of the tv at night I will get my clothes ready for tomorrow
- After my head hits the pillow I will take 10 deep breaths





SLEEP

HABITS FOR BETTER SLEEP

A list of sleep habit systems are listed below. Pick ones that you feel you can realistically do and ones that you can see yourself doing easily. Revise and make it easier if you find you're not making any progress after a few weeks.

- After I hear my alarm in the morning I will get up without hitting snooze
- After I put on my shoes in the morning I will go outside for a five minute walk
- After I finish eating lunch I will get outside into the natural light of the sun
- After 1pm I will drink water instead of coffee
- After I wash the dishes I will charge my phone in the kitchen, not the bedroom
- After I get ready for bed I will leave my phone in another room
- After 9pm I will stop using electronics and starring at screens
- After 8pm I will dim the lights around the house
- After 8pm I will turn off the heating in the bedroom
- After I get into bed I will put a sleep mask on





MOVEMENT

HABITS FOR BETTER MOVEMENT

Below are a list of movement habit systems. Pick ones that you feel you can realistically do and ones that you can see yourself doing easily. Revise and make it easier if you find you're not making any progress after a few weeks.

- After I get to work I will take the stairs instead of the lift
- After I put on my shoes in the morning I will go outside for a five minute walk
- After I finish eating lunch I will go outside for a 15 minute walk
- After every 30 minutes I will get up and walk to the end of the office and back
- After I get out of my car at night I will walk to the end of the street and back
- After I clean the kitchen I will take a 20 minute walk
- After I get downstairs I will do 5 press ups or squats
- After 8pm I will get my gym gear ready and put it in the car
- After I finish work I will walk to my car instead of taking the train



DAILY HABIT TRACKER

WEEK COMMENCING _____

HABITS:

M T W TH F S S

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MY WEEKLY OVERVIEW:





Our mission is to help businesses to build healthy and safe workplaces

We offer a personalised, holistic approach to health, safety and wellbeing within the workplace that benefits your business, your employees and your customers.

The qualifications, knowledge and extensive experience of our team has led us to being one of the premier health, safety and wellbeing consultancies in the country with a track record to match.

We work with businesses to understand their needs and provide suitable health, safety, compliance, wellbeing and training packages to suit every business and every budget.



workplace
wellbeing
CHARTER

Show your commitment to the health and wellbeing of your employees

An accreditation from the Workplace Wellbeing Charter not only demonstrates your organisation's commitment to improving the lives of those who work there, it will make you stand out as an employer of choice.

During the accreditation process our consultants will work with you to assess your company's performance against the 8 pillars of the Charter. They will look at your current practices and policies and develop action plans to embed new practice, tackle problem areas or test how well your existing systems are working.

Why not ask about our combined training and accreditation packages.



To find out more about any of our training courses and services please call **0151 236 6608** visit **www.healthatworkcentre.org.uk** or email **info@healthatworkcentre.org.uk**