Think for the Future

# WOW Pack

# Creating Good Habits

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!


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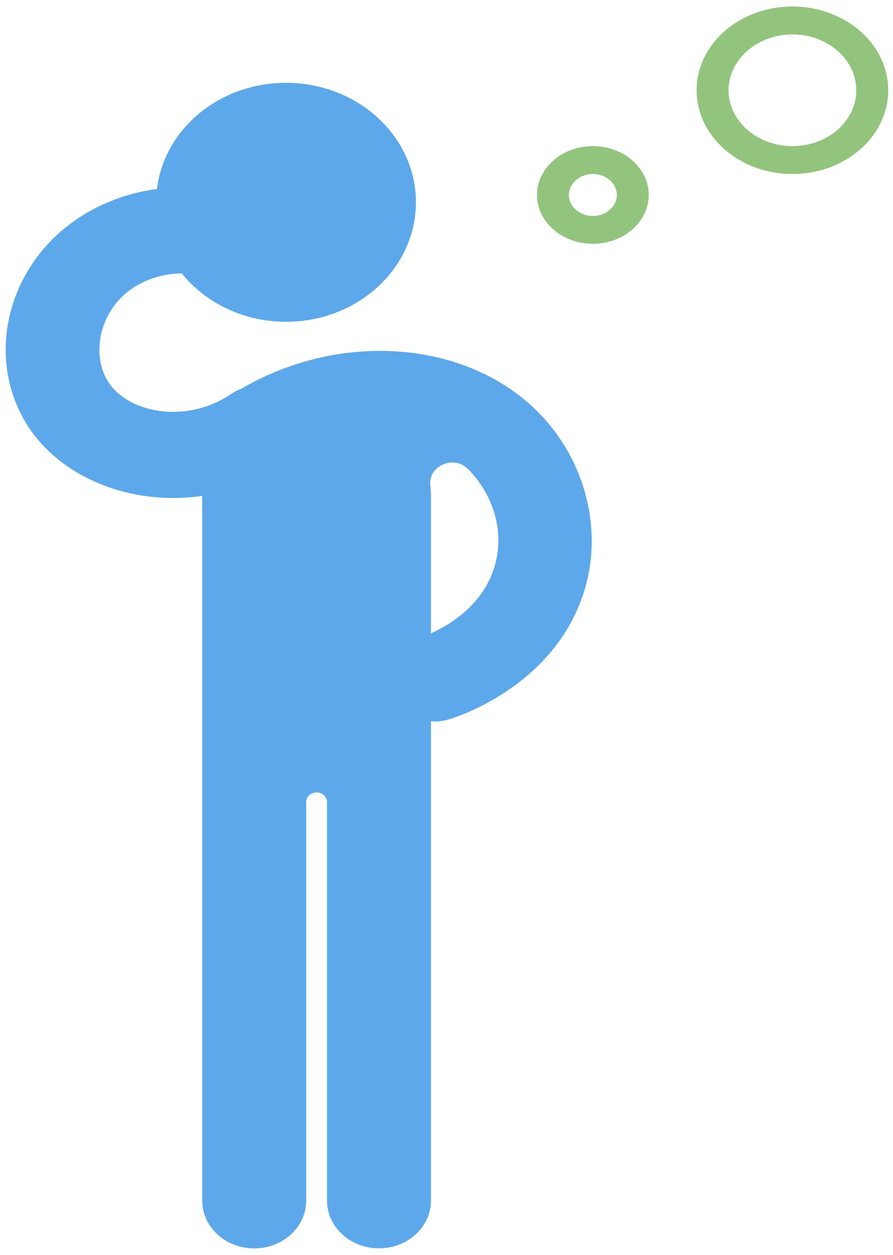
# Think about it: Good habits

Think for the Future

What do you do regularly, without even thinking about it?

My habits...



Write down all the things you can think of that you do out of habit, good and bad!

# Creating good habits

Think for the Future

"***Good habits formed at youth make all the difference***." *Aristotle*

We all know what good habits are; eating well, exercising, working hard, being kind etc. the sooner you start building up the habits the better you get at them and the more natural they become.

For me, the habit of waking up early to spend some time focusing on myself is one of the best things I have done for my own well-being and overall mental health. Get up early, go for a walk, take a long shower, read; whatever it is that helps you centre yourself for the day, waking up early will give you time to do that for yourself so that you can be the best version of you for others.

**What is a habit?**

A habit is something we do regularly without thinking too much about it. It could be a good habit, like brushing our teeth, or a bad habit, like biting our nails!

A habit is often hard to give up, as it has become part of our routines and our unconscious actions.

'*Habits can be the basis of your success, or your downfall*'

On average, it takes **more than 2 months to make a new habit**, 66 days to be exact.

This varies depending on the behaviour, the person, and the circumstances.

Don't put it off any longer, check out our top tips on how to create good habits!

**How do we create habits?**

Habits are learnt behaviours. Everything we do we have learnt at some point! We have learnt that we eat 3 times a day, we have learnt we brush our teeth twice a day.

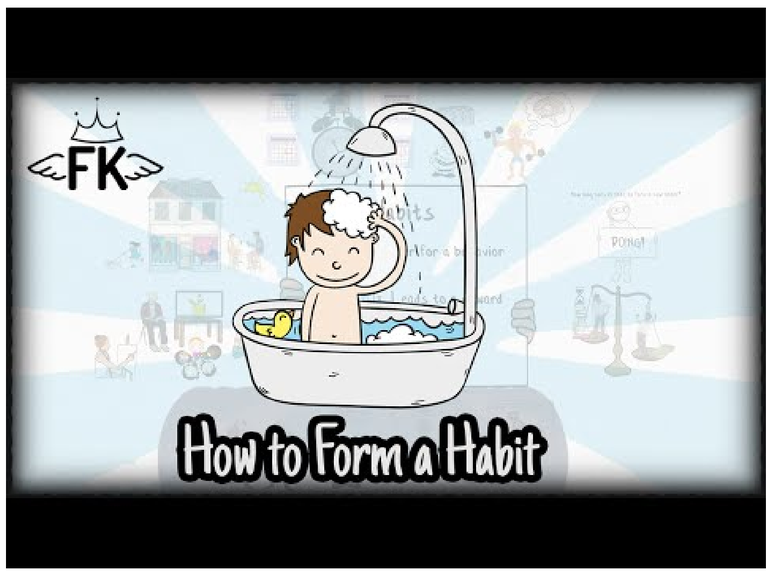
We often pick up habits from our family members, friends or people we spend a lot of time with. If your friend starts saying a certain slang word, how long until you start saying it too?!

Habits are a cycle of events. They start with a cue, followed by an action to gain a reward. A cue can be anything from a time of day, a place, an emotion or even a person. This cue triggers us to do something - an action. This action usually produces a reward (either negative or positive) which encourages us to do it again. And so a habit is formed!

**Take a look at this video on how to develop and maintain good habits**

Watch this

https://www.youtube.com/watch?v=kCaulD_b43M



# Creating Good Habits
# Top Tips

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**Exercise**

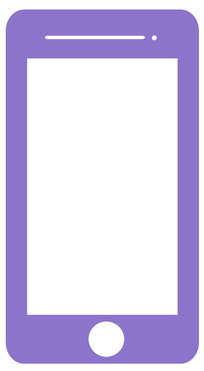
Exercise is considered to be one of the best habits to have in life! It doesn't have to mean lifting heavy or running a marathon.

Now is the perfect time to get in to the habit of going for a 30 minute walk every day. A few extra purposeful steps can do amazing things for our fitness level and our mind

**Drink water**

Have a think about how much water you actually drink... it's probably not that much! We drink fizzy drinks, tea or coffee, but not a huge amount of pure water.

Our bodies need two litres of water a day to work effectively, so whilst you're at home use the opportunity to get your body used to drinking more.



**Screen time**

At the moment we're spending all our time staring at our phones and computers. All of our school work and relationships with other people is done through a screen!

Give yourself 30 minutes each evening where you turn off your devices, and spend some time reading, or playing a card game, or use the time for you daily walk.

**Tidy up**

Tidy room, tidy mind! It might feel like a huge task if you've left it a while, but keeping your room tidy will make your mind feel clearer and you feel happier.

Keeping on top of it will mean you only need to spend a few minutes each day putting things away, rather than hours and hours at the weekend when you'd rather be relaxing!

**Wake up**

Research shows us that it is normal for teenagers sleep cycles to shift so they go to sleep and wake up later, but a waking up routine is important to keep. Why not set an alarm (even if it's for 10am!) to make sure you're not slipping in to bad habits of sleeping in every day. You'll be grateful when you go back to school!

**Reward**

That habit cycle is all about the reward at the end, so help it become the norm by giving yourself a little pat on the back to help the behaviour become a habit!

# 5 ways to create a good habit

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1

**Start small**

Most people want to create big change as quickly as possible. They want to go from zero to four gym sessions every week, switch to a healthy diet overnight, and meditate for 20 minutes every day. The will power required to complete this is not impossible, although may be a shock to your system if you aren't used to doing this! Start off small and build up to your final end goal it will make the challenge easier and increase your chances of success.

**Get hooked**

Have you ever noticed how hard it is to stop something once you become passionate in it, maybe a game, a film or a book? Get a calendar, each time you complete your new habit for the day, put a big red X on that day on the calendar. Within a few days, you'll have a chain you don't want to break. This is a very clever strategy you can use to create a visual reminder of how much effort you've invested in your habit. You'll likely find that the longer the chain grows, the harder you'll fight to keep it going.

2

3

**Clear intentions**

If you're serious about your new habit, vague intentions like "I'll try to hit the gym three times this week" won't cut it. Research has shown that you'll be much more likely to follow through if you've decided beforehand exactly when and where the behaviour is going to take place.
Linking your new habit to an already existing behaviour increases your chances of success for example; "When I finish my dinner, I'm gong to read two chapters"

**Celebrate the small wins**

If you're like most people, you're much better at beating yourself up for a bad performance than you are at rewarding yourself for a good one. We are far too often our own worse enemies! Celebrate a milestone or achievement regardless of how big or small – research shows this is important for our own motivation.

4

5

**Commit**

Put things in place to ensure you stick to your habits. Imagine you plan to do 1 hour of online school work after lunch, but the sun in shining and within a few minutes your brain starts to rationalise; "I can work when it rains, I should head outside whilst I can!" Suddenly you remember you had arranged to work together with your friend, and by not working you're letting them down too. By committing to a friend, you are less likely to put it off!

# Join the Conversation: Developing Good Habits

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Check out TFTF mentors Hallam and Jordan talk about developing good habits on our podcast!

https://www.youtube.com/watch?v=LQTf25F2Ihc

Join in the chat and let us know what you thought on our social media

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# Where else to look...

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## Click on the icons below!

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