

## Building Healthy Habits Some Hints & Tips

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## Webinar Objective



This webinar will provide a few handy hints and tips for developing a healthy work and personal life and share our experiences.

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## Webinar Structure



- The webinar
- The workbook
- The activities
- Questions

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## Healthy Lifestyle Quiz



- Have a go at completing the Healthy Lifestyle Quiz

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## What is a Habit?



Something that you do often and regularly sometimes without knowing that you are doing it

### What is a Healthy Habit?

A healthy habit is any behavior that **benefits** your physical, mental, and emotional **health**.

These **habits** improve your overall well-being and make you feel good.

**Healthy habits** can be hard to develop and often require changing your mindset.

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## Activity 1 – Your Good and Bad Habits



Turn to page 2 in your Work book and have a go at identifying up to 3 of what you consider to be your Good and Bad habits!

Do share some of them on the chat box

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## Benefits of Good Habits



Some of the benefits of developing Healthy habits include:

- Weight control
- Improves mood
- Combats diseases
- Boosts energy levels
- Improves longevity

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## Staying Healthy is a Habit!



Vital that we all take care of our physical and emotional health to be better placed to look after ourselves and others.

Simple changes to our daily routine, - getting enough sleep, eating well, exercising, & keeping in touch with people, can boost our mood and help us stay healthy.

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## Activity 2 – My Top Habits



- Turn to Activity 2 on page 3 in your Workbook and write down up to 5 top habits you would like to build for a healthy life
- Share some in the chat box!

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## Simple Healthy Habits



Diet, Nutrition and fitness are usually in the top tips for a healthy lifestyle. Some simple good habit ideas for these include:

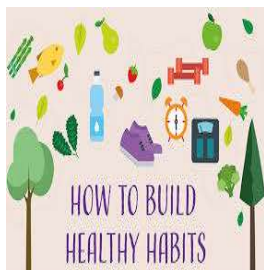
1. Use stairs not the lift
2. Drink 1 extra glass of water
3. Take a 10-15 minute walk after lunch
4. Focus upon sitting up straight
5. Go to bed ¼ hour earlier
6. Balance on one leg for 10 seconds then switch to other leg
7. Stretch
8. Include greens and lettuce in your meals
9. Find healthy substitutes for unhealthy food – take time to cook
10. Disconnect
11. Breathe deeply
12. Smile



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## Making it Happen



In order to build meaningful healthy habits into our life ask yourself the following questions:

1. Am I doing this for myself or someone else?
2. Why am I doing this?
3. What is the long-term gain from this habit?
4. Is it realistic and achievable?
5. Do I have a plan?
6. What challenges / obstacles will I face?
7. How will I keep myself accountable?

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## Promise Card



This promise card is for you to hold yourself accountable for the changes you are going to make within your life; be it at home or at work

I promise to  
 .....  
 1 Month  
 .....  
 6 Months  
 .....

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## Poll – How to make healthy habits stick – True or False Quiz



Have a go at completing the poll.

Quickly go down the statements and tick either the true and false boxes in the right hand column

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## Poll – How to make healthy habits stick – True or False Quiz

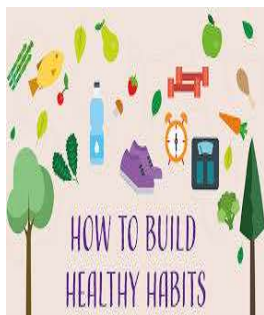


1. False
2. 2b
3. True
4. False
5. False
6. 6b
7. True

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## Our Resilience



We all have strengths but, do you take time to reflect on what they are and how you can use these strengths, to overcome setbacks and obstacles and increase your own healthy habits and personal development and not throw in the towel?

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## Common Themes of Resilience



Resilience keeps us on track to achieve our goals, regardless of problems that we may experience.

We can boost our resilience and ensure that we'll succeed by focusing on these areas, no matter how many failures we experience.

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## Common Themes of Resilience



You can help to protect and grow your resilience by:

1. looking after your health and wellbeing,
2. building your support networks,
3. changing your thinking from negative to positive.

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## Poll - Activity 3 How Resilient are you?



**"No man is free who is not master of himself."** Epictetus

Have a go at completing the poll.

Read through each statement in turn and write the letter you think is correct in the far right column.

For this exercise you get 2 mins. The idea is to put your immediate answer down without thinking about it!!

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## Activity 3 - How Resilient are you?



**There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will. Epictetus**

The answers to Activity 3 are:

- 1d
- 2b
- 3d
- 4c
- 5d

How many did you get?

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## What does it take - Resilience



By focusing on healthy lifestyle habits, you'll ensure your success is long-lasting!

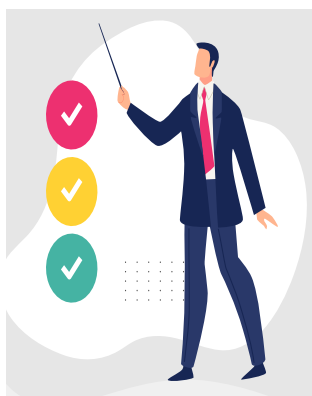
According to Cooper, Flint and Pearn in their book, *Building Resilience for Success* (2013), Resilience has 4 elements to it:

1. Confidence
2. Social Support
3. Adaptability
4. Purposefulness

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## Common Themes of Resilience



### Confidence:

Confidence is doing the "right thing" despite opposition, being willing to take risks, admitting your mistakes and learning from them, and accepting praise graciously.

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## Common Themes of Resilience



Community Resilience

### Social Support

Social support is about building good relationships with others at home and in the workplace, and seeking support and help from them in dealing with problems.

Being able to approach people in a crisis can help to lower your stress levels and produce a more positive outcome

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## Common Themes of Resilience



### Adaptability



Is understanding your failures, reflecting on them, being open to new ideas and situations, and finding ways to complete difficult tasks, rather than giving up.

Learning to become adaptable means trying to identify and deal with any self-sabotaging personality traits, such as a fear of uncertainty or change

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## Common Themes of Resilience



### Purposefulness:



Resilient people are committed to their lives and their goals, which gives them drive and a compelling sense of purpose.

The more you feel in control of their lives, and spend time and energy focusing on situations and events **they can influence**, which empowers and builds confidence.

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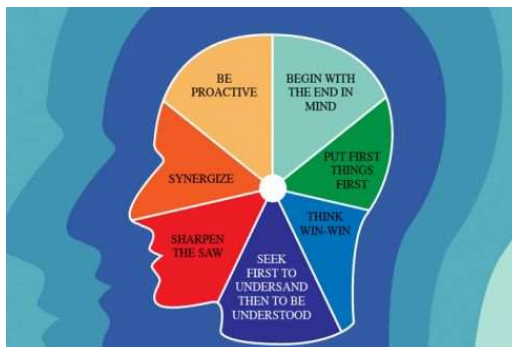
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## 7 Habits



### 7 Habits of Highly Effective People

Stephen Covey



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## Habit 7 - Sharpen the Saw




By renewing the 4 dimensions of our nature – the physical, spiritual, mental and social / emotional we will work more quickly and effortlessly.

By caring for and attending to the needs of these 4 areas of life we will build resilience to develop, plan for and sustain healthy habits.

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## Build Resilience



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## Working from home



Working from home for the first time can cause different feelings and emotions.

Homeworking can be a challenge for some people who've not done it before.

It can be stressful and you can lose touch with your colleagues

**But these are things you can overcome with good planning, good practices and self-discipline.**

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## Activity 4 – Working from home



Turn to page 9 of your workbook and look at the list of comments below and tick the one/s that most reflect your thoughts when having to work from home:

Comment	✓
“Working from home is less stress for me. It will help me get more work done	
“Dreaded it – I miss the personal contact with my colleagues. We can’t replicate that virtually”	
“Homeworking is so liberating! It will be good to do things my way at last!”	
“I reckon, working at home will take more discipline and self - motivation”	

## Activity 5 – My Experience



- What has been your experience, particularly if this has been the first experience of working from home.
- Share your questions and comments in the chat box
- What issue has it created for you and how have you tried to manage them?
- What have been the positives of working at home?

## Activity 6 – What are the risks?



Turn to page 11 of your workbook and have a go at identifying all the risks associated with the two photos below



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## Activity 6 – What are the risks?



Some of the key risks include:

1. Information scattered may get lost or be seen by others
2. Laptop on a surface that doesn't provide ample ventilation could pose a fire hazard
3. Excessive amounts of paper could pose a fire hazard
4. Objects scattered on the floor can lead to slips and trips

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## Good Habits - Working from home tips



- Get ready for work
- Have a routine
- Separation of roles / spaces
- Be flexible
- Get fresh air
- Communicate with colleagues
- Support

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## Activity 7 – Changes I will make



Thinking about your situation, what positive changes in your habits have you / will you make?

Image: Alliance for Healthier Communities

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**What we do**

Homeless Link is the national membership charity for organisations working directly with people who become homeless in England. We work to make services better and campaign for policy change that will help end homelessness.

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