Wellness Routines for Uncertain Times

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Presenters

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Learning Objectives

- Learn the impact of goal setting and routines on wellbeing

- Explore a model for achieving and sustaining wellness goals

- Explore the importance of self-compassion in times of crisis and uncertainty

Things are hard and scary right now

- Life disruption of many kinds
- Powerlessness, uncertainty
- Routines that were helpful
  - Don't work under the current circumstances
  - Don't have access to them in the ways that we used to

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Habits and routines help our wellbeing

- Can make us feel healthy and safe
- Many spend a lot of time building what works for us, trial and error
- Provide a sense of normalcy
- Goals help us build routines and habits that work

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Research shows that goals:

Help us move toward something– giving sense of purpose or meaning
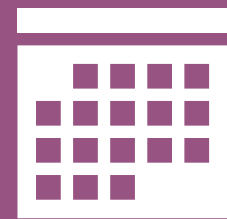
Give us structure and schedules

Boost self-esteem (feelings about ourselves) and self-efficacy (belief that our actions mater)

Reminder

You can use this time to create and work toward whatever is meaningful and feels good to you: including or excluding what other people suggest

Goals during uncertainty

Meet yourself where you are in your current circumstances

Think about how you can use what has worked for you in the past

Don't have to do it all alone

Focus is on empowering us as people to make decisions and lives that feel aligned with who we want to be

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What is a goal?

- There are multiple levels to our goals. We might say that our goal is to complete some activity but as we look deeper that are layers to why we want to accomplish that.

- The ultimate goal is also called the "benefit."

Ask the Four Questions

- If someone states their goals as "I want to lose weight."
- Ask:
  - "**Why** do you want to lose weight?
  - "Because I want to feel better about myself."
  - "What will the **benefits** of this be?"
  - "I won't be so self-conscious."
  - "How will your **life be different**?"
  - "I would feel more comfortable around people."
  - "If you accomplish this, what will you **be able to do** that you can't or aren't doing now?"
  - "I'll be able to meet new people and make new friends."

  That is the real benefit!

Relate the goal

- "So maybe your real goal is to make new friends, and losing weight is an interim goal to achieve that benefit."

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Checking Your Goal

- Why do you want this goal?

- What will the benefits of this be?

- How will your life be different?

- If you accomplish this, what will you be able to do that you can't or aren't' doing now?

Looking at Your Goals Using the IMPACT Criteria

I: Does it **I**mpact the quality of your life?

M: Is it **M**easurable in term of knowing if I have accomplished it?

P: It is **P**ositively stated as something new I want in my life?

A: Is it **A**chievable in my present situation with my current abilities?

C: Does it **C**all forth actions that I can take on a regular basis to create healthy habit?

T: Is it **T**ime limited in terms of when I will begin and when I will accomplish it?

Create an Action Plan

- Learning to create an action plan that helps a person reach his or her goal is crucial to success. The actions must be things that the person can do on a regular basis in order to create a new habit.

Use This New Format to State Your Goal

- "<u>In order to</u> make new friends, I will lose weight so that I will feel better about myself, go out more often, and meet new people, and <u>I will do this over a six month period.</u>"

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Create an Action Plan

• While the actions may vary from week to week as the person progresses towards their goal, they need to relate directly to the goal and benefit and help create a new discipline in one's lifestyle.

LITTLE HABITS

BIG IMPACT

"We are what we repeatedly do, excellence is not an act, but a habit"
— Aristotle

Create an Action Plan

- List out some specific actions you can take towards your goal.

  - Some of the things I could possibly do, or need to do, each week to accomplish my goals:

    1. _____
    2. _____
    3. _____
    4. _____

Create an Action Plan

- The plan should answer the following questions:
  - What will I do?
  - How much will I do?
  - How often will I do it?
  - When will I do it?

Confidence Scale

Once you created a plan the question is, will you implement it?

Continued success increases one's self-confidence and the desire to set and accomplish more goals.

Decide how confident you are that you will accomplish that week's plan on a scale of 1-10 with 10 being the most confident.

Your score should be 7 or higher.

Confidence Scale

- If it is below 7 you can increase it by:
  - Lessening the actions (how many or how much)
  - Identifying and adjusting the barriers
  - And/or increasing the support you may need to succeed:
    - Example: You may have a friend remind you on a regular basis. You could join a supportive online community or share via social media.

Confidence Scale

- How confident are you about achieving your goal?
- What can you do to make yourself more confident?

Keep Track of Your Progress

- By writing out your plan you can also keep track of how well you followed it.

- Check off or write down each action step you accomplish.

Measuring your success with your plan will help you realize when you've accomplished your goal!

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Our New Healthy Routines

- Setting and achieving goals that are deeply important to us requires change.

- Change is difficult, even good change.

- Using small goals and action steps that lead to success also leads the way to bigger, more deeply meaningful goals and actions.

- The ability to produce meaningful changes in our lives promotes health, self-esteem, and a positive world view.

Self-Compassion

| Being kind to yourself | Feeling a sense of common humanity | Building mindfulness |

Self-Compassion

"This is a moment of suffering.

Suffering is a part of life.

May I be kind to myself in this moment.

May I give myself the compassion that I need."

Kristin Neff

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THANKS FOR COMING

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