


Annex 2 – Call to Action Activity Template

Theme: Breaking Bad Habits

Thematic Area	Breaking Bad Habits
Activity Title	
Type of resource	Self-Help Activity
Photo	



<p>Duration of Activity (in minutes)</p>	<p>30-60 minutes</p>	<p>Learning Outcome</p>	<p>Identify and implement strategies to break bad habits and replace them with healthier ones.</p>
<p>Aim of activity</p>	<p>To help individuals develop healthy habits by breaking bad ones that negatively impact their mental health.</p>		
<p>Materials Required for Activity</p>	<p><i>Pen/pencil, Paper or journal</i></p>		
<p>Step-by-step instructions</p>	<p>Identify a bad habit that you want to break. Think about why you want to break the habit and the impact it has on your mental health. Write down your thoughts and feelings on paper or in a journal.</p> <p>Reflect on the triggers that lead to your bad habit. Write down the situations, people, or emotions that cause you to engage in the habit.</p> <p>Brainstorm a list of healthy habits that you could adopt to replace the bad habit. For example, if the bad habit is smoking, healthy habits could include going for a walk, chewing gum, or deep breathing exercises. Choose habits that are realistic and achievable for you.</p> <p>Choose one or two healthy habits from your list that you feel would be most effective for you personally. Write down these habits and a plan for implementing them.</p>		

	<p>Set a goal to practice the healthy habit(s) for a certain amount of time, such as a week or a month. Track your progress and write down how you feel each day. Use the STAR technique.</p> <p>If you struggle to stick to the healthy habit(s), reflect on why and adjust your plan if necessary. Remember that breaking a bad habit is a process and may require multiple attempts.</p> <p>As a final step, consider your experience and note any fresh perspectives or techniques you learned. To improve your mental health, keep developing good behaviours and quitting harmful ones.</p>
Template	STAR technique

Annex 2 – Call to Action Activity - Template STAR technique

<p>S Situation</p>	<p>Explain the Situation you faced.</p>
<p>T Task</p>	<p>Explain the Task you had to do.</p>
<p>A Action</p>	<p>Explain the Action you took.</p>
<p>R Result</p>	<p>Explain the Result of your actions</p>