

Annex 2 – Call to Action Activity Template

Theme: Healthy Habits

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| Thematic Area | Healthy Habits | | |
| Activity Title | Habit Swap | | |
| Type of resource | Self-Help Activity | | |
| Photo | <div data-bbox="497 779 1342 1111" data-label="Image"> </div> <p data-bbox="517 1122 1059 1149"> This Photo by Unknown Author is licensed under CC BY </p> | | |
| Duration of Activity (in minutes) | 40 | Learning Outcome | <ul style="list-style-type: none"> ● <i>Basic knowledge of how habits are formed</i> ● <i>Basic knowledge of the importance of repetition in developing behaviours into habits</i> ● <i>Practical knowledge of how to consider the context within a habit is formed</i> ● <i>Recognise the importance of being mindful of habits</i> ● <i>Commitment to replacing unhealthy</i> |

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| | | | habits with healthy ones |
| Aim of activity | <p><i>Why are habits so difficult to change? Research has shown that habits were once behaviours and actions we did intentionally but over time have evolved into automatic behaviours which we perform without actually thinking about it.</i></p> <p><i>If we want to change our habits we need to replace them rather than eliminate them. The new routine (habit) can be healthier but at the same time provide the same kind of reward to our brain. This is not an easy feat. In this activity you will be asked to be more mindful about the habits you would like to change and record information about them which will help you understand why you've adopted them in the first place.</i></p> <p><i>In the second part of the exercise you will be asked to keep track of your new routine for one month. Repeating this routine for 28 days will make it more likely to develop it into a habit.</i></p> | | |
| Materials Required for Activity | <p>Pen/Pencil Worksheets</p> | | |
| Step-by-step instructions | <p><i>Provide advice for trainers in how they should complete this activity as part of the F2F workshop</i></p> <p><i>Step 1 xxx</i> <i>Step 2 xxx</i></p> <p><i>Step 1: Write down the habit you wish to change (eg unhealthy snacks)</i> <i>Step 2: Bring awareness to the situation and try to analyse how you feel.(Emotion) (Bored/ Anxious)</i> <i>Step 3: Where are you when you feel the urge to engage in this habit? (Work/Home)</i> <i>Step 4: What time of the day is it? (Morning, afternoon, evening)</i> <i>Step 5: With whom are you? (Alone, with co-workers/boss)</i> <i>Step 6: How do you feel or what do you gain when engaging in this habit? (calmer, interested, satisfied)</i> <i>Step 7: After you feel you've recorded/collected enough information about why you've developed this habit and what kind of reward it offers you, you can commit to develop a new habit to replace it.</i> <i>Step 8: Think about the new habit you wish to develop. Make sure is as similar to the old habit in terms of time of day, location, people and level of satisfaction it offers you.</i> <i>Step 9: Use the New habit Tracker worksheet to help you keep track of the number of days you have engaged in your new habit to measure your success and maintain your motivation.</i></p> | | |

Template

Habit analysis worksheet
New Habit tracker