



Why being at home is the chance to reset your habits

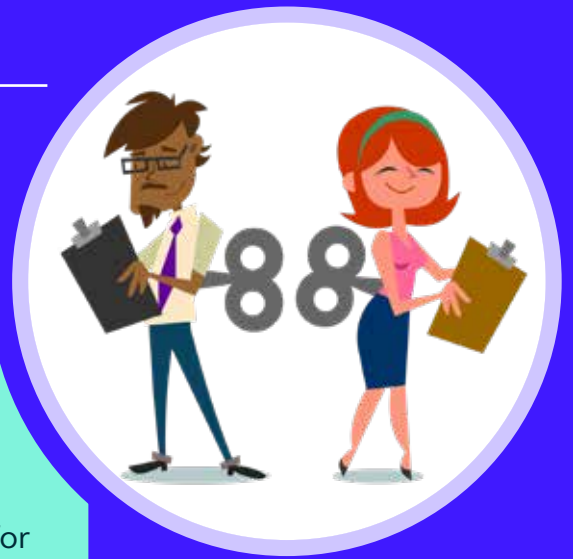
A Liggy Webb and
Simplyhealth collaboration



Self reflection

Humans are, in many ways, creatures of habit and everyone creates routines that suit them. Currently we are all faced with a situation that has upset our normal routine and created many restrictions. No one can say for certain how long the coronavirus pandemic will last, or when our lives will return to normal.

This time provides you with an opportunity to do some valuable self-reflection. You will be able to examine your existing habits and behaviours, and make some choices about which habits will be good for you to take forward. This is also the time to take extra good care of yourself, so you can emerge positively from this situation.



Building good pathways

It is useful to understand that a great deal of what you do is carried out on autopilot, which means you don't always apply conscious thought to your actions. This can be useful if the habits you are performing are constructive, positive and healthy. If, however, you have collected habits that are not relevant or useful, or are even detrimental to your wellbeing, it is important that you address them and make changes.

Building good pathways into your daily routine will go a long way to supporting your overall wellbeing. Many of us are being asked to work and live in a way that is quite alien and may feel very restrictive. Making the most of what's around you is the best place to start. Practicing daily gratitude and focusing on what you do have available to you, rather than what you don't, will help to lift your spirits.

Gratitude

Beginning each day in the most positive way will help you to keep healthy and energised. Get out of bed in the morning and get going. Have a wash, get dressed and take pride in your appearance, even if you aren't going to see anyone.

It is also important to establish a routine, which will help you to embed good habits and behaviours. Structure your day and create a plan with timed activities for mealtimes, relaxation breaks and check-ins with work, family and friends.

If you look at bad news, make sure you actively seek out something positive to create a healthy balance of what else is going on around you. Find things that make you laugh – laughter is a great stress reliever, so comedies and cheerful sitcoms can be helpful.

Being stuck at home can lead to boredom because of the lack of variety in your life, so it could be easy to overeat or not feel like exercising. This is the time, however, that you need to create healthy habits and fuel

The quality of your sleep will also have a big impact on how you feel, and getting the right amount of sleep is essential for your mental and physical health. Sticking to regular bedtimes and then getting up at the same time each morning is a very useful habit. It is advisable not to read the news just before you go to bed. Instead, use this time to reflect on the positives from your day. Focus on happy memories or things that you are looking forward to doing in the future.

So, the good news is that you have the capacity to adapt and adopt new habits.

Habitual change does take time and therefore requires effort, patience and persistence. Now is the time to start embedding healthy behaviours and good pathways into your daily routine.

yourself well. There are lots of exercise, meditation, pilates and yoga videos available online – and building stretching exercises into your routine is essential, especially if you are using computers or sitting watching TV.

It is also important to stay hydrated and not overdo the caffeine and sugar. Eating at regular times will help bring some structure to your day and suppress snacking, which could lead to weight gain and poor health.



Liggy Webb is an award winning and bestselling author, presenter and international consultant.

She is also the founding director of The Learning Architect, an international consortium of behavioural skills specialists. She is recognised as a thought leader on human resilience and works with a wide range of businesses focusing on optimising potential through continual learning and behavioural agility.

Liggy believes that the diversity of her clients has provided her with a tremendous insight into the many and varied challenges that people currently face in a rapidly changing and often volatile world.



Ten tips to stay healthy at home

Keeping healthy is a whole lot easier when you're out and about. It's a bit trickier when you're staying at home because of a virus. But don't worry, we've got Liggy Webb on the case. In our chat with Liggy, we learnt some tips about keeping active and healthy in a confined space.

We know a lot of you will be working from home, looking after kids, home-schooling, the list could go on. But never forget about yourself. Your wellbeing. Try and get some time aside. It's hard with everything that's going on, but you've got to look after number one as well. Pep talk over, now for the tips, that's probably why you're here:

- 1 Wake up with an attitude of gratitude**
Before you reach for your phone or get out of bed, just spend a few moments reflecting on what you are grateful for in your life. Various studies have shown that having an appreciative mind-set can have a powerful effect on the way you perceive your reality and, ultimately, the way you deal with what is going on around you.
- 2 Embrace the day**
Get up and get going. It's not a good idea to start your working day while you are still in bed, so get washed and dressed, and take pride in your appearance, even if you aren't going to see anyone.
- 3 Morning exercise**
Start the day with some exercise. When you go outside for a walk, remember to practice social distancing. You could also look online for some exercise classes to follow to help keep you motivated. Get up every 30 minutes to stretch and do some deep breathing.
- 4 Structure your day**
With so much turbulence about, it will be really beneficial for your mental health to establish a routine. This will help you to embed good habits and behaviours. Structure your day by creating a plan with timed activities such as meals, relaxation breaks, and check-ins with work, family and friends.
- 5 Limit your news intake**
If you look at bad news, make sure you actively seek out something positive as well, so that you create a healthy balance of what else is going on around you. Also limit yourself to the amount of times you check the news.
- 6 Let the laughter in**
Find things that make you laugh, as laughter is a great stress reliever. Connect with someone who is uplifting, watch a comedy show or spend a few minutes watching something funny to provide distraction and give you a boost.
- 7 Nourish yourself well**
Being stuck at home can lead to boredom because of the lack of variety in your life, so it could be easy to overeat and spend time fridge-gazing. Sugary snacks and caffeine may give you a quick fix, but in excess they are bad for your health both physically and mentally. Avoid snacking but, if you do want something, prepare small portions of chopped fruit or vegetables so you always have some healthy food nearby.
- 8 Drink water**
By keeping hydrated you will feel more alert and energised. There are lots of delicious herbal teas available and these will also add to your recommended quota of around six to eight glasses a day.
- 9 Stay connected**
Humans are social creatures and thrive by feeling connected to others. Technologies provide you with so many different ways to communicate, so reach out and start some positive conversations today.
- 10 Learn something new every day**
You may find you have more free time on your hands, so use it wisely. This is the perfect time to try out new things and keep your mind fresh and stimulated. By being creative you will have the opportunity to explore, discover, learn and grow.



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