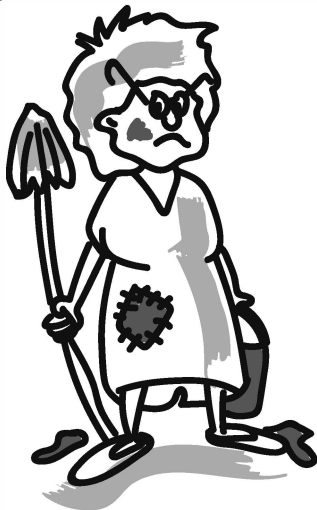


Preparing for change

Habits are things we do without having to think about them. They are automatic— like driving a car or making a cup of tea.

**Examples of habits that are unhelpful
if you are learning to manage your situation:**

**Doing all your housework
in one day**



Routinely staying up late

**Doing jobs all in one day and
feeling exhausted the next day**



**Getting frustrated with
people and getting
stressed**

Lifestyle Management is about making changes and developing new habits which help your situation.

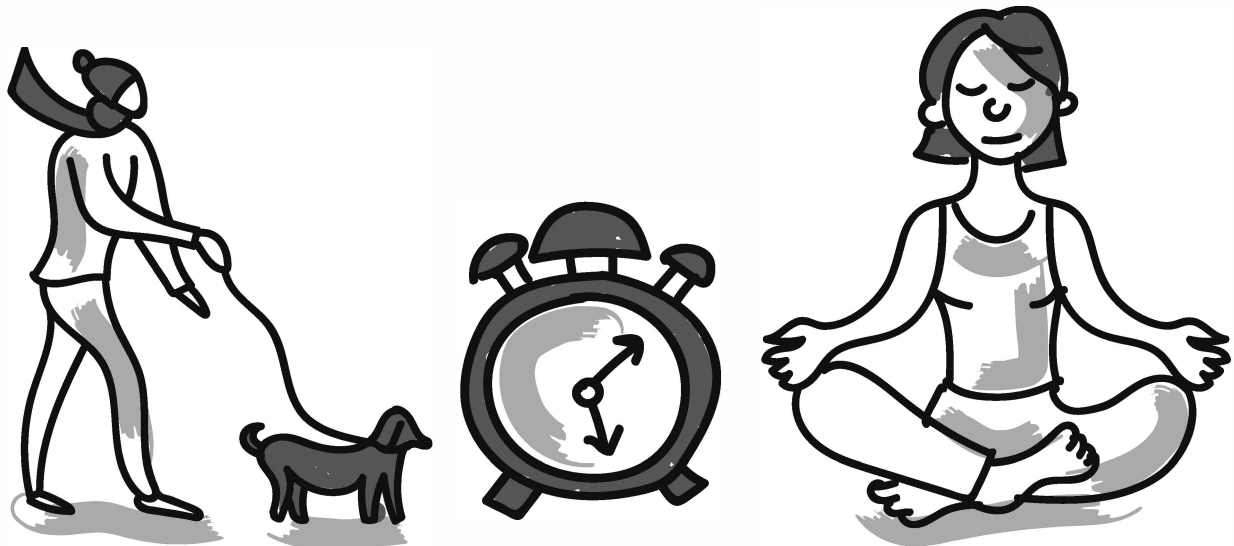
For example:

Learning to relax

Managing your energy by pacing

Organising your time

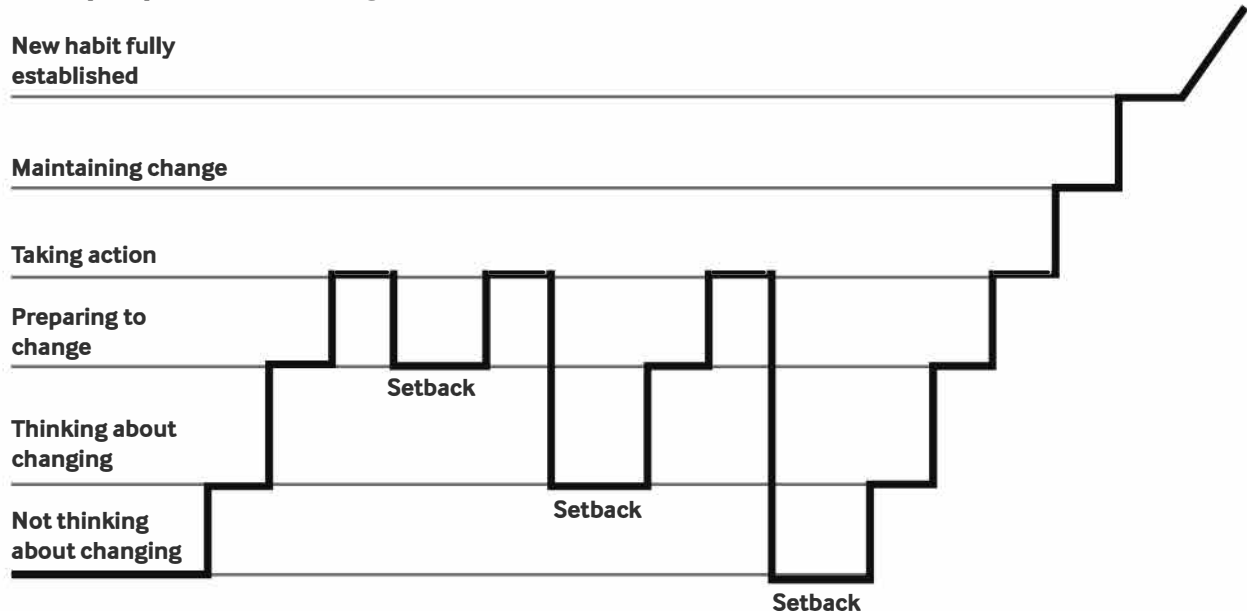
Enjoying regular exercise



**When these habits become automatic
you won't have to think about them.**

People go through different stages when they make a change.

How people make changes



1. Not thinking about change

2. Thinking about change

- People usually weigh up the pros and cons of making changes or staying as they are.
- What stops people moving forward at this stage is usually a combination of lack of confidence and not thinking the change is important enough.

You could carry around a list of reasons why you want to change.

3. Preparing to change

- At this stage, people are usually deciding what they want to do and how to go about it. They begin to make plans.

You could write a list of your plans and stick it on the fridge.

4. Taking Action

- The decision on what to change or how to make changes has been taken and started.

Explain to others why you are changing and ask them to encourage you or even change with you!

Reward yourself with a treat!

5. Setback

- People do have set backs from time to time. It could be after a holiday, illness or any change in routine. Be aware that this happens and don't beat yourself up over it.

Don't worry if you fall back into old ways – everyone does from time to time.

Have a look at your plan and start afresh.

6. Maintaining change

- This is when you feel good about the changes you have made and notice the differences they are making to your life. You have created a new habit and fully intend to keep it going.

7. New habit fully established

- Setbacks may happen occasionally (like forgetting to brush your teeth).
- It becomes less likely to happen and easier to get back on track.

Be aware of the possibility of setbacks and be ready to get going again!

**Remember, changing habits takes time but
IT CAN BE DONE!**