

# Behaviour Change for Better Self Care

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Do you have one of these





or one of these





Are you good  
with numbers?



Did you complete  
more than 5x30  
minutes of  
moderate  
intensity physical  
activity in the  
past week?





Did you consume  
more than  $\frac{2}{3}$  units  
of alcohol in one day  
in the past week?



Did you consume  
more than 6g of  
salt yesterday?





How big is the dance  
floor of the Blackpool  
Tower Ballroom?





It's not what you say but how it  
makes them feel

# Motivation for Action:

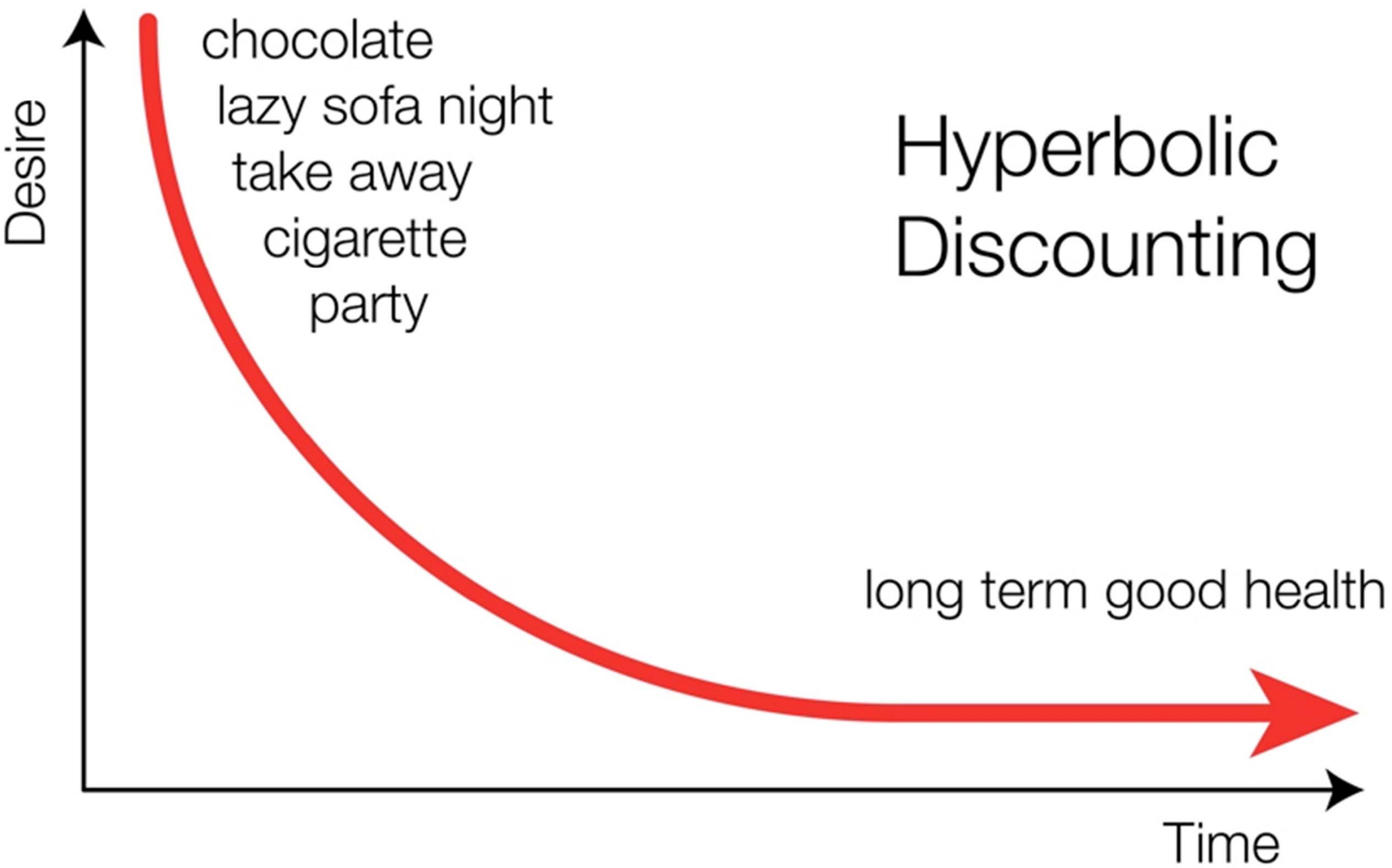
- Fun
- Obligation
- Fear
- Reward





We've all got one of these...





1. Make it as DESIRABLE as possible



# BOOTCAMP

How do YOU feel at  
7am every day?

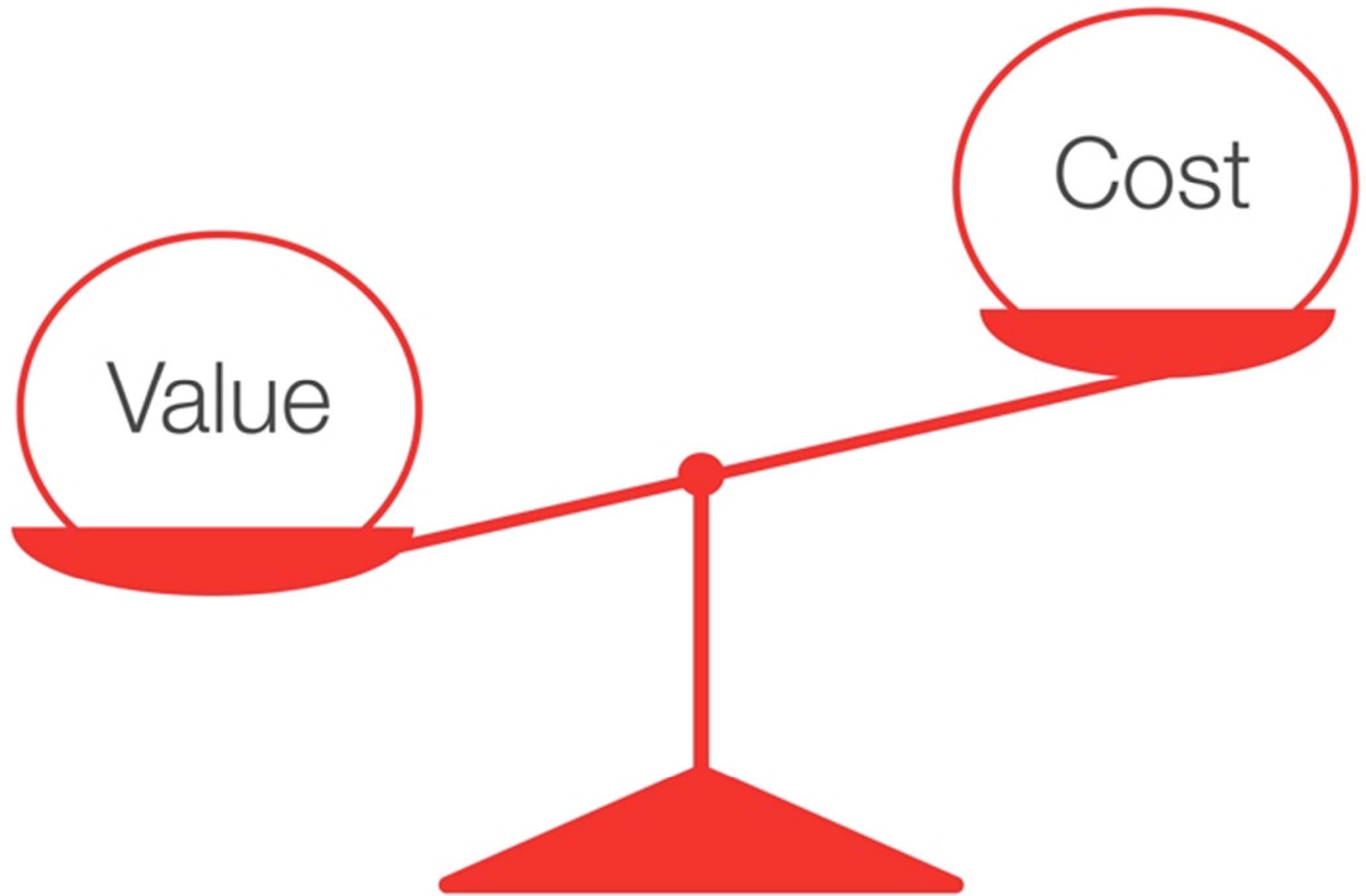


2. Make it as EASY  
as possible





But don't call it easy...



Desirable

Frustration &  
Failure

Behaviour  
Change

You're a Bozo!

Apathy

Easy



Questions for today:

How can we make self care a more desirable option?

How can we make self care easier?





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