Behaviour Change for Better Self Care

Denise Hampson
Do you have 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 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...
Hyperbolic Discounting

- chocolate
- lazy sofa night
- take away
- cigarette party

long term good health
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...
Frustration & Failure

Behaviour Change

You're a Bozo!

Apathy
Questions for today:

How can we make self care a more desirable option?

How can we make self care easier?
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