



Forensic
Psychology
Consultancy UK

Feeling Positive and Creating Good Habits



Content

- 01** Aspirations
- 02** Creating good habits
- 03** Feeling more positive
- 04** Act opposite
- 05** Practice gratitude
- 06** Journalling
- 07** Maintaining a routine



Human beings like routine. We also like to grow and develop. It can feel unsettling when our daily life and routine is disrupted. However, this can also be a good time to reflect on our current life and think about changes that we would like to make

01 Aspirations

The thought of spending more time alone or in one place may feel daunting. However, it can be used as a time to **develop yourself**. Sir Isaac Newton had his most productive period when he was in self-isolation during the plague.



It may be useful spending time thinking about what is important to you and thinking about your aspirations.

Aspirations are long-term ambitions that we want to achieve.

Use these questions to figure out some of your aspirations. Some people find it helpful to draw a symbol or image to represent their aspiration



Questions

Where do you visualise yourself in 5/10 year's time?

What do you hope to achieve?

What type of person will you be?

My aspirations are:

Space has been provided on the next page to write / draw your answers

01 Aspirations



02 Creating Good Habits

Often we are asked to work towards goals and aspirations. Whilst we can begin feeling **motivated**, sometimes our motivation dwindles and we feel deflated if we do not achieve quick results. This is normal for all people.

One way of **overcoming** this is to create habits. These are small behaviours that we can do every day or very regularly that will get us closer to our aspiration.

The more we do the behaviour, the more likely it is to become a **natural habit** of our **daily routine** and without much effort we can be closer to our aspiration.

When creating a good habit there are **4 key points**



Key Points

Start small – pick a simple behaviour that does not take too much effort and can be easily achieved.



Build it into your daily routine – pick a time / place that will serve as a prompt to remind you.



Just do it! Even on days that you cannot be bothered, get it done – you are one step closer to it becoming a habit.



Reward yourself or celebrate that you are creating a habit.

02

Creating Good Habits



Below is an example of an Aspiration and How to Create a Good Habit:

Aspiration:

To be physically fit and healthy

You could make a plan of going to the gym 3 times a week for an hour each time. However, for a beginner this can seem daunting. You may also have days when you do not feel motivated or other things get in the way. The chances of this plan failing may be high.

Instead you could form a daily habit. Whilst the habit may not get you to the aspiration straight away, it will get you closer and if it is easy enough to achieve you will feel good about yourself and ready to create another habit.

Before starting a new habit make sure you have everything you need.

Daily habit:

Do 10 minutes of yoga each morning before breakfast

This habit is small, can be easily achieved and can be slotted into your daily routine.

Make sure you have a yoga workout available to guide you.

Approaching breakfast time is your prompt.

If you find that your first habit does not 'stick', don't worry, think of another (easier) one and try that.

Use the prompts on the following page to choose an aspiration and consider a daily habit.



02

Creating Good Habits



One aspiration that I have is:

When I achieve this it will feel like:

If I feel like giving up on this aspiration I will:

Possible habits I could adopt to get me there (list 5):

The habit I will try first is (state the behaviour and when / where you will do it):

Things I need before I start the habit are:

03 Feeling more positive

It is natural that people may be finding it difficult to feel positive at the moment. You might have thoughts such as things will never get better. We know that realistically it is difficult to try and change the way that we think, sometimes it feels easier to change behaviour first, and allow our thoughts to follow later.

Magic Five

The MAGIC five a day, are five things that help to improve wellbeing. Try to practice as many as you can:



be mindful. Choose an activity and focus all your attention on it. Allow yourself to be in the present moment rather than thinking about the past or the future.



be active. Find ways to be active. This could be going for a walk, doing an at home workout or a yoga flow.



give. Give something to yourself or somebody else. This could be a compliment to somebody or allowing yourself to have five minutes of peace with a hot drink.



interest. Do something that interests you. Ways to do this include reading a book, watching a documentary, or asking somebody to teach you something that they know about well.



connect. It is important to connect with others. This can feel difficult whilst we are social distancing or self-isolating. Try to find creative ways of connecting with others, use technology, or if this is not available to you, write them a card or letter.

03

Feeling more positive

Below is a blank template for you to plan ways in which you can practice the
MAGIC 5

M
A
G
I
C

04 Act opposite

When we are feeling or thinking a certain way, we can use our behaviour to force ourselves out of it. This is called “**act opposite**”. We use our body (behaviour) to influence our mind (thinking and feeling). Some examples are:

Rather than listening to a sad song when you are feeling sad, make an effort to listen to an upbeat song

If you are feeling lazy, make yourself get out of bed and walk around

If you are feeling lonely, make yourself have a conversation with someone

Use this space to think of ways that you can act opposite:

05

Practice gratitude

When we are feeling low it is easy to slip into focusing on things that are not going well.

This can be difficult to challenge, but with practice we can start to think more positively. One way of achieving this is writing down **three** things that you are grateful for each day.

It might feel easier to practice this if you include it in your daily routine (this is included at the end of this workbook). For example, every night before I brush my teeth I will think of **three** things that I am grateful for.

You can start this now:

1

2

3

06 Journaling

Some people find that having a space to write down or draw how they are feeling, helps them to process their emotions and plan ways to move forwards.

This can also be a good record of how your daily habits and gratitude are going.

Before you start, find a comfy space and take **three deep breaths**. You can use the points below to guide you.

One thing that I am feeling

Three things that I am grateful for

One thing that is bothering me at the moment

One little habit I can do to make this more manageable

One thing that I am looking forward to

One good thing about me

Finish with a positive statement or quote

Use the space on the next page to journal your thoughts

06 Journaling

07

Maintaining a routine

During times of uncertainty it is important to keep as much of a routine as possible. It can help us feel in control



Developing a new routine in times of change can also be a good time to consider how you would like your life to be and to incorporate any goals or habits.

On the next page is an example of a daily routine. Use the blank daily timetable on the following pages to create your own.



07

Maintaining a routine

7am	<p>Wake up</p> <p>Start your day with some activity. Maybe you could do some stretching in your room. Think of one thing you are looking forward to today.</p>
10am	<p>Do something that interests you. Read a book that you have wanted to for a long time or listen to a podcast. Maybe you and your friends could help to collate a list to try out.</p>
12pm	<p>Lunchtime</p> <p>Try and eat food that will keep you healthy and strong. Use this time to eat mindfully. Focusing on all of the colours, textures, tastes and smells.</p>
2pm	<p>Give yourself a time out. Spend some time practicing breathing techniques. Maybe you could imagine you are on a beach. Sync your breath with the timing of the waves.</p>
4pm	<p>Get some fresh air. Open the window and take some big breaths! If you can get out in your garden, then do so.</p>
6pm	<p>Dinnertime</p> <p>Eat something hearty or something you love. Whatever keeps you happy.</p>
8pm	<p>Connect with others. If you can't telephone somebody, write them a letter or card. Try not to allow the conversation to be dominated by worries, tell them one thing you have achieved today, ask them to share theirs.</p>
11pm	<p>Bedtime</p> <p>Relax. Practice your A-Z of gratitude (a guide to this is available in the Managing Anxiety and Sleep workbook)</p>

07 Maintaining a routine

7am	
10am	
12pm	
2pm	
4pm	
6pm	
8pm	
11pm	