

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

REFLECTIONS ON LOCKDOWN 2.0

How did you handle the second lockdown?

Reflecting is a powerful tool to help us to understand where we have slipped up, been knocked off kilter, and how that might happen again in the future. It is also useful to reflect as to how you might react differently next time, and whether there is anything you can do to help yourself stay more positive and focused.

This isn't just about sticking to your food and exercise plans, this can help in life in general, because as we know, the way we feel can affect the way we eat and the amount of effort we put into remaining active and healthy.

How Circuit Breaker helped...

It's helpful to identify what causes you the most **damage** (mentally and physically) and make a plan to cut it out. That could be biscuits, crisps, bread, alcohol, chocolate, sweets or even the news or screen time.

Do some **exercise** every day – but not to the point of exhaustion. 20 minutes a day minimum is enough to keep your mental and physical health in check. A walk in the fresh air is probably the best thing that you could do for your mental and physical health. It doesn't have to be a grueller of a workout every day!

A **fixed time frame** also helped us to knuckle down and crack on, as we knew that there was light at the end of the tunnel.

Use our lockdown learning...

0	Take time regularly to identify where you are going wrong – be real with yourself.
1	Don't cut <u>everything</u> out that you enjoy – just the thing or things that give you the biggest wins. Get strategies to make sure you stick to it – i.e. don't buy it!
2	Give yourself an end date, when you know you can have a rest period from what you are doing. By doing so, it will keep you focused because you know it isn't forever. It may also just be enough to break a bad habit!!
3	Make your goals manageable for you – 20 minutes of exercise is far more doable than an hour every day, for instance. Whatever your goal is you need to be able to stick to it – so keep it realistic.
4	Living with restriction is hard! So only restrict yourself when absolutely necessary. Slowly introducing changes over time, is a lot easier than stopping everything all at once.