FionaGillies

What About You

When flying you are told in the safety briefing to put your own oxygen masks on first. This is because if you run out of oxygen you will not be able to help others with theirs because you will have some combination of difficulty breathing, confusion, weakness, disorientation.
The same goes for looking after / caring for / supporting loved ones. The best way to be able to continue looking after them in the way you really want is to take care of yourself first.

Recognising the signs

Little stuff happens in life – the spilt coffee, the empty milk container, the traffic jam, the stain on the clothes etc. How you react to these is an indicator of current mental state. Let's compare the scale of reactions to the spice level chilli at a well-known chicken chain:

What labels would you put on these levels? E.g. "blow your head off" at the top and "chillied out" at the bottom.
How do you recognise when you're at each level?
Think of an example of when you feel / felt at each level.

Level / label	Signs that you're at this level	Example of being at this level

You can keep adding to this list; by recognising the signs you can do something about them
Contact me at **coaching@fionagillies.co.uk** to find out more

How do you spend your time?

Use the table below to chart how you typically spend your time during the week. Include all regular activities such as eating, sleeping, personal care, job, travel, housework, care activities, any hobbies, regular commitments etc; some of these will be daily, and some may be less frequent.

There is also space to think about ways that you could potentially reduce the time spent on an activity.

Usual activities	Minutes per day	Hours per week	Ways to reduce this time

Total hours per week: _____ Subtract this from 168 hours: _____

If you spent 3 of the remaining hours on you, it would be less than 2% of the total week.

How much time will you spend taking care of yourself each week? _____

What percentage of your time is this? _____

Past habits

Think about two points in your life; these could be the same time, or different ones
When you were at your happiest:_____

When you were at your healthiest:_____

For each of these write down

- What habits did you have?
- How were you spending time and money?
- Who were you spending them with?

There may be crossover; if that is the case, write the activities in both lists

Happiest	Healthiest

Keep these lists and add to them.
You can repeat the following exercise at any time

Bringing past habits back into everyday life

Looking back at some of the helpful and beneficial habits / regular activities you had, complete the following list.

Habit / activity	What you gained from it	What you could do now
e.g. regular gym classes	*Exercise, fitness, socialising with others, sense of achievement*	*Regular exercise, walking with a friend, setting a goal e.g. 5k run*

What are the quickest wins? How about listening to podcasts / audiobooks / your favourite music while doing other activities like exercising or cooking?

Building a habit to look after you

1. What one thing would you like to do more of to look after yourself?

2. How often will you do this? E.g. Daily, 2-3 times per week, weekly

3. How long will it take? Include preparation and travel time if applicable

4. What is the natural time to do this? What are you already doing that you can link this to?

5. How will you fit this in? What can you replace or do less of? Be honest!

Linking a new habit to an existing one, for example “after I brush I my teeth I will write / check off my to-do list for the day” gives your brain an automatic cue

Building a habit to look after you (continued)

6. What is the first step in the process? E.g. putting on running gear to go for a run

7. How will you make this first step as easy as possible? E.g. having running gear ready

8. How will you remind yourself to do this?

9. What might get in your way of doing this?

10. How can you stop this from getting in your way?