

# Cuppa & Connect

Building Positive Habits  
And Emotional Resilience  
For Children And Families



# Expectations of Today's Conversations



- Be honest
- Be respectful
- Be brave
- Everyone to have their voice
- Help each other
- Non-judgemental

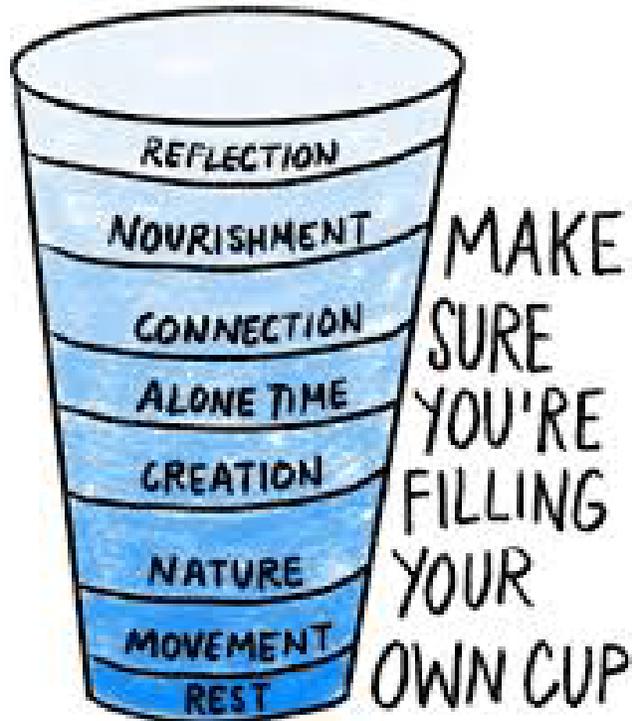
Who recognises this cycle?



Quietly reflect on this chart

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
Calm and steady with minor mood fluctuations	Nervousness, sadness, increased mood fluctuations	Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness	Disabling distress and loss of function
Able to take things in stride	Inconsistent performance	Exhaustion	Panic attacks
Consistent performance	More easily overwhelmed or irritated	Poor performance and difficulty making decisions or concentrating	Nightmares or flashbacks
Able to take feedback and to adjust to changes of plans	Increased need for control and difficulty adjusting to changes	Avoiding interaction with coworkers, family, and friends	Unable to fall or stay asleep
Able to focus	Trouble sleeping or eating	Fatigue, aches and pains	Intrusive thoughts
Able to communicate effectively	Activities and relationships you used to enjoy seem less interesting or even stressful	Restless, disturbed sleep	Thoughts of self-harm or suicide
Normal sleep patterns and appetite	Muscle tension, low energy, headaches	Self-medicating with substances, food, or other numbing activities	Easily enraged or aggressive
			Careless mistakes an inability to focus
			Feeling numb, lost, or out of control
			Withdrawal from relationships
			Dependence on substances, food, or other numbing activities to cope

# How do you fill your own cup?



## Well-being Plan

What helps me stay healthy?

Strategies:

What can others do to help?

What helps:

What do I find difficult?

Specific challenges:

How do I know I am struggling?

When I'm struggling...

What can I do to help?

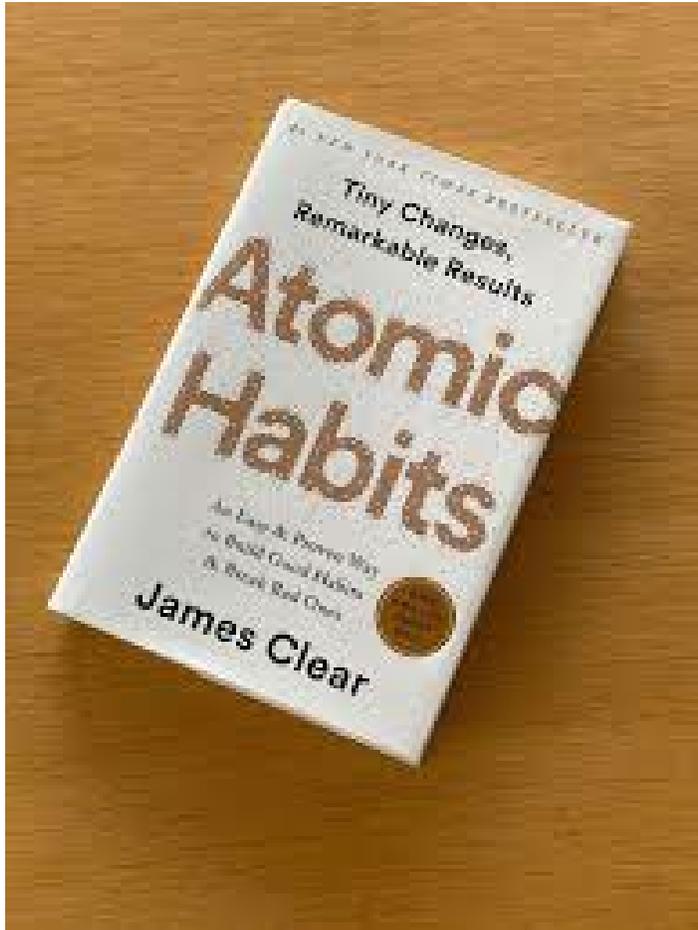
Actions

Well-being Plan- A previous session and the PPT is on the Well-being page of the website

# Aims

- To self reflect on your goals and systems
- To gain a greater understanding of how to form good habits for you and your family.
- To set an intention on what habits you would like to form.

# Atomic Habit= Positive Habits



Atomic Habits refers to tiny, easy-to-do changes (the "atoms") that, when repeated and combined within a system, create significant, compounding results over time, leading to remarkable personal growth.

# Provocation for Today's Session

You do not rise to the level  
of your goals. You fall to  
the level of your systems.

Atomic Habits  
James Clear

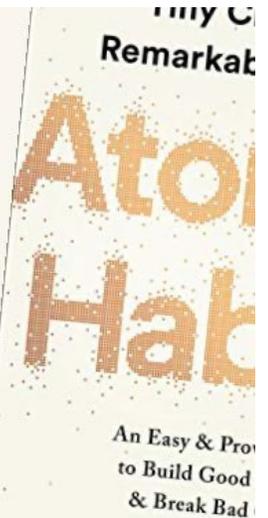


# Reflection Questions

- What are your goals?
- What are your systems (daily, repeatable processes)/routines around how you achieve those goals?
- Do you have routines around those goals?

You do not rise to the level of your goals. You fall to the level of your systems.

Atomic Habits  
James Clear



# Mr Antonious Example

What are your goals?

- To be healthier and fitter

What are your systems/routines around these goals?

- **I am exercising regularly** and I have built 5am yoga and a 5:30am run into my routine.
- **I am eating healthier**- I have swapped the shop bought sandwiches for soup.
- **I am using an app** (Myfitness Pal) to hold myself accountable and stop the eating of multiple cakes in the staff room.
- **I am using peer support** and spoken to colleagues, friends and family about supporting me.

# Self Reflection

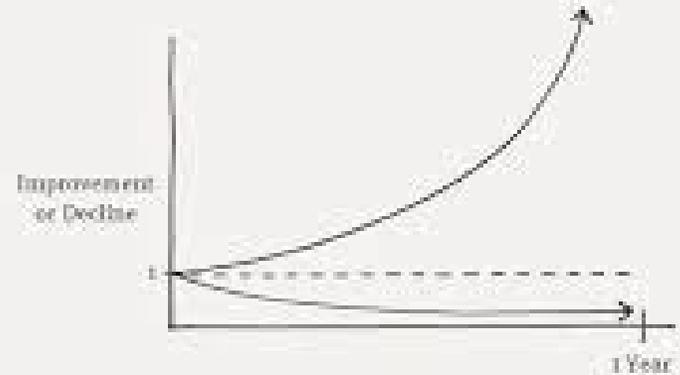
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# The Power of Tiny Games

## The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$   
1% worse every day  $0.99^{365} = 0.03$



JamesClear.com

**1%**  
**ONEPERCENT**

# Building Good Habits

## GOOD HABITS

<b>Law #1</b>	<b>Make it obvious</b>
<b>Law #2</b>	<b>Make it attractive</b>
<b>Law #3</b>	<b>Make it easy</b>
<b>Law #4</b>	<b>Make it satisfying</b>

### Examples from Mr Antonious

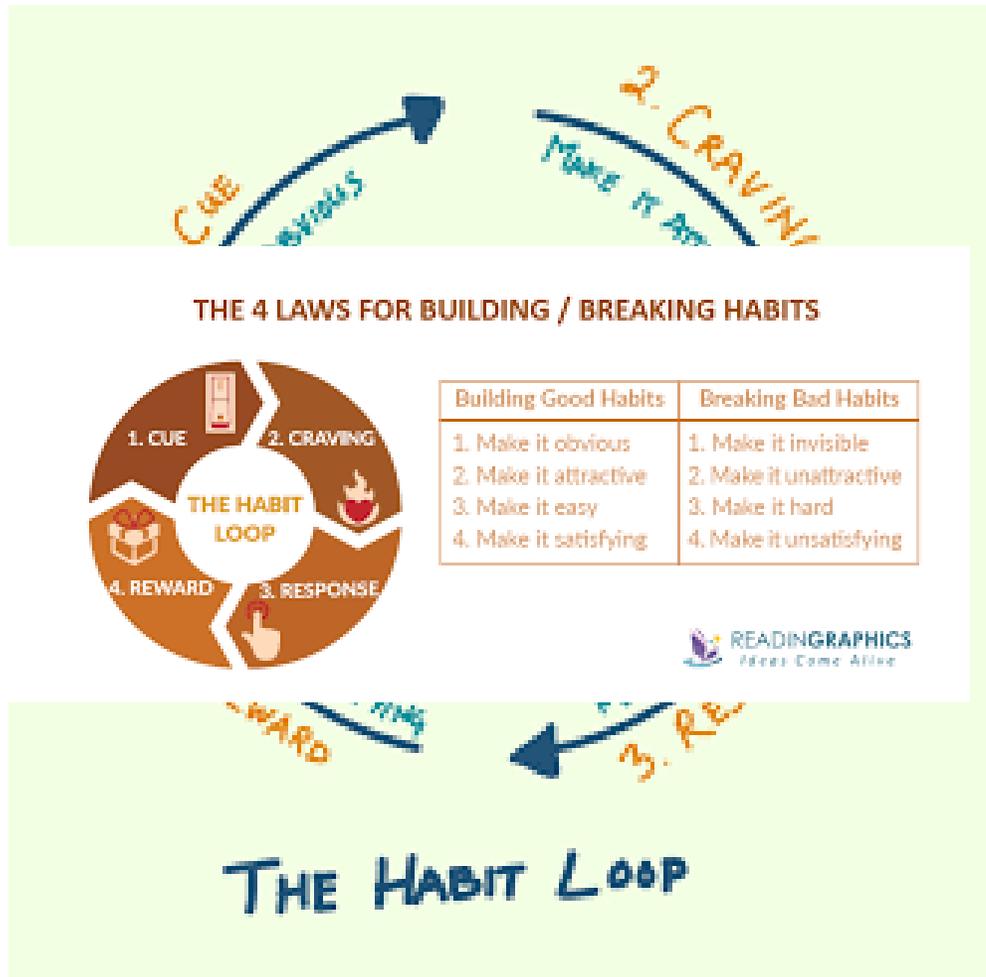
Law 1= Habit stacking- vitamins and minerals- added to morning coffee routine. Habit stacking- moisturising added to hair, deodorant and after shave routine.

Law 2= Fruit- treat yourself, I buy berries and lots of attractive fruit to restart healthy eating

Law 3= Make it easy by getting meal kits of even healthy premade- if trying to start a new habit.

Law 4= Doing exercise with friends, which make it more satisfying

# How to break habits?



## Examples from Mr Antonious

- Law 1= Break doom scrolling- delete the app- make it invisible
- Law 2= I used a calorie counted and recorded everything just for a couple of weeks to get over the initial and see the amount of calories.
- Law 3= I had to stop buying so many treats and having them in the house because I would over eat.
- Law 4= Personally, I don't subscribe to this one because you should also treat yourself with kindness. The theory however, is you must introduce immediate, painful, or embarrassing consequences for indulging in.
- I know a friend that would fine themselves if they indulged in fast food but I think this is a little extreme.

# Strategies to form Habits

- Intention setting- time, location or who with
- Habit stacking- add new habits to ones already in place.
- Make it easier to do the right thing- Remove the friction
- Reframe associations- Instead of "*I have to go for a run,*" try "*I get to build endurance and get fast*". I am becoming a healthy eater
- Make it part of your identity- I am a healthy person, not I can't eat the cake!
- Track progress
- Immediate rewards

# Self Reflection

- What Habits do you want to form?
- What habits do you want to stop?
- What Motivates you?
- Habits for you or your children?

Mr Antonious- Habits

I want to continue to build on the habit of getting everything ready for school the night before.

I am doing at the start of the week but as I get tired the habit slips.

To have a calmer and more efficient morning routine.

# Work together to brainstorm solutions?

- Coach each other
- What Habits do you want to form?
- What routines are you going to put in place?

## Strategies for building Habits

- Intention setting
- Habit stacking
- Make it easier to do the right thing
- Reframe associations
- Make it part of your identity
- Track progress
- Immediate rewards

# Set an intention

- What are you going to start in the next week?
- How are you going to be 1% better tomorrow?

## Reflection Sheet

What are your goals?

Do you have routines around those goals?

What Habits do you want to form?

What habits do you want to stop?

What Motivates you?

Habits for you or your children?