

## Welcome to your week eleven activity sheet!

During your time on this programme, you've been working towards making healthy lifestyle changes, focusing on diet, activity levels, and techniques for behaviour change. However, it's completely normal to come up against barriers or obstacles that make it difficult for us to make these changes.

1. Are there any barriers that frequently hinder your success in achieving your goals?

The mental conflict you experience when overcoming a barrier is often more exhausting than the solution. It can be helpful to have a solution ready to save you time and wasted energy worrying about how you will still achieve your plans when things go wrong. Looking at the barriers you've identified above, could you think of a way of overcoming these?

It is important to feel well rested and have enough energy to work towards your goals during the day. In order to do this, it is important to have a good amount of sleep along with good quality sleep. Take a moment to consider your immediate reaction to the topic of sleep. Would you consider yourself to be someone who sleeps well, or is this something you've noticed that you struggle with?



How do you sleep? Are there times when sleep is easier or harder?

Even if you consider yourself to be a good sleeper, there may be times when you struggle to drift off. Consider what you've written above for times when sleep is harder for you. It's helpful to have a plan in place for what to do when you can't sleep, so you can still get optimal sleep on a bad day. Think about the e-learning and whether there was anything you can try from the suggestions to help you improve your sleep?

Write down some ideas for what to do if you can't sleep.

However, sometimes you have a good sleep schedule, follow a bedtime plan, and do everything you should do, but still have a poor night's sleep. Your mind can wander, and it can be difficult to drift off when you have lots of thoughts going around your mind. If sleep is troubling you because of a busy mind, you can try keeping a journal by your bedside and writing your thoughts down. It helps to get things on paper and either work through your thoughts, or at the very least, take the stress away from them. You could also try deep breathing, mindfulness, or a listen to a sleep meditation recording to help you sleep.



If you can't sleep because you have a busy mind, what techniques are you going to use to manage your thoughts and help you to sleep?

Additionally, how you phrase your goals and how you talk to yourself is also an important step to achieving them. Consider using 'If-then' solutions to positively shape your focus towards your goals.

If I feel stressed about \_\_\_\_\_, then I will

\_\_\_\_\_.

If I encounter the barrier of \_\_\_\_\_, then I will

\_\_\_\_\_.

If I am struggling to sleep due to \_\_\_\_\_, then I will

\_\_\_\_\_.

