



Psychology Week

Tips for healthy lifestyle change

- 1 IDENTIFY THE BENEFITS OF CHANGE**
Think about how your lifestyle is affecting your health and happiness: Is your current lifestyle costing you your health?
- 2 THINK ABOUT BARRIERS TO CHANGE**
Identify the barriers to change and evaluate how you could overcome those barriers.
- 3 MAKE A PLAN OF ACTION**
In order to make change you must plan. Change will involve new actions, new routines and forming new habits. Recruit family, friends and colleagues as your support team, or find other ways of ensuring you have support for your changes.
- 4 TAKE ACTION**
Start your new regime and gradually make lifestyle changes to support your goal. Start with small changes that are easier to achieve.
- 5 REWARD SUCCESS**
In order to maintain your new lifestyle, you must reward yourself for reaching your goals.
- 6 MANAGE ANY RELAPSES**
It's quite normal to find yourself lapsing into old habits. Don't despair or get too down on yourself. Try to return to your healthy behaviours as soon as possible.

How a psychologist can help

Psychologists are experts in human behaviour and can assist you with strategies to help you improve your health and lifestyle. If you are having difficulty making sustainable lifestyle change and developing healthy habits, some professional help may benefit you.

To find a psychologist go to: findapsychologist.org.au



APS Australian Psychological Society