# Occupational Therapy

## Hacks for Sleeping Well



**01**

Come up with your own relaxing ritual for bedtime.

For example, having a warm bath, listening to your favourite music or podcast, lighting a candle or doing some breathing techniques

**02**

Try to get into a regular sleeping pattern - same bedtime and same waketime everyday

**03**

Try to avoid heavy meals, alcohol or cigarettes in the evening. If you are hungry, have a light snack

**04**

Avoid caffeinated drinks from late afternoons onwards.

**05**

Try to keep your room dark and at a comfortable temperature

**06**

Try to get in a bit of movement during the day. Even if it's just walking to the kitchen or around the garden to watch the birds

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# Do you find it difficult to complete your weekly activities?

## 01 Make a list of:

1. All the things you need to do this week
2. All the things you want to do this week

## 02 Rate the importance of each activity from 0-10

0 = Not important
10 = Very important

## 03 List task or activities in order of your score

Looking at your list, consider what activites might not be necessary to complete this week OR are there tasks someone could help you with?

## 04

The activities with the highest scores are your priority for the week!

## Meaningful Activites

Don't forget to prioritise the activities that are the most meaningful to you. These can be hobbies or activities that make you happy and put a smile on your face! These activities can rejuvenate not just the body, but calm the mind and strengthen the spirit!





# Occupational Therapy Hacks: Making New Habits



One of the best ways to build a new habit is to attach it to a habit you already do consistently! This is called 'Habit Stacking'

## Habit Stacking Formula:

AFTER/BEFORE I ___, I will___ (NEW HABIT)

### Example:

After I brush my teeth, I will drink 2 glasses of water

## But why does this work?

The habits you already do every day are built into your brain and these habits have likely been reinforced and strengthened over months or years. Attaching a new habit to one that is already built into your brain can make it more likely that you'll be successful in maintaining your new habit

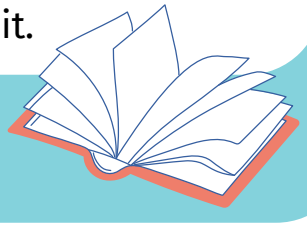
### How do I choose which habits to attach my new ones to?

**Brainstorm your current habits**

1. Make a list of all the habits you do every day e.g. brushing your teeth, getting out of bed, listening to music
2. Where would your new habit fit best? E.g. do you want to complete this habit in the morning? Consider linking it to a habit you already complete

**Useful tips for habit stacking**

Be specific about your habits. Rather than saying 'I will read more', consider saying 'I will read 5 pages'. The more specific you are when outlining your habit, the most likely you will be to complete it.



# Preparing Meals & Saving Energy



It's important to eat well and provide your body with the nutrition it needs but not exhausting yourself in the process! Here's some hacks to save your energy

## 1

## 2

- Prepare food at times of the day when your energy levels are higher
- Consider splitting up the meal prep into stages. For example, cooking vegetables in the morning and meat in the afternoon

## 3

Consider bulk cooking your meals. Portions can be frozen and heated up quickly throughout the week!



## 4

**Preparing raw vegetables can use up a lot of energy with chopping, washing and boiling.**

- Consider frozen vegetables that have been pre-chopping & pre-washed and can be cooked in the microwave.
- If you are preparing food, consider sitting down.



## 5

- Can family members help you with cooking meals?
- Have you considered ready made meals from the supermarket?
- What about having your meals delivered?