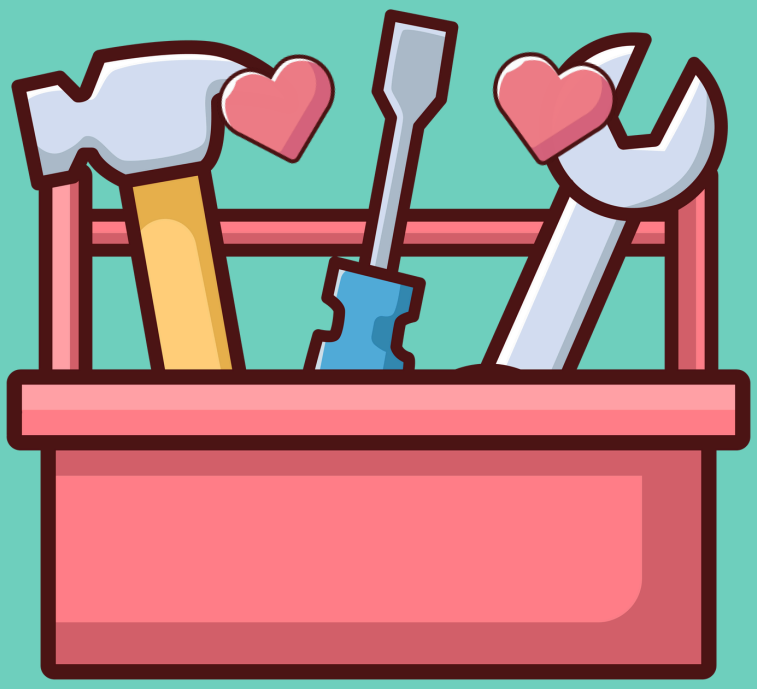
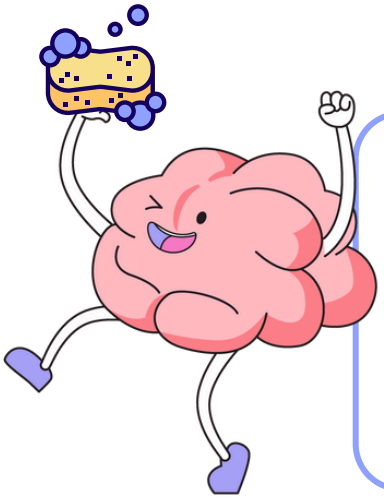
Your Healthy Habits Toolkit

Fun exercises to change your everyday life



connections in mind

Sleep Hygiene



Sleep is important for our health, and when we don't we get enough sleep, our mood can be low the next day. We can start to feel sad, irritated, and even say or do unhelpful things! To make sure we get enough quality sleep, we can practice **sleep hygiene** habits - actions that help us sleep better.

How many hours of sleep do you need?

Age range	Hours of sleep daily
6-12	9-12
13-18	8-10
18+	7+



Sleep hygiene habits I'll try:

- ☐ sport after school
- ☐ no screens in bed
- ☐ limit sugar in afternoon
- ☐ bubble salt bath before bed
- ☐ wash my face
- ☐ listen to a story before sleep
- ☐ _____
- ☐ _____

Sleep Energy Tracker

Month:_____

Looking to keep track of your sleeping habits? Keep this handy chart by your bedside to keep track of your new habit!

Day	Sleep hrs	Energy level
E.g 1/05	4 hours	★★☆☆☆
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		☆☆☆☆☆
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Day	Sleep hrs	Energy level
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Sleep HygieneTracker

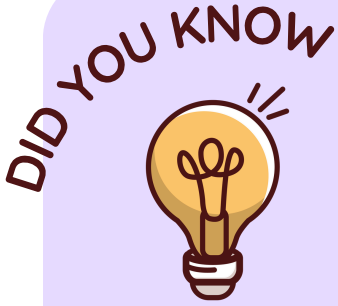
Use this checklist to keep track of the healthy sleep habits you're practicing. Fill in a circle for every action you do each day, and add some of your own habits to the list!



Habits	sun	mon	tue	wed	thu	fri	sat
1 no tech 1 hour before sleep	○	○	○	○	○	○	○
2 30 min exercise in the day	○	○	○	○	○	○	○
3 no caffeine after noon	○	○	○	○	○	○	○
4 soothing bedtime routine	○	○	○	○	○	○	○
5 woke up at the same time	○	○	○	○	○	○	○
6 completed a nightly gratitude list	○	○	○	○	○	○	○
7 read for 15 min before sleep	○	○	○	○	○	○	○
8 listened to a podcast in bed	○	○	○	○	○	○	○
9 washed my face	○	○	○	○	○	○	○
10 brushed & flossed my teeth	○	○	○	○	○	○	○
11 fragrant bath (epsom salts)	○	○	○	○	○	○	○
12	○	○	○	○	○	○	○
13	○	○	○	○	○	○	○
14	○	○	○	○	○	○	○
15	○	○	○	○	○	○	○

Hunger explained

A balanced diet is integral in maintaining well-being, so it's helpful to understand our different hunger cues.



You can feel hunger in more than one way!

Physical hunger is when your body needs food to give you energy. Your stomach might growl, or you might feel weak or tired.

Emotional hunger is when you feel like eating because you're sad, bored, angry, or stressed.

Signs of physical hunger:

- Rumbling tummy
- Feeling dizzy
- Tired and weak
- Comes on slowly

Signs of emotional hunger:

- Wanting sugary or salty treats
- Eating even when tummy is full
- Hunger is sudden and big
- Read the science behind emotional eating here

When I'm physically hungry I can...

- [ ] ask for help to make healthy meal
- [ ] grab a snack like fruits & nuts
- [ ] drink a cup of water or fruit juice
- [ ] eat my food slowly
- [ ] eat my food away from screens
- [ ] _____
- [ ] _____

When I'm emotionally hungry I can...

- [ ] call or text a friend or family
- [ ] walk my dog
- [ ] dance to my favourite song
- [ ] run a bubble bath
- [ ] draw or colour in
- [ ] _____
- [ ] _____

Eating Habits Quiz

Take our quiz to reflect on your nutrition habits!

IMPORTANT NOTE: We are not dieticians/nutritionists, and these tips are not meant to substitute for any medical advice you may have received from a licensed practitioner. These are generalised activities & tips for helping people with ADHD to regulate their eating habits, and are not suited for anyone who is currently facing disordered eating.

People with ADHD may have difficulty maintaining regular eating habits; they may over-eat to meet their brain's demand for stimulation, or they may forget to eat altogether. Becoming aware of these habits can help you to introduce healthy, regulated eating habits. If you feel like you need support, you can call the **Beat helpline on 0808 801 0677**, or visit **beateatingdisorders.org.uk**.

Tick the statement that best applies to you:

Question 1:

A - I mainly eat healthy foods, and include favourite snacks from time to time
B - I rarely consume junk food, and introduce reminders to eat regularly
C - I consume a lot of junk food

Question 2:

A - I eat 3 meals a day, as well as snacks
B - I eat 2 meals a day, as well as snacks
C - I sometimes forget to eat, and only consume 1 meal a day



Question 3:

A - I have a fairly regular eating pattern
B - I often forget to eat, reaching for nearby snacks when I remember
C - If I am super busy, I sometimes push through mealtimes and make a mental note to eat the next meal, often arriving hungry (or even 'hangry')

(Continues over the page)

Eating Habits Quiz

Continued...

Question 4:



A - I plan all my meals ahead
B - I usually just find what I can at home to eat
C - I rarely make full meals and end up ordering in food

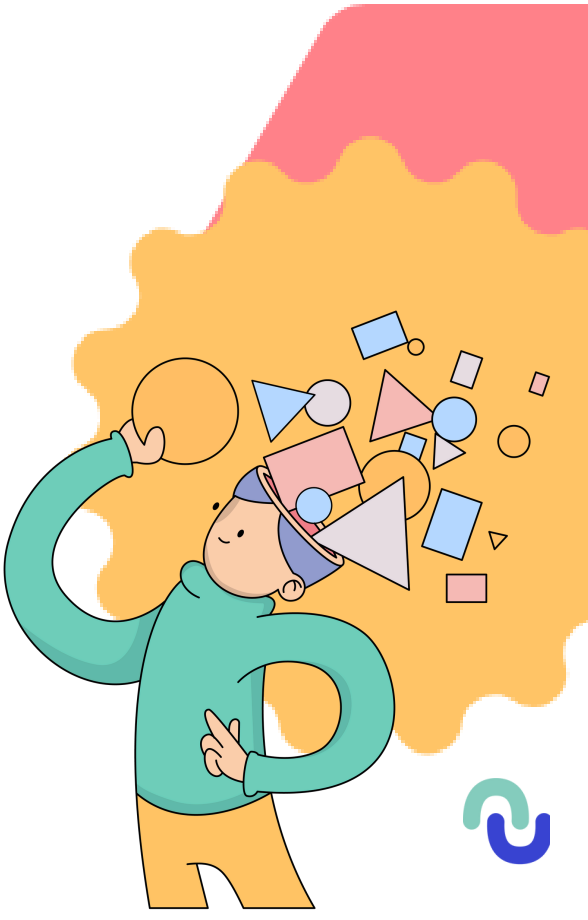
What do my results of this informal quiz show?

If you answered mostly A to the questions:

Your eating habits are well-balanced and you make effort to make sure your eating habits are mostly regulated.

If you answered mostly B to the questions:

Your eating habits show a mixture of good choices and some bad habits. Take a look at the Mindful Eating toolkit page for tips on balanced eating with EF challenges.



If you answered mostly C to the questions:

Your eating habits show some choices you may want to give more attention. Use the Mindful Eating guide on the next page to get started on your healthy eating habit journey!

Mindful Eating - the 5 S's

Because of ADHD-related reactivity & impulsivity, people with ADHD often forget to eat, and then binge-eat when they remember. This can be exacerbated by emotional overeating as a result of stress, boredom, or overstimulation. Take a look below at mindful eating tips to help combat your fight with food!

Susan Albers (Psy.D.) is the New York Times bestselling author of EatQ, and a mindful eating expert. Take a look at her 5 S advice for mindful eating below.

SLOW DOWN

Helps you break down your food & contemplate your meal.





SIT

Take the time to sit and eat your food, so you can be present in the moment - NO SCREENS!

SAVOUR

Use all your senses to really enjoy your food





SIMPLIFY

Arrange your environment so food is stored out of sight - to reduce mindless picking

SMILE!

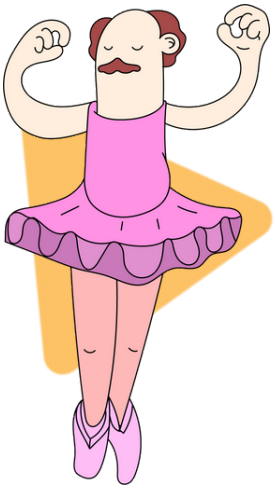
It brings you to the present moment, and helps you to pause to reflect if your body is satisfied.



Brain Stimulation Activities

Lacking brain stimulation? Here are some fun and creative ways to achieve that optimal functioning

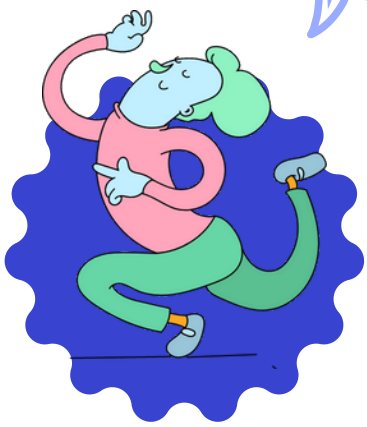
Play some music and dance

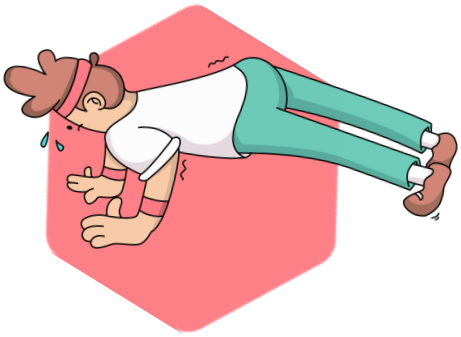


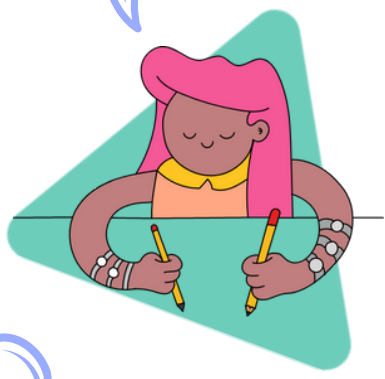
Go for a run/walk

Practice some yoga/stretching

Do some journalling







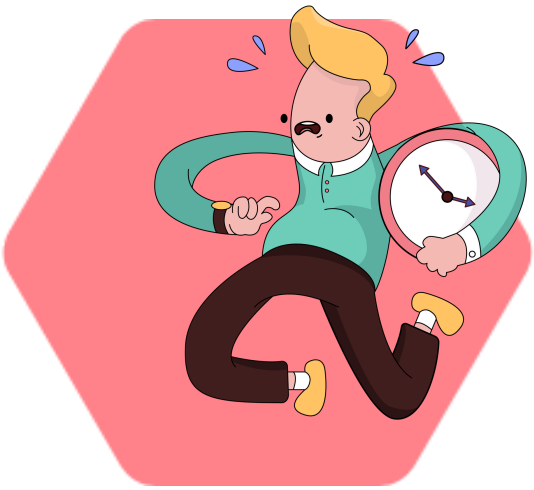
Visit a friend or send them a message

Get some gardening done





De-Stress Action Planner



When we're stressed, it's harder to focus and filter out excessive inputs. Ask yourself the following questions when you sense that stress is present:

Would doing an acitivty such as, walking, dancing, or seeing a friend benefit my current state? How would it help?

.....

What is the root cause of my stress?

.....

In this present moment, what first step can I take to alleviate this stress?

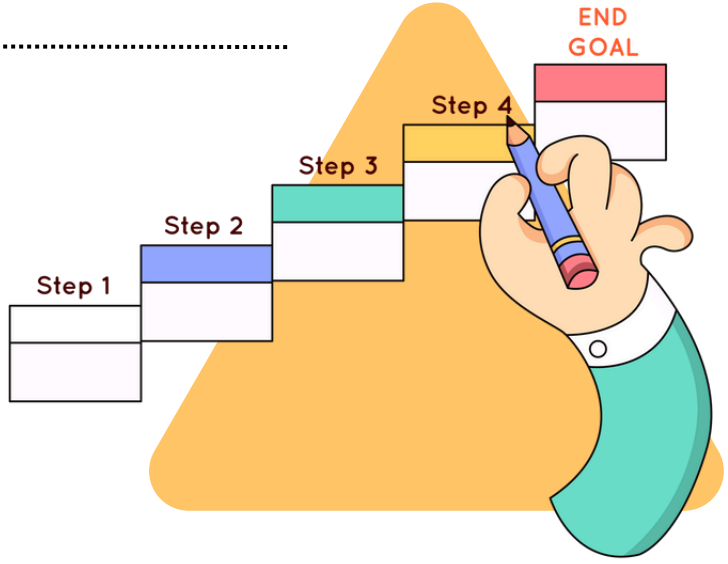
.....

What can I control right now?

.....

How have I effectively dealt with a situation like this in the past?

.....



Goal-Setting Activity

Jot your responses down in the boxes below

It's not about fitting in or calming down when it comes to goal-setting; it's about standing out — finding your competitive advantages and turning them into skills that will help you reach your personal goals!





What realistic goal can I set to make a big impact on my life?

What obstacles could I face?

Which of my strengths can aid me in achieving this goal?

How will reaching this goal benefit my future-self?

"Positiv-ising" my Affirmations

It can be difficult to live up to the expectations established around us at school and home when we lack confidence in our abilities.
Here are some positive affirmations to help you regain that confidence!

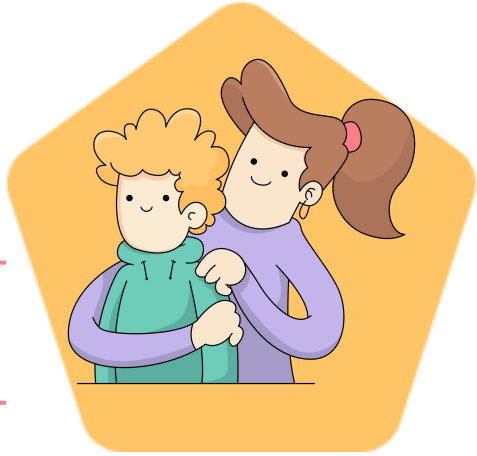
Examples of Positive Affirmations:

~~"I cant do that "~~ → "I have unique abilities that I can utilise to achieve success"

~~"I'm disappointed in myself"~~ → "I can learn from my mistakes, and am proud of myself for trying."

~~"Im not smart enough to do this"~~ → "I am going to give my best effort"

Use the following lines to write down your own affirmations that you can repeat daily!



Creating Exercise Goals

Maintaining a consistent exercise routine can support your executive functioning skills. Fill out the following worksheet to get your routine started!

Remember: Exercise does not always have to be intense cardio! Other alternatives could include yoga, going for a walk around your neighbourhood, or even walking instead of driving to the shops!



What is an exercise you ENJOY doing?

What are some potential roadblocks you may encounter?

What can you do to encourage yourself to practice this exercise?

How often during the week would you be able to prioritise this activity?

List some of the advantages you might get from practicing this exercise:

Fun Activities Jar

Let's put together a fun jar of activities for you to do!



Fill in the blanks on the following lines, cut them up, and place them in a jar, close your eyes & pull out a fun activity according to your available time
(try colour-coding them to the time they will take)!

Fun 10 minute activities:

Example:
Take a brisk walk

Fun 1 hour activities:

Example:
Listen to a podcast

Fun 2 hour activities:

Example:
Bake with friends

Set Out Your New Habits

After reading through this full toolkit, it's time to pick 3 habits you want to work on, and lay out your plan below!

First New Habit:	
How will this habit benefit me and how will it make me feel?	
Obstacles I may face:	
Step-by-step actions I need to take:	

Second New Habit:	
How will this habit benefit me and how will it make me feel?	
Obstacles I may face:	
Step-by-step actions I need to take:	

Third New Habit:	
How will this habit benefit me and how will it make me feel?	
Obstacles I may face:	
Step-by-step actions I need to take:	