

TOP TIPS FOR MAKING TINY DIET AND HABIT CHANGES



Keep it simple	Keep the change small, simple and relevant to you
Keep it real	Make sure the tiny change you decide to make is realistic and achievable
Create a trigger	Link your tiny change to an activity you already do regularly, e.g. brushing your teeth
Know why you're doing it	Tell someone or write down why you are making the change, knowing the benefits helps to keep you motivated
Do it everyday	Forming new habits and behaviours means doing them regularly, it takes practice and time for new habits to stick
Stay with it	Habits don't form overnight, if you go off track don't feel that you failed – say to yourself "It's okay, I can try again!"
Keep a record	Writing down, filming on a phone or making a voice recording of the change will show you how far you have come
Involve someone else	Telling someone you made a change or asking them to check in with you on progress, helps keep you accountable
Talk nicely to yourself	If you can't keep up your tiny change straight away, be kind to yourself, say motivating things to get back on track
Don't make the change too big	Once a tiny change becomes part of your routine, you can then add in more small changes you want to make



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