Change your habits

Snacking habits

I often eat unhealthy snacks when...

- [ ] I am busy or stressed
- [ ] I am sad
- [ ] I am happy
- [ ] I have a craving
- [ ] The snack is right in front of me
- [ ] I have arrived home
- [ ] I am bored
- [ ] I start with one piece but then keep eating
- [ ] I want to reward myself
- [ ] Someone offers me a snack
- [ ] People around me are eating
- [ ] I am drinking coffee or tea
- [ ] I am in front of a TV or computer
- [ ] I am drinking alcohol
- [ ] It is part of a celebration or special event

Possible solutions

- [ ] Do a chore or a task
- [ ] Eat a piece of fruit
- [ ] Listen to my favourite music or podcast
- [ ] Eat a smaller amount
- [ ] Chat to someone for five minutes
- [ ] Drink a large glass of water
- [ ] Eat fresh vegetables an dip
- [ ] Move the snack into the cupboard
- [ ] Drink tea

Change your habits

Exercise habits

I often don't want to exercise when...

- [ ] The weather is bad
- [ ] I am too tired
- [ ] I don't feel I have the time to
- [ ] I am in pain
- [ ] I feel it will be boring
- [ ] I don't feel motivated
- [ ] I have to go on my own
- [ ] I can't see the physical benefits from exercising
- [ ] I am too busy
- [ ] I feel lazy
- [ ] I don't have access to equipment or facilities
- [ ] I have work to do
- [ ] Family events of situations get in the way
- [ ] I feel out of shape

Possible solutions

- [ ] Ask someone to come with me
- [ ] Remind myself of the benefits of exercising
- [ ] Try a new way of exercising
- [ ] Think of how my inactivity affects those around me
- [ ] Do a short exercise at home
- [ ] Tell myself that exercising will make me a healthier person
- [ ] Remind myself that I will feel better afterwards
- [ ] Just start with 10 minutes of exercise
- [ ] Set a timer for 5 minutes and then exercise

Change your habits

Smoking habits

I often smoke when...

- [ ] I am driving
- [ ] I am sad
- [ ] Someone offers me a cigarette
- [ ] I am frustrated
- [ ] I am stressed
- [ ] I have just eaten a meal
- [ ] I am working or studying
- [ ] Someone is smoking in front of me
- [ ] I am happy
- [ ] I have withdrawal symptoms
- [ ] I am drinking coffee or tea
- [ ] A negative event happens in my area
- [ ] It's the morning
- [ ] I am drinking alcohol

Possible solutions

- [ ] Chew some gum
- [ ] Listen to my favourite music or a podcast
- [ ] Drink a large glass of water
- [ ] Remember how good I'll feel about myself if I don't smoke
- [ ] Chat to someone for 5 minutes
- [ ] Seek out someone who listens when I need to talk about my smoking
- [ ] Think of what this means for people I care about
- [ ] Eat a healthy snack
- [ ] Remember the benefits of stopping
- [ ] Do some exercises like 10 star jumps
- [ ] Use my hands for something else (like knitting or playing a video game)
- [ ] Use mouthwash

Lifestyle change options

If your health professional said you could change your lifestyle to improve your heart health, pick one thing to focus on for now and ask them what extra support you can get in your community:

Smoke Less

- [ ] Call Aboriginal Quitline
- [ ] Use nicotine gum or patches
- [ ] Reduce number of cigarettes
- [ ] Other

Diet changes

- [ ] Have less sugary drinks
- [ ] Eat more health snacks
- [ ] Use less salt in cooking
- [ ] Other

Be more active

- [ ] Walk more
- [ ] Exercise at home
- [ ] Join a local sport team
- [ ] Other

Do you want to make a plan for how you can change your habits?

See your GP if you have questions or concerns about your Heart Health

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: www.aci.health.nsw.gov.au/shared-decision-making

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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