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The Science of Health and Happiness

Week 10

May 2021



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25,000 participants

Thank you for participating

The Science of Health and Happiness

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MARCH 2021

May 2021

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Making habits stick

MARCH 2021



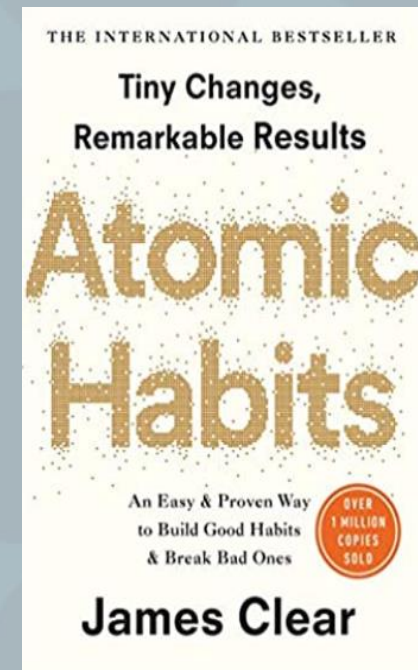
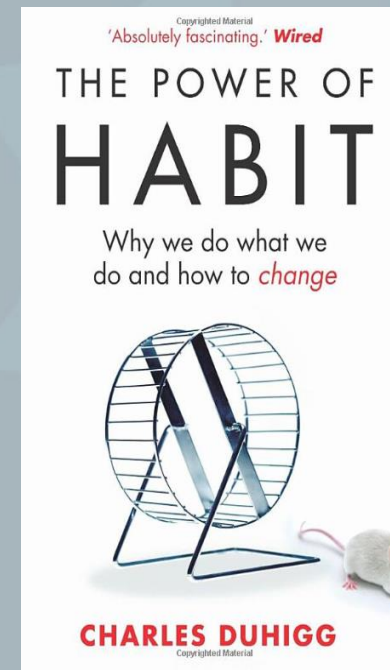
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How to make sticky habits



It takes an average of 66 days to generate a new habit

www.ucl.ac.uk/news/2009/aug/how-long-does-it-take-form-habit



The habit loop - develop triggers & rewards

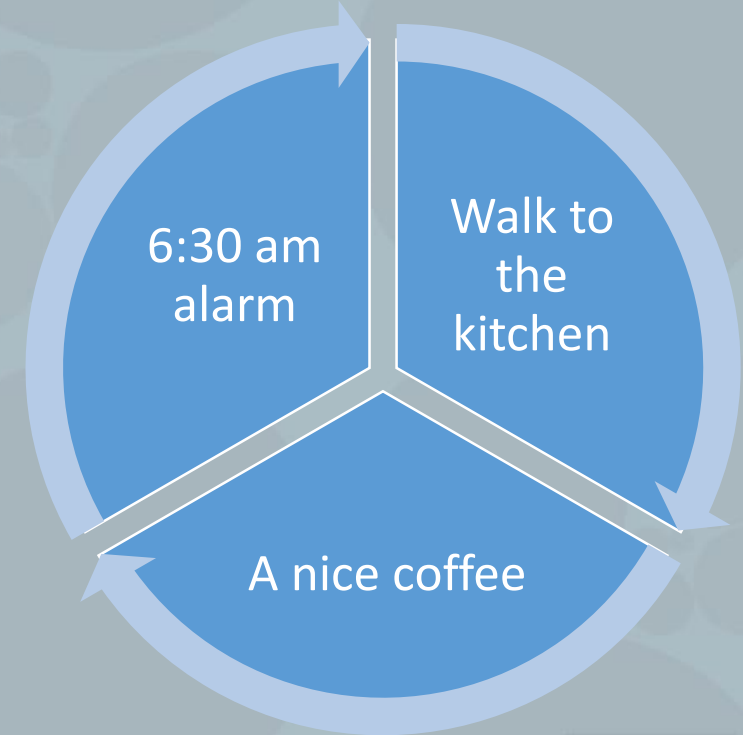
The habit loop



Negative habit loop
- smoking



Positive habit loop
- new meditation practice



Write down different habit loops for different times of the day, including the weekend and for different practices

The Behaviour Change Check-list

- Have you ensured or created a stable, supportive environment or context for your new habit?
- Are there any opportunities to leverage life changes or teachable moments? E.g. a global pandemic!
- Are there any opportunities to piggyback the new habit after existing habits and routines?
- Have you made the new behaviour as easy as possible to do?
- Have you created multiple habit loops to account for different eventualities?
- Have you ensured a mix of short-term and longer term rewards?
- Have you created opportunities to try out or practice the new behaviour?
- Have you attached new meaning(s) to attach to your desired habit?



Be self-compassionate

We all fall off the horse

Vow to start again the next day

So, where to next?

- The **Science of Health and Happiness** course will be available online at the RCSI until the 31st of August. In the next few weeks, we will provide the lecture notes in a single document.
- We need your help to improve the course so we will send you a **very** brief anonymous survey in a few weeks time – we would be most grateful for your feedback.
- Our next **Science of Health and Happiness** course will launch in early September, and will focus on young people in school and college.
- Professor Martin Seligman, the founder of positive psychology, will be giving an RCSI MyHealth lecture on his life's work on the 1st of June – all welcome <https://www.rcsi.com/dublin/news-and-events>



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We wish you health & happiness



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