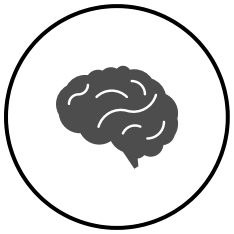
ROUTINE RESET WEBINAR: SUMMARY

MOTIVATION



1. Find your reason “WHY” (What is driving your desire to change?)
2. Put motivational reminders in the places you are tempted the most
3. Try using a motivational speech or motivational music as your alarm clock
4. Resist the little voice in your head
   a. your goal IS worth it or you would not have started in the first place
   b. you ARE capable of achieving your goal(s)
5. The behaviour change process will be uncomfortable
   a. determination and resilience are essential for success

SLEEP

RECOMMENDATION

7 to 9 hours of sleep / night

STRATEGIES TO IMPROVE SLEEP

1. Go to bed and wake up at the same time each day
2. Stop using screens a minimum of 1 hour before bed
3. Make sure your sleep environment is dark, cool, and calm
4. Follow a consistent bedtime routine.
5. Use your bedroom for sleep and sex only
6. Engage in some form of physical activity daily
7. Journal or write To-Do lists as part of your regular sleep routine

PHYSICAL ACTIVITY

RECOMMENDATIONS

Adults aged 18+:

1. 150 minutes (2.5 hours) of moderate to vigorous aerobic activity per week
2. Break aerobic activities into sessions of 10 minutes or more
3. Resistance exercise using the major muscle groups 2 days per week
4. Aim for resistance exercise sessions of 20-30 minutes

STRATEGIES FOR ACTIVE LIVING

1. Create an exercise plan and track your progress.
2. Warm up for 5 to 10 minutes prior to scheduled exercise [briskly walking, walking up and down stairs, or jogging + gently stretching the major muscle group(s)]
3. Wake up 30 minutes earlier or go to bed 30 minutes later than usual to make time for physical activity
4. Integrate active living strategies into your everyday life
5. Involve your whole family and/or other household occupants when making active living/exercise changes

NIAGARA NORTH
Family Health Team

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PSYCHOACTIVE SUBSTANCES

RECOMMENDATIONS

Alcohol:
https://www.ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf

Nicotine & Cannabis:

1. Use of any kind is discouraged
2. Delay cannabis use until > 20 years old
3. Avoid smoking cannabis and opt for safer delivery methods such as edibles
4. Limit cannabis use, such as one day a week or less
5. Do not drive or operate other machinery if under the influence of cannabis
6. Do not use cannabis if you have a personal or family history of psychosis or substance use disorder
7. Do not use products when pregnant

STRATEGIES TO LIMIT USE

1. Set your limit and stick to it
2. Drink alcoholic beverages slowly
3. Drink water between alcoholic drinks
4. Take psychoactive substance-free weeks/months
5. Leave 3-4 hrs between each cigarette
6. Manage cigarette cravings with distraction [exercise, hobbies, breathing exercises]
7. Change the behaviours you associate with smoking
8. Consider nicotine replacement therapy (NRT) to aid with smoking cessation
9. Engage in some form of physical activity daily
10. Have a plan for situations where you are likely to encounter substance use
11. Slowly reduce psychoactive substance use
12. Seek professional assistance / emergency medical assistance if needed
13. Remove toxic relationships and bad influences from your life

SOCIAL MEDIA

RECOMMENDATIONS

1. Minimize your time spent on social media
2. Aim for 30 minutes or less of social media use per day
3. Prioritize face to face connections

STRATEGIES TO LIMIT USE

1. Turn off your phone 2 hours before bed
2. Avoid accessing social media until after 10AM
3. Turn off your app notifications
4. Delete or remove social media apps from your phone homepage
5. Take a temporary break from social media

FINAL TIPS

1. Focus on changing one behaviour at a time
2. Start small and go slow
3. Consistency is the key to success
4. Don't tell anyone about your behaviour change goals
5. Don't be too hard on yourself
6. START NOW

OLD WAYS DON'T OPEN NEW DOORS

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USEFUL WEBSITES

Sleep Hygiene Self-Assessment: https://www.psychologytoday.com/ca/tests/health/sleep-hygiene-test

Handy Guide to Serving Sizes:
https://www.unlockfood.ca/EatRightOntario/media/PDFs-new-website/Portions%20Toolkit/Handy-Servings-Guide-EN-v04a-July-2018.pdf

Physical Fitness Self-Assessments:
1. https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20046433
2. https://www.certifiedfsc.com/whats-your-get-up-score/
3. https://www.artofmanliness.com/health-fitness/health/take-the-simple-test-that-can-predict-your-mortality/

Canada's Guidance on Alcohol and Health:
https://www.ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf

Estimated Calories Burned Chart by Activity and Weight:
https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-for-people-of-three-different-weights

USEFUL APPS

MyFitnessPal: Calorie Counter
- calculating estimated daily caloric requirement
- assessing current daily caloric consumption
- for tracking daily caloric consumption (if desired)
- for estimating calories burned through physical activity (if desired)

Caliber Strength Training
- science-based fitness program that incorporates strength & conditioning, nutrition and habit formation to help you achieve your fitness goals

HEALTHCARE RESOURCES FOR SUBSTANCE USE AND MENTAL HEALTH

Niagara Health Addiction Recovery Services:
https://www.niagarahealth.on.ca/site/addictionrecoveryservices

Mental Health and Addictions Services in Niagara:
https://niagaranorthfht.ca/resources/adult-resources

Alcoholics Anonymous Niagara:
https://aaniagara.org/

Crisis Support for ages 16+:
https://niagaranorthfht.ca/wp-content/uploads/_mediavault/2022/12/Crisis-24-hour-resources-1.pdf

USEFUL CALCULATIONS

Estimated maximum heart rate (MHR): 220 - age = MHR

Calculate your heart rate (HR): number of heartbeats in 15 seconds x 4 = HR (in beats per minute)

Percentage (%) of MHR: HR during activity / MHR x 100 = % of MHR (Moderate exercise intensity: 50% to 70% of your MHR)