

Self-Control Exercises Handout

Temptation bundling

Temptation bundling can support those who are trying to incorporate healthy habits to their daily routine. It helps to choose something you might be struggling with and pairing that with something you know you enjoy. Here are some ideas:

- Exercise with entertainment (Gym and watching a TV show)
- Healthy snack with a book
- Doing household chores while listening to music
- Completing academic tasks with a reward like coffee

The great thing about temptation building is that it can serve as a motivation to get the job done. It's also completely customizable.



Mindful breathing

Mindful breathing can support you in the heat of the moment. Here are some breathing exercises you may wish to incorporate into your daily routine to support self control:

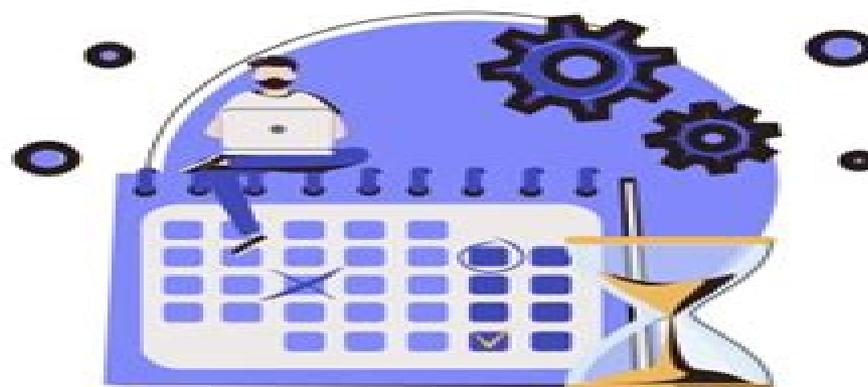
- Box breathing
- Deep belly breathing
- Counting breaths to 10 before acting
- 5-7-8 breathing

Delayed gratification

Delayed gratification can take a lot of self control. You may wish to develop this skill over time and start with goals you know are small and easy to incorporate into your routine. Here are some other ideas when you become more comfortable with this exercise:

- Monetary savings challenges
- Meal prepping
- Utilizing the 30-day rule
- Focusing on long term goals
- Mindfulness practices

A good way to determine what goals you choose for this exercise is the ones you feel comfortable with. You may notice that you have a hard time saying no to your friends - this might be the one you wish to focus on.



Exercise Education A Personal Approach To Weight Control And Wellness

Jianjun Gao



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web antilog table is similar to log table only difference is in the extreme left hand column which ranges from 00 to 99 example on antilogarithm 1 find antilog 2 5463 solution clearly we are to find the number whose logarithm is 2 5463 for this consider the mantissa 5463