

## COVID-19: How to build healthier habits beyond lockdown

Lockdown inevitably has affected our wellbeing to some degree; one thing it has taught us all is that our environment plays an important role in our behaviour, whether we notice it or not. This is powerful as we can use the experience to drive future wellbeing behaviours. For a helping hand in how you do that why not join our upcoming webinar with Health@work and learn how to build healthier habits that last beyond lockdown.

Care first will be joined by Declan Doyle, who is the lead wellbeing consultant for Health@work in UK, who will be presenting a 40 minute simple to understand presentation on **how to build healthier habits beyond lockdown**.

Declan has worked with some leading organisations from various sectors supporting them in embedding health and wellbeing strategies. These include Jaguar Land Rover, Counter terrorism policing units and various UK councils.

The **'How to build healthier habits beyond lockdown'** will be on **Tuesday 21<sup>st</sup> July 2020 at 11am**, you can register to join the webinar at:

<https://attendee.gotowebinar.com/register/6717537066644819728>

If you are unable to attend the live webinar it will be available to watch afterwards, using the same link.

This presentation will combine the core behavioural science tools that can be used to harness healthier habits for a range of health and wellbeing goals.

Declan will explore briefly the science behind habit formation. Discuss how healthier behaviours can be embedded into core pillars of optimal health (Nutrition, stress, rest and movement) and give practical strategies on how we can build healthier behaviours that last beyond lockdown. The presentation will be in a webinar format where delegates will be able to type in their questions for Declan as they go.

We hope you can join us!